



**teaching
sexual
health.ca**

CALM
Learning Activity

What Matters Most

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.

What Matters Most

CALM



Teaching Sexual Health

What matters most to you?

Circle the personal values and beliefs that mean the most to you.

Relationship Values	Beliefs about Sex & Intimacy	Life & Personal Beliefs
Trust is built slowly over time.	Sex should wait until marriage or lifelong commitment.	My religion or spirituality guides my choices.
Loyalty is necessary for a healthy relationship.	Sex is part of a loving relationship.	Family expectations are important to me.
Partners should be honest with each other.	Consent and comfort come first.	I want to avoid drama.
Communication is key to success.	Pleasure matters.	I need emotional safety.
Respecting each other is important.	It's okay to send nude pictures to someone you trust.	I want to focus on school/my future right now.
Having fun together helps build a strong relationship.	It's okay for teens to have casual sex.	I want to feel loved and valued.
Each partner's independence is valuable.	Teens should wait to have sex.	I want to do what's right for me, even if others disagree.
Physical affection is done in private.	It's never okay to send or share sexual images.	I want to have control over my body and my choices.
Working towards shared goals is key to success.	It's important to be in love with your partner before you have sex with them.	It's okay to take things slow in a relationship.
Commitment to only one person is how relationships succeed.	Sexual attraction is all that is needed to have a good relationship.	I want relationships to help me grow, not hold me back.



Standing Strong

Using the list provided or your own ideas, write 3 values or beliefs that are important to you in relationships. Imagine you are dating someone who does not share these values and is expecting you to change. Write what you'd say or do in each situation.

My Value or Belief	What I'd Say or Do



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