



teaching
sexual
health.ca

Grade 9

Learning Activity

Making Healthy Choices: Sexual Decision Making

Learning Outcome

W-9.14 develop strategies that address factors to prevent or reduce sexual risk; e.g., abstain from drugs and alcohol, date in groups, use assertive behaviour

Making Healthy Choices: Sexual Decision Making



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Sexual decision making can sometimes feel complicated, especially when friends, crushes or substances like alcohol or cannabis are involved. This activity helps you think through possible risks, strategies to reduce the risk and what someone could say or do to assert their boundaries or values.

The House Party

Ali is at a house party with a few friends from school. There's music, snacks and some older teens have brought alcohol. Their friend Beren offers Ali a drink saying, "It'll help you loosen up." Ali knows that their crush is at the party too and the two of them might end up alone tonight. Ali isn't sure they are ready for sex but is definitely interested in getting to know their crush better.

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Ali use to stay safe or reduce the risk?

What could Ali say or do to stick to their personal boundaries or values?



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Just Us Two

Rahat and Shai have been dating for a few months. They really like each other and decide to watch a movie at Shai's house while their parents are out. Shai suggests they try cannabis to relax. Things start getting more intimate as the movie goes on.

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Rahat or Shai use to stay safe or reduce the risk?

What could they say or do to stick to their personal boundaries or values?



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Group Hangout Turns into a Date

Yan and Vic recently started dating. They were supposed to hang out with a group of friends after school, but everyone had to cancel. Vic suggests they go to a park together instead and then head to Vic's place after since no one is home. Yan feels nervous. They like Vic but hadn't planned on being alone with them. Yan hasn't kissed or made out with anyone yet, but is curious about it.

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Yan use to stay safe or reduce the risk?

What could Yan say or do to stick to their personal boundaries or values?

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Alone at a Party

Zan gets invited to a party by their crush. None of their close friends can go. Zan decides to go anyway. When they get there, the house is crowded and loud. Someone offers them a drink. Their crush puts their arm around Zan's waist and says, "let's find somewhere quiet to get to know each other."

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Zan use to stay safe or reduce the risk?

What could they say or do to stick to their personal boundaries or values?

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Just One Pic

Ellis has been texting with Chen. One night, Chen said, “If you really liked me, you’d send me a nude.” Ellis feels flattered but also nervous. They usually don’t send things like this and are worried. They know some people who have shared nudes, and the pictures got forwarded to other kids at school. Chen keeps asking, and reassuring Ellis, “it’s just between us.”

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Ellis use to stay safe or reduce the risk?

What could they say or do to stick to their personal boundaries or values?

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Meeting Up

Mehr added Jo on Snapchat, because they heard Jo was a really great person. Mehr and Jo have been chatting for a couple of weeks. They've shared photos, talked late at night and seem to have lots in common. Jo asks Mehr to meet up in person at a nearby park, just the two of them. Jo says, "I want it to be just us." Mehr feels excited to finally meet, but also a bit unsure.

What are the risks in this situation (physically, socially, emotionally or legally)?

What strategies could Mehr use to stay safe or reduce the risk?

What could they say or do to stick to their personal boundaries or values?



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Reflection Questions

What do people consider when making decisions around sexual activity and sexual limits and boundaries?

How might mixing alcohol or other drugs with sexual decision making affect the decisions you make?

Why do you think alcohol is so often linked with sexual activity in youth?

What are some consequences involved when alcohol or other drugs are mixed with sexual activity?



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