

**teaching
sexual
health.ca**

CALM
Learning Activity

Relationship Progression

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.



How could a relationship progress?

1

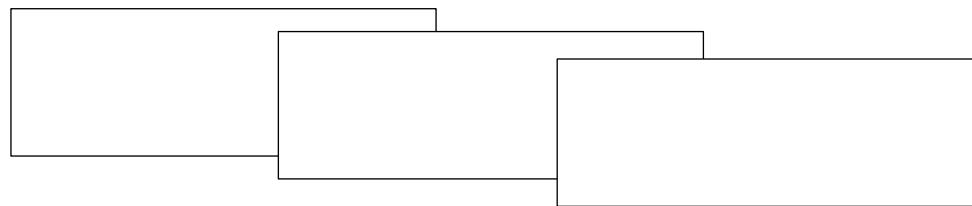
Start with the first contact card.

First contact
(Eye contact or saying hello)



2

Place the rest of the cards in the order your group thinks a relationship could progress.



Group Reflection Questions

After your group has ordered the cards, discuss the following:

1. Did everyone in your group agree on the order? Why or why not?
2. Were there any cards that were hard to place? Why or why not?
3. Where did your group put the sex card? Why?
4. Where did you place talking about STI protection and birth control? Why?
5. Do you think your group built a realistic or ideal relationship? Why?
6. Do you think there's one "right" way for a relationship to progress? Why or why not?



First contact

(Eye contact or saying hello)

Flirting

Talking about shared
interests



Spending time together doing shared interests (sport, music, art, etc.)

Texting

‘Steady’ dating (Dating only one person)



Going on dates with groups

Going on dates alone

Trust

(Being able to tell and
keep secrets, being reliable)



Kissing

Touching

(Holding hands, putting
arm around someone)

More intimate touching
(Touching breasts or genitals through
clothes)



Emotional intimacy

(Loving personal relationship,
warmth, affection, closeness)

Sex

(oral, anal, hand or vaginal)

Love



Getting and using STI protection and birth control

Talking about STI protection and birth control

Thinking about having children



Long-term commitment or marriage

Sharing goals

(Having similar dreams and ideas
about life)

Unconditional acceptance

(Knowing someone's strengths
and weaknesses and still liking them)



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