



**teaching  
sexual  
health.ca**

**CALM**  
Learning Activity  
**Jealousy, Trust & Love**

## Learning Outcomes

### *General Outcome 1: Personal Choices*

*Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health—and the dynamic interplay of these factors—in managing personal well-being.*

### *Specific Outcome P11:*

*Examine the relationship between commitment and intimacy in all its levels.*



People in relationships can have different expectations about commitment or intimacy. These scenarios explore ways people might respond to difficult situations. Circle the healthiest choice and discuss the questions with your group.

## Kade & Harper

Kade says to Harper, “If we don’t have sex soon, I’ll start to think you’re not really into me.” Harper isn’t ready.

**What could Harper do? Circle the healthiest choice.**

Break up with Kade.	Say, “I’m not ready for that, and I don’t want to be pressured.”	Go along with it, they are in a relationship after all.
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**Discuss with your group:**

1. Why is pressuring someone into sex unhealthy, even in a relationship?
2. What does a respectful response to someone saying “not yet” look like?

## Zuri & Minh

Minh is good friends with their ex and this makes their partner Zuri feel jealous. Zuri says nothing but starts pulling away emotionally and avoids intimacy.

**What’s could Zuri do? Circle the healthiest choice.**

Say, “I trust you, but I’m feeling some jealousy. Can we talk about how to work through that together?”	Say nothing. It’s probably just in their head.	Ask Minh to stop talking to their ex.
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**Discuss with your group:**

1. What are healthy ways to talk about jealousy?
2. What happens when we don’t talk about difficult feelings?



## Emery & Carson

Emery feels like their partner Carson hasn't been paying much attention to them lately and it's bothering them.

**What could Emery do? Circle the healthiest choice.**

Flirt with other people; maybe jealousy will make Carson try harder.	Say, "I've been feeling kind of ignored lately. Can we talk about what's going on?"	Talk to one of Carson's friends about how they're feeling.
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**Discuss with your group:**

1. Why might someone try to make their partner jealous instead of sharing how they feel?
2. What are better ways to express a need for connection or closeness?

## Taye & Eli

Taye and Eli just started having sex. Taye assumed they're now in a committed relationship. When they find out Eli is still dating other people, they feel hurt and confused.

**What should Taye do? Circle the healthiest choice.**

Ask, "Can we talk about what this relationship means to each of us?"	Break up with Eli.	Post something angry about Eli on social media.
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**Discuss with your group:**

1. What assumptions do we make about sex and commitment?
2. How could people set boundaries together in a healthy relationship?
3. What are the STI risks in this situation?



## Ash & Zara

Ash gets upset when their partner Zara hangs out with other friends. Ash says, "It's weird that you're always laughing with them, you should be showing that affection to me, not them."

**What could Zara do?** Circle the healthiest choice.

Stop hanging out with those friends to avoid drama.	Say, "You seem uncomfortable, can we talk about what's coming up for you?"	Reassure Ash by texting them constantly while out with others.
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**Discuss with your group:**

1. What's the difference between boundaries and control in relationships?
2. Can jealousy ever be helpful if we're honest about it?

## Sky & Jalen

Sky and Jalen are dating. Sky feels like if Jalen is really committed, they should be spending more time together. Jalen is committed to their sport and doesn't want to skip practices or games to hang out.

**What could Sky do?** Circle the healthiest choice.

Say, "If you really cared, you'd choose me over practice sometimes."	Say, "I miss you. Can we talk about how to balance our time better?"	Get upset and ignore Jalen for a few days to make a point.
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**Discuss with your group:**

1. What does commitment look like when people have different priorities?
2. How can people support each other's goals and still feel connected?



## Mika & Malakai

Mika is thinking about having sex with Malakai. They're not sure they're ready, but many of their friends say they've had sex already. Mika worries about being seen as immature if they wait.

**What could Mika do?** Circle the healthiest choice.

Have sex so they don't feel left out.	Talk with Malakai about what they're feeling and why they're unsure.	Lie to their friends and say they've had sex to avoid judgment.
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**Discuss with your group:**

1. Why might people feel pressure to have sex even if they're unsure?
2. What are the roles of personal values and peer pressure in making good decisions?

## Amari & Noor

Amari and Noor have had sex, but they've never talked about what they like, what they don't like, or how to have safer sex. Amari assumes everything is fine because Noor hasn't said anything.

**What could Amari do next?** Circle the healthiest choice.

Assume it's fine unless Noor brings something up.	Say, "Can we talk about what feels good and what doesn't?"	Look for clues based on Noor's body language during sex.
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**Discuss with your group:**

1. Why might someone not speak up during or after sex? What are the risks of speaking up or not?
2. How can asking questions build intimacy, not awkwardness?
3. How can two people have safer sex to prevent pregnancy or an STI?



**Answer Key:** Healthiest answers are **bold and underlined**.

Kade & Harper

<u><b>Break up with Kade.</b></u>	<u><b>Say, “I’m not ready for that, and I don’t want to be pressured.”</b></u>	Go along with it, they are in a relationship after all.
The first answer demonstrates self-respect and bodily autonomy. The second answer affirms personal boundaries and opens up honest conversation.		

Zuri & Minh

<u><b>Say, “I trust you, but I’m feeling some jealousy.</b></u> <u><b>Can we talk about how to work through that together?”</b></u>	Say nothing. It’s probably just in their head.	Ask Minh to stop talking to their ex.
This answer names a feeling without blame and invites mutual understanding.		

Emery & Carson

Flirt with other people; maybe jealousy will make Carson try harder.	<u><b>Say, “I’ve been feeling kind of ignored lately.</b></u> <u><b>Can we talk about what’s going on?”</b></u>	Talk to one of Carson’s friends about how they’re feeling.
This answer is direct, respectful, and makes room for connection.		



## Taye & Eli

<p><b><u>Ask, “Can we talk about what this relationship means to each of us?”</u></b></p>	<p><b><u>Break up with Eli.</u></b></p>	<p>Post something angry about Eli on social media.</p>
<p>The first answer opens the door to mutual understanding, rather than assumptions. The second answer demonstrates healthy boundaries and safety.</p>		

## Ash & Zara

<p>Stop hanging out with those friends to avoid drama.</p>	<p><b><u>Say, “You seem uncomfortable, can we talk about what’s coming up for you?”</u></b></p>	<p>Reassure Ash by texting them constantly while out with others.</p>
<p>This answer opens up space for communication without sacrificing independence or friendships.</p>		

## Sky & Jalen

<p>Say, “If you really cared, you’d choose me over practice sometimes.”</p>	<p><b><u>Say, “I miss you. Can we talk about how to balance our time better?”</u></b></p>	<p>Get upset and ignore Jalen for a few days to make a point.</p>
<p>This answer expresses feelings without blame and invites a shared solution.</p>		



## Mika & Malakai

Have sex anyway so they don't feel left out.	<b><u>Talk with Malakai about what they're feeling and why they're unsure.</u></b>	Lie to their friends and say they've had sex to avoid judgment.
This answer centers communication, consent, and emotional readiness.		

## Amari & Noor

Assume it's fine unless Noor brings something up.	<b><u>Say, "Can we talk about what feels good and what doesn't?"</u></b>	Look for clues based on Noor's body language during sex.
This answer shows care, promotes safety, and centers mutual enjoyment.		



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