



*I am.*

Reflection Piece #1

Level One	Level Two	Level Three	Level Four
* Answers show there is minimal understanding of healthy and unhealthy relationships * Answers are incomplete	* Answers show there is some understanding of healthy and unhealthy relationships * Answers are incomplete	* Answers show there is understanding about healthy and unhealthy relationships * Answers are complete in simple terms with little detail or thought	* Answers show there is a thorough understanding of relationships * Answers are thought out and in detail with support and/or connections

There are a range of behaviours that people can use to show caring or control in a relationship. List the behaviours that would be considered healthy or unhealthy in a dating relationship.

Healthy Relationships	Unhealthy Relationships
<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

There are pros and cons to being in a dating relationship. List the pros and cons of being in a dating relationship.

Pros	Cons
<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

What is the difference between what you look for in a friend and what you would look for in a dating partner?

How can dating relationships affect other relationships in your life?

How do relationships affect a person's self-esteem (healthy and unhealthy)?



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## Reflection Piece #2

Level One	Level Two	Level Three	Level Four
* Answers show that there is minimal understanding between flirting and harassment  *Answers are incomplete	* Answers show there is some understanding of the difference between flirting and harassment  *Answers are incomplete	* Answers show there is understanding of the difference between flirting and harassment  *Answers are complete in simple terms with little detail or thought	* Answers show there is a thorough understanding of the difference between flirting and harassment  * Answers are thought out and in detail with support and/or connections.

What is the difference between harassment and flirting?

Being in a dating relationship includes having a good understanding of the concept of consent. Consent is giving permission for something to happen. What are some important things to consider and that people need to understand about consent?

What is the impact of sexual harassment?

Describe two strategies that you can use to deal with sexual harassment.

Gender-based violence is based on an individual's gender and is intended to control, humiliate, or harm an individual. When people say "gender-based violence" they are often referring to violence against women and girls. Please provide a minimum of 2 examples.



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## Reflection Piece #3

Level One	Level Two	Level Three	Level Four
* Picks a media example but unable to provide responses to the questions	* Provides a response to some, but not all of the questions	* Provides responses to all of the questions with some explanations	* Provides responses to all of the questions in a thought out manner. Details, supporting arguments and/or connections are made to answer the questions.

There are many forms of media that can affect an individual's self-esteem. Pick a T.V. show, movie, commercial or a song. Determine what message is being conveyed and to what audience. Do you think all people would react the same way to the media message? Use examples from the media source (lyrics, quotes, pictures) to support your point of view.

Do you agree or disagree with the message? Explain why or why not?

If the example contains an unhealthy self-esteem message, propose changes that could be made to the example that would change the message from unhealthy to healthy.

**Media Example Chosen:** \_\_\_\_\_

Media Message:

Audience:

Would all people react the same way to the message being delivered?

Thoughts about Message:

Changes Needed? Changes Include:



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Reflection Piece #4

Level One	Level Two	Level Three	Level Four
* Group does not show any strategies to deal with the situation in a healthy way in the role play.	Group is able to identify strategies but does not clearly show them in the role play.	* Group is able to identify strategies and community resources and clearly uses at least one strategy in their role play.	* Group is able to identify many strategies and clearly uses those strategies and community resources in their role play.

In small groups, act out a situation where someone was being targeted for their difference. In this role play demonstrate how you can stand up for that person in a healthy way or show how the person being targeted can respond in a healthy and assertive way. Ensure you provide a minimum of 2 community resources the person being targeted can access for support.



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**Reflection Piece #5**

Level One	Level Two	Level Three	Level Four
* Not able to complete puzzle and uses minimal words or creativity to describe self and the things that can impact one's self-esteem (1-3)	* Completes puzzle but uses minimal words or creativity to describe self and the things that can impact one's self-esteem (4-8)	* Completes puzzle. Uses 9-12 words to describe self and the things that can impact one's self-esteem. Puzzle could have used more creativity.	* Completes puzzle. Uses more than 11 words to describe self and the things that can impact one's self-esteem. Uses creativity, connections and is thorough

Create a crossword using words that would describe who you are and what you like about yourself. In this crossword also include things that can impact one's self-esteem (<http://worksheets.theteacherscorner.net/make-your-own/crossword/>).

**OR**

**Reflection Piece #5**

Level One	Level Two	Level Three	Level Four
* Answers are incomplete or have no detail	* Answers are complete with no explanation or detail	* Answers are complete with some answers having details and explanations	* Answers are complete, thought out and in detail with explanations, support and/or connections.

1. Having high self-esteem means that you value yourself and have a sense of your personal identity. What are the things you most value about yourself (your gifts, talents, abilities, character traits, skills)?
2. What are the things you do that show that you value yourself?
3. What are things you do that show that you DO NOT value yourself?
4. What do your friends appreciate about you?
5. What do you value about your friends?



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Reflection Piece # 6

Level One	Level Two	Level Three	Level Four
* No clear Mental Health issue is identified	* Clear Mental Health issue is identified	* Clear Mental Health issue is identified	* Clear Mental Health issue is identified
*Answers are incomplete	*Answers are incomplete	*Answers are complete with some support and/or connections	*Answers are complete with strong support and/or connections to all of the responses

Pick a mental health issue to research. Provide a definition/explanation of this issue. Websites that may be useful include: <http://camh.net/> and <http://www.ldonline.org/>

List 5 signs or symptoms of this issue.

Are there any causes?

What kinds of help are available to assist someone with this issue?

What are the concerns if a person does not get help with this issue?

Provide 3 examples of how anyone can support someone with this issue.

List 3 places/organizations that a person with this issue can contact for support.

**OR**



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Level One	Level Two	Level Three	Level Four
*All answers are incomplete	*Some answers are incomplete	*Answers are complete with some support and/or connections	*Answers are complete with strong support and/or connections to all of the responses

1. What is the difference between an anxiety disorder and having anxiety?  
Use an example to show your answer.

2. What is the difference between having Depression and feeling sad?  
Explain.

3. If you think you or someone you know suffers from a mental illness, where can you go for help?

4. A) What are some of the things that stop people from getting help?

B) What could you say to someone who is not getting help for the reasons you listed above?



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## Reflection Piece #7

Level One	Level Two	Level Three	Level Four
* Poster is incomplete or sloppy	* Poster uses simple images to convey the harmful effects of substance use	* Poster uses clear images to convey harmful effects of substance use and creativity is used	* Poster uses clear and creative images to show harmful effects of substance use * Poster includes websites or organizations that can offer support

Pick a substance (drug) that people may use/misuse. Create a poster that will increase people's awareness of the harmful effects of this substance. Ensure your poster includes people/organizations that someone can contact for more information and support.

Please note: Your poster may be displayed in other classrooms and/or in your school.





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**Brainstorm Ideas**

