

Authors: **chii kayeh iyaakwaamiih Working Group**

From the Cree Nation:

The youth of Eeyou Istchee, Daisy Moar, Irene Otter, Bertha Dixon, Emily Mianscum;

From the Cree Board of Health and Social Services of James Bay (CBHSSJB-Public Health):

Françoise Caron, Andrée-Anne Bourdeau, Isabelle Duguay, Marlène Beaulieu;

From the Université du Québec à Montréal (UQAM), Canadian Research Chair in Health Education:

Joanne Otis, Sara Mathieu-Chartier

Cover Page

Le zeste graphique
Montréal Québec

Page Layout and Original Illustrations

Bernard Lafleur, Le zeste graphique
Montréal Québec

Original Pictures

George Diamond, (CBHSSJB-Public Health)

Other picture credits

Robin D., Daniel K. Gebhart, Camilo Labrador, Marinka Van Holten, Lars Jensen, Fa Snail, Ivan Sanchez Lafuente, Marinela Satonic, Christian Carolo, Mateusz Kapcik.

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In this document, the masculine gender designates both sexes with no discrimination intended, and is used solely to facilitate reading.

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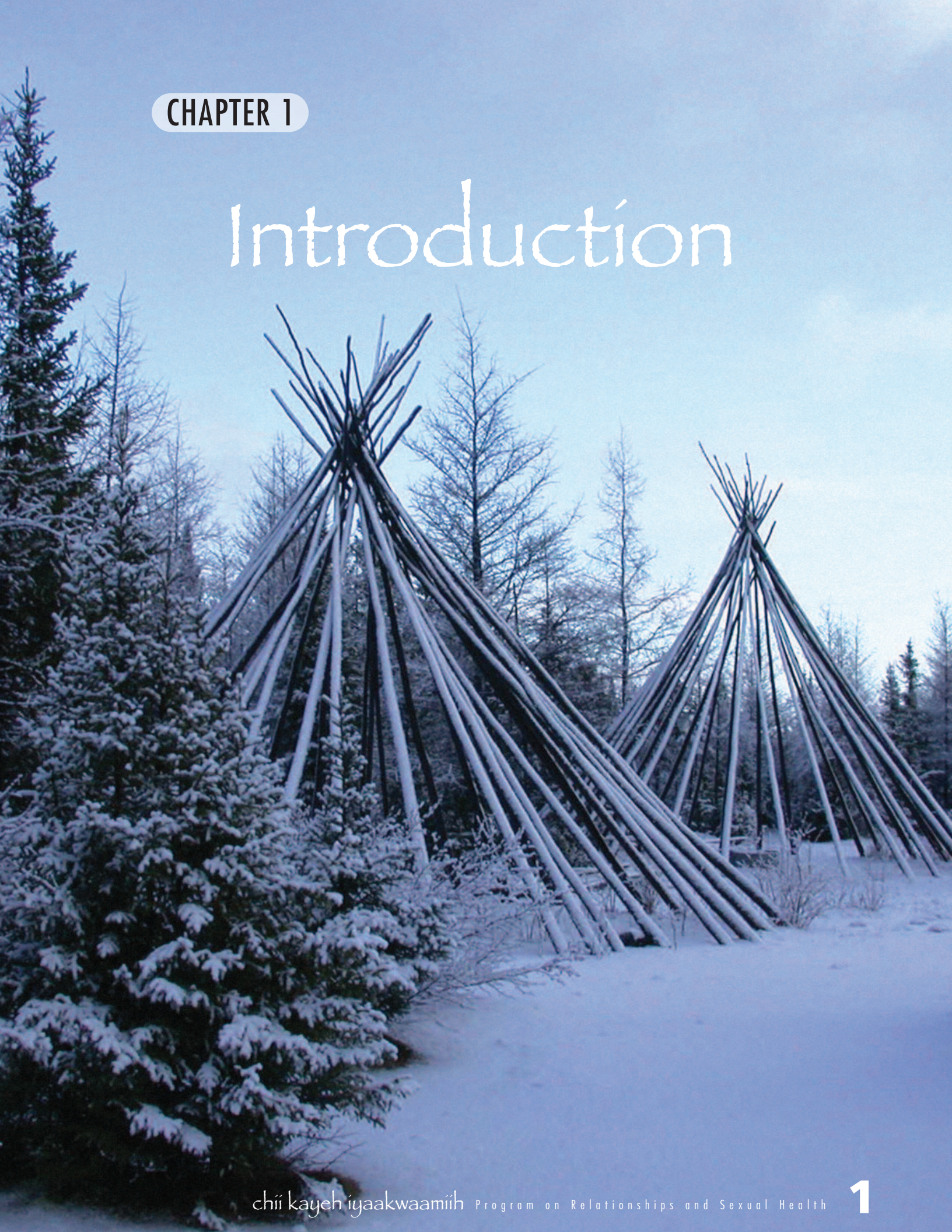
And a special thanks to the youth Cree actors on the cover page.

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CHAPTER 1

Introduction





Lexicon 1

- **Accountable:** Responsible for or to someone.
- **Harmonious:** Showing accord in feeling and action.
- **Wisdom:** A wise attitude or course of action.

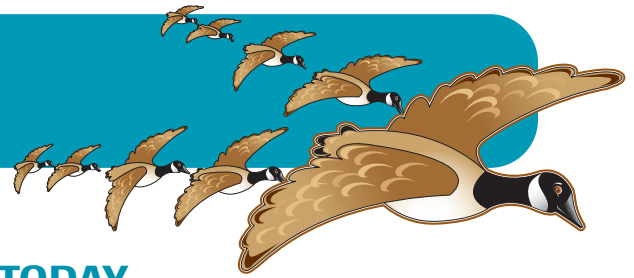
Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

- _____
- _____

LESSON 1

Introduction: Learning to work in a team

Team work is like the geese flying in a “V” formation.
Alone we can move quickly, but together we can go far.



SOME OF THE THINGS I AM LEARNING TODAY

As you may remember, this course was created especially for you with the help of many people. You may know some people who worked on putting this course together. Everyone worked very hard to make this course interesting and meaningful for you and for future generations. They felt something needed to be done in the schools to help our youth make wiser and healthier choices in the area of sexuality. The new course would be based on our Cree values and it would acknowledge the relationship components needed in order to have a healthy individual, couple, family and Nation.

Sexuality is a sacred bond, a strong intimacy and reaching to another new level between two individuals and that's the reason for naming the course, chii kayeh. Chii kayeh means “you too” are responsible for your own wellbeing as well as ensuring that both individuals are practicing a positive and healthy lifestyle as it pertains to sexuality.

Along the same line, as the two individuals enter into a relationship, they would need to become aware of the “iyaakwaamiih” lessons which are faced in getting to know one's partner as well as being cautious on what goes on in a relationship. So, that's why the course “You too, be careful” looks at you and the partner.

This course is like embarking on an aniteh kaa pechi utuuhtehikw (a learning journey). During this journey you have been learning about self-esteem, healthy relationships, assertive communications, ways to resist peer pressure and what to do to prevent unplanned pregnancies, STIs, HIV and AIDS. This year, you will participate in a form of aashuumiih. You will help others by sharing your knowledge and skills through a small project. Your project could make a big difference in someone's life.

MY ACTIVITY TODAY

Part 1 THE GOOSE STORY

The goose story

In the spring, when you see the geese flying in a “V” formation, you might like to know what science has discovered about why they fly that way.

It has been discovered that when a bird flaps its wings, it creates uplift for the bird behind it. By flying in a “V” formation, the whole flock can fly a lot further than if each bird flew alone. Whenever a goose flies out of formation, it suddenly feels the drag and resistance of trying to fly alone, and it quickly gets back in the formation to take advantage of the lifting power of the bird immediately in front of it. This example teaches us that it is easier to do some things together instead of alone. The geese can inspire us to work as a team when we work on our project during the chii kayeh iyaakwaamiih program.

Did you know that when the lead goose gets tired, it falls back in the wing and another goose takes the lead? When we work on our project, we should remember that it pays off to take turns when we are doing a hard job!

The geese honk from behind to encourage those up front to keep up their speed. Here again, we should be inspired by the geese and make sure we encourage our team mates!

Finally, when a goose gets sick or is wounded by a gun shot and falls out of formation, two geese follow it down to help and protect it. They stay with it until it is able to fly or until it has passed away. Then, they go off on their own or with another formation to catch up with the group. This example teaches us the importance of standing by each other, especially in difficult times.

Whenever you look at the chii kayeh iyaakwaamiih mascot, remember these important lessons. This **wisdom** will help you succeed now and in the future.

Part 2 REMEMBER THE LESSONS FROM THE GEESE

First, read the lessons learned and then associate each one with the geese behaviors. Fill in the space by choosing a lesson from the list below.

Lessons learned

- a • At times, some effort is needed to get back into the team!
- b • We need to make sure our words are encouraging and not discouraging for others.
- c • Stand by your team mates in difficult times, as well as in good times.
- d • It is harder to do some things alone. People who share a common direction and a sense of common purpose can go further and get there more easily than those who don't.
- e • Shared leadership and interdependence gives us each a chance to lead as well as opportunities to rest.

Geese Behaviors	Lessons learned
<p>1 • As each bird flaps its wings, it creates uplift for others behind it. There is 71% more flying range in formation than flying alone.</p>	
<p>2 • Whenever a goose flies out of formation, it quickly feels the drag and tries to get back into formation.</p>	
<p>3 • When the lead goose gets tired, it rotates back into formation and another goose flies ahead.</p>	
<p>4 • The geese in formation honk from behind to encourage those up front to keep up their speed.</p>	
<p>5 • When a goose gets sick or is wounded and falls, two geese fall out and stay with it until it is able to fly or dies. Then they catch up or join another flock.</p>	

● **Creating harmonious relationships within a team**

To create **harmonious** relationships within a team and for everyone to succeed, two conditions are absolutely essential: The team members must share the tasks in a fair manner and each member must be personally **accountable**.

- Everyone must do their own tasks in order for the whole group to succeed and team mates must help each other as much as they can.



Lexicon 2

Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

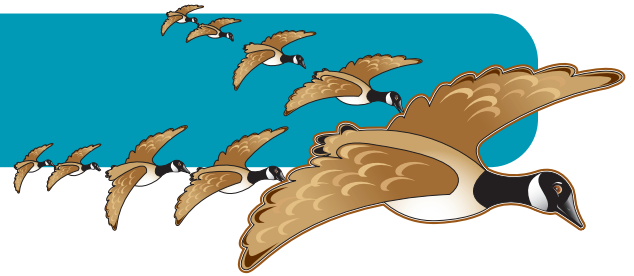
- _____
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LESSON 2

Introduction:

Reviewing what we have learned

I can use the tools gathered during the chii kayeh iyaakwaamiih program in my own life.



SOME OF THE THINGS I AM LEARNING TODAY

During secondary 1 and secondary 2, you gathered some tools on healthy relationships and sexual health that you can use in your own life. This year, you will participate in a form of aashuumiih where you share some of your learning with your schoolmates, friends and family. To begin, you will review the things you have learned so far during the chii kayeh iyaakwaamiih learning journey.

MY ACTIVITY TODAY

Part 1 A QUICK REVIEW

How to play the card game

- 1 • Cut out a set of game cards from one of the student workbooks.
- 2 • Stack the "Question Cards" together in one pile and place it face down in the middle of the desk.
- 3 • Mix the "Answer Cards" and distribute them among your team mates.
- 4 • Take a few minutes to read your cards before you start to play.
- 5 • Flip over a question card. If you have the correct answer to that question, place the "Question" and the "Answer" cards together on the table beside you. Each correct answer is worth 1 point.
- 6 • If no one thinks they have the right answer to the question, then place the "Question card" at the bottom of the "Question card" pile. You may try again later!
- 7 • The person with the most points wins the game.

Give 3 examples of a passive communication style

Name 3 obstacles that could make "waiting until later" more difficult to do.

Give 3 examples of an aggressive communication style

Why do STIs spread so rapidly?

Give 2 examples of body language associated with a passive communication style

What is a love relationship?

What advice would you give to a friend who is under a lot of peer pressure?

Give an example of mental intimacy.

What is meant by "mutual consent"?

Give an example of spiritual intimacy.

Name 3 refusal techniques to resist peer pressure.

What are 3 signs of a healthy relationship?

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

A healthy relationship is based on Cree values. Name 4 of these values.

A person in a loving relationship has many rights. Name 3 of these rights.

What can you do to stop the spread of STIs?

What advice would you give to your friends regarding violent situations or relationships?

Why should you abstain from drinking alcohol if there is a chance you could be pregnant?

Give 3 examples of an assertive communication style

What would you tell a friend who admits to being violent in his/her relationships?

Give 2 examples of body language associated with an aggressive communication style

How can "waiting until later" help you and your partner build a better relationship?

Give 2 examples of body language associated with an assertive communication style

Give an example of physical intimacy.

Name 4 benefits of "waiting until later" to have sex.

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

Name 3 things you can do to make "waiting until later" easier to do.

Give an example of emotional intimacy.

What are 3 signs of an unhealthy relationship?

A person in a loving relationship has many responsibilities. Name 3 of these responsibilities.

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

QUESTION

**Love
Respect
Harmony
Hope**

Emotional: Being comfortable sharing our feelings such as fears, worries, hopes and dreams.

- 1. Abstain from sex or always use a condom.**
- 2. See a doctor or nurse for a test.**
- 3. If you have a STI, take all your medicine and tell your partners.**

I have the right to be respected, to set my sexual limits and to change my mind at any time about having sexual contact.

Partners show acceptable behaviors and attitudes such as: Respect, acceptance, listening, honesty, love, kindness, loyalty, commitment.

- 1. Repeat the refusal.**
- 2. State your reasons and move on to something else.**
- 3. Just walk away.**

Both partners fully agree to whatever sexual activity is occurring.

Communication style
1. Threatening someone.
2. Putting someone down.
3. Pressuring someone.

- 1. Tell my partner that I want to wait until later and avoid risky situations where the opportunity might present itself.**
- 2. Tell my partner when I'm feeling too much pressure and that I don't want to have sex.**
- 3. Avoid abusing alcohol/drugs and tell my partner ahead of time that I want to wait until later.**

Communication style
1. Saying how you feel (both positive and negative).
2. Stating what you want.
3. Saying "No" to what you don't want without feeling guilty.

STIs spread rapidly because:

- 1. Most of the time the person who has the infection does not know it.**
- 2. A condom was not used.**

Body language

- 1. Having little or no eye contact.**
- 2. Shrugging your shoulders.**

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

Mental: Sharing thoughts, ideas and mutual interests.

Body language

- 1. Making direct eye contact.**
- 2. Using a firm tone of voice.**

Communication style

- 1. Speaking in a soft muffled voice.**
- 2. Remaining silent.**
- 3. Saying "I don't know" all the time to everything.**

Body language

- 1. Using a loud voice.**
- 2. Showing your fists.**

Physical: Holding hands, hugging, cuddling, kissing.

- 1. We will take the time to get to know each other.**
- 2. We will take the time to learn to trust each other.**
- 3. We will take the time to find out if we are truly in love.**

One or both partners show unacceptable behaviors and attitudes such as: Lack of respect, indifference, excessive jealousy, intimidation, threats, pressure, lying, cheating, breaking a commitment.

A love relationship is when 2 people come together and share a special connection in all aspects of their wellbeing: physical, mental, emotional and spiritual.

I have the responsibility to respect my partner, respect my partner's limits and respect my partner's right to change his/her mind at any time about having sexual contact.

I can prevent FASD by not drinking alcohol when I am pregnant or think I could become pregnant. As a man, I can support my partner to not drink alcohol if she could become pregnant.

Spiritual: Sharing beliefs and values. Connecting to the land to strengthen our relationship.

- 1. I will feel more ready later on.**
- 2. I will feel happy and proud of myself.**
- 3. I won't catch a STI or become a parent before I'm ready.**
- 4. I won't worry about it the next day.**

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

I would tell my friend to get help right away as soon as he/she feels the peer pressure is affecting him/her.

- 1. It's hard to control myself.**
- 2. I'm in love with my partner.**
- 3. I'm feeling pressure from my partner.**

- 1. Get away from a potentially violent situation and allow themselves to cool down.**
- 2. Stop alcohol and drug abuse that impair their judgement and self control.**
- 3. Get help to learn how to deal with their emotions and have healthy relationships that are free of violence.**

- 1. As much as possible, avoid situations that can put them at risk of violence occurring.**
- 2. Trust their instincts and get out of a situation as soon as they sense something is wrong.**
- 3. Get help immediately if their partner is violent.**

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

ANSWER

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ANSWER

ANSWER

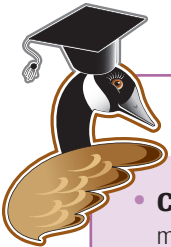
ANSWER

ANSWER

CHAPTER 2

Condoms





Lexicon 3

- **Consistently:** In a systematic or consistent manner; for example: using a condom consistently means you use a condom every time you have sex.
- **Eager:** Having or showing an intense desire.
- **Effective:** Adequate to accomplish a purpose; producing the intended or expected result.

Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

- _____
- _____

LESSON 3

Condoms: Using them to your advantage

Be safe, be proud: Use a condom every time you have sex!



SOME OF THE THINGS I AM LEARNING TODAY

During this section of the chii kayeh iyaakwaamiih Program, you will learn everything you need to know about condoms. Start by doing the self-evaluation exercise below. You will need this score at the end of this chapter.

MY ACTIVITY TODAY

Part 1 MY SELF-EVALUATION

For each statement below, circle the number that corresponds best to your opinion.

0 = Never

1 = Sometimes

2 = Often

3 = Always

A • I would be able to get condoms for myself if I wanted to.	0	1	2	3
B • I would be able to use a condom even if it felt uncomfortable.	0	1	2	3
C • I would be able to talk to my partner about using a condom before we had sex.	0	1	2	3
D • If I didn't have a condom, I would be able to put off having sex even if I was very sexually aroused.	0	1	2	3
E • I would be able to refuse to have sex if my partner refused to use a condom.	0	1	2	3
F • I would be able to use a condom even if I believed my new partner was "clean".	0	1	2	3

Add each number you have circled to obtain your score.

MY SCORE IS: _____ You will need this score later on.

Part 2 FIND THE MISSING WORDS

There are many advantages to using a condom. Below, you will find a list of the advantages identified by the youth of Eeyou Istchee during a consultation on the chii kayeh iyaakwaamiih program.

For each advantage, one important word is missing! To discover this word, you must first read the sentence and then unscramble the word that is missing by placing the letters between brackets in the correct order. The first and last letters are already correct. Finally, write the missing word in the space provided. Good luck!

Advantages to using a condom:

A • I can protect myself and my partner.

- 1 • I can avoid an unplanned _____ (pagernncy).
- 2 • I can _____ (aiovd) getting a STI or HIV-AIDS.
- 3 • I will feel _____ (sfae).
- 4 • I will stay _____ (hatlehy).

B • I can feel good about myself.

- 1 • I will feel more _____ (cdoinfnet).
- 2 • I will feel more _____ (cmaofolbtre).
- 3 • I will feel more _____ (ribspesnole).
- 4 • I will be _____ (hieppar).
- 5 • I will feel _____ (puord) of myself.

C • I won't be worried later on.

- 1 • I will have no _____ (rgertes) the next day.
- 2 • I won't _____ (wrory) that I might have HIV or a STI.

D • I will gain my partner's respect.

- 1 • My partner will respect me more because I _____ (rpecset) and honor myself.

E • I can reach my future goals.

- 1 • I can _____ (fnisih) school and get a good job.

Part 3 AND YOU, WHAT DO YOU THINK?

This exercise should be done individually because the answers are your own opinion. There is no right or wrong answer!

As you have seen, the advantages of using a condom fall under five general categories. How important are these advantages for you? Circle the number that corresponds the best to your personal opinion.

0 = This advantage doesn't matter to me
2 = This advantage is important to me

1 = This advantage matters a little to me
3 = This advantage is really important to me

Advantages of using a condom

A • I can protect myself and my partner	0	1	2	3
B • I can feel good about myself	0	1	2	3
C • I won't be worried later on	0	1	2	3
D • I will gain my partner's respect	0	1	2	3
E • I can reach my future goals	0	1	2	3

Part 4 FIND THE MISSING WORDS

The obstacles to using a condom

It is sometimes difficult to use a condom. Below, you will find a list of the obstacles identified by the youth of Eeyou Istchee during a consultation on the chii kayeh iyaakwaamiih program. Continue the exercise by placing the correct word in the space provided.

A • I find it hard to control myself.

- 1 • I'm too _____ (exteicd) or too eager.
- 2 • I wasn't _____ (tinnhikg) at the time.
- 3 • I'm under the _____ (inenfclue) of drugs or alcohol.

B • I think I will experience less pleasure if I use a condom.

- 1 • I want to feel _____ (mroe) pleasure.
- 2 • I want to feel the _____ (rael) thing.
- 3 • The condom is _____ (utmnfcoalrbe).
- 4 • I like to take _____ (rsiks).
- 5 • I'm worried the condom might _____ (baerk).



When you are “under the influence” your 5 senses are affected. For example, your vision is blurry; you don't feel the things you touch as well as when you are sober. In these conditions, it is harder to use a condom!

C • I find it hard to negotiate the use of a condom with my partner.

- 1 • I don't know my _____ (ptanrer) well enough.
- 2 • I'm _____ (shy).
- 3 • My partner _____ (rufsees) to use a condom.
- 4 • I find it hard to ask my partner to use a _____ (cdoonm).

D • I feel I don't need any protection

- 1 • I know my partner is " _____ " (caeln).
- 2 • It's the _____ (fsrit) time for both of us.
- 3 • I _____ (tusrt) my partner.
- 4 • I'm in a _____ (lnog) term relationship.

E • I feel pressure from my partner or from others

- 1 • My partner is too _____ (eictexd) or in a hurry to have sex.
- 2 • _____ (ploepe) around me want me to become pregnant.
- 3 • My partner _____ (wtnas) to get me pregnant.
- 4 • My friends don't _____ (avprpoe) the use of the condom.

F • I have a hard time finding a condom

- 1 • I don't have one at the _____ (tmie).
- 2 • I'm too shy to see the school _____ (nruse).
- 3 • The school nurse is _____ (asnbte).
- 4 • I'm too shy to go to the _____ (cnliic).
- 5 • The clinic is _____ (cselod).
- 6 • The box at the clinic is _____ (etmpy).

Part 5 AND YOU, WHAT DO YOU THINK?

This exercise should be done individually because the answers are your own opinion. There is no right or wrong answer!

As you have seen, the obstacles to using a condom fall under six general categories. How difficult is it for you to get over these obstacles (i.e. to use the condom anyway)? Circle the number that best corresponds to your personal opinion.

0 = I strongly disagree with this statement

2 = I agree a little bit with this statement

1 = I disagree a little bit with this statement

3 = I strongly agree with this statement

Obstacles to using a condom

A • I find it hard to control myself	0	1	2	3
B • I think I will experience less pleasure if I use a condom	0	1	2	3
C • I find it hard to negotiate the use of a condom with my partner	0	1	2	3
D • I feel I don't need any protection	0	1	2	3
E • I feel pressure from my partner or from others	0	1	2	3
F • I have a hard time finding a condom	0	1	2	3

Add together the numbers you have circled to obtain your score. The higher your score (i.e. the closer it is to the number 18), the more likely you are to find it difficult to use a condom. These obstacles are surmountable.

Condoms are easy to use when you are well prepared. During the next lessons you will learn how to easily use a condom, when needed.



Lexicon 4

- **Overcome:** Get on top of, deal with successfully.

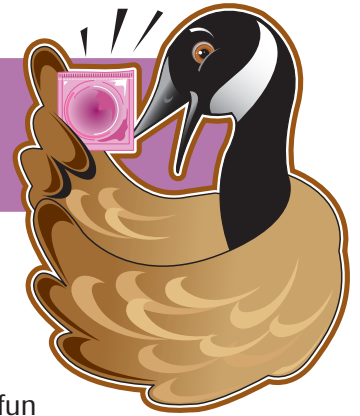
Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

- _____
- _____

LESSON 4

Condoms: Using them with ease

Using a condom can be easy and fun. Always use a condom when you have sex!



SOME OF THE THINGS I AM LEARNING TODAY

Today you will learn about some of the things you can do to make condoms more fun and easy to use.

MY ACTIVITY TODAY

Part 1 WAYS TO OVERCOME OBSTACLES TO USING A CONDOM AND STILL HAVE FUN!

Do this activity with another student.

- Cut out the yellow cards (advice to help you overcome an obstacle) and the slogan cards.
- Put all the slogan cards together in one pile in front of you.
- Place the yellow cards into six separate piles (i.e. one for each letter: A, B, C, D, E, F).
- You should now have six piles of yellow cards and one pile of slogan cards in front of you.
- The board game contains a list of obstacles identified by the youth of Eeyou Istchee. To do this activity, your team must cover each obstacle with the appropriate yellow card (solutions) and choose a slogan card (slogan) when required. Make sure the letter on the yellow card matches the letter associated with the obstacle. There can be more than one right answer.

FLY STRONG N PROUD
DON'T GO WITHOUT
DON'T GO WITHOUT
FLY STRONG N PROUD

U GONNA HUMP?
(COVER UR PUMP)
(COVER UR PUMP)
U GONNA HUMP?

PROTECT UR BIT
WHAT A GOOD SURVIVAL KIT
WHAT A GOOD SURVIVAL KIT
PROTECT UR BIT

DON'T BE A FOOL
WRAP UP TOOL
WRAP UP TOOL
DON'T BE A FOOL

DUDES WHO RESPECT
USE LATEX
USE LATEX
DUDES WHO RESPECT

BEFORE U STING
WRAP UR THING
WRAP UR THING
BEFORE U STING

DON'T GO BARE, PUT IT ON
BEFORE U GO THERE
BEFORE U GO THERE
DON'T GO BARE, PUT IT ON

NO LATEX
NO SEX
NO SEX
NO LATEX

DON'T BE SILLY
SPAWN SAFELY
SPAWN SAFELY
DON'T BE SILLY

4 PEACE OF MIND
USE I EVERY TIME
USE I EVERY TIME
4 PEACE OF MIND

IF YOU DON'T (COVER UR WOOL)
(ATCH STI? YOU COULD)
(ATCH STI? YOU COULD)
IF YOU DON'T (COVER UR WOOL)

Discuss using the condom before you have sex and get your partner to agree before you go any further or get too excited.

Any new habit takes time to develop. Remembering to use the condom will get easier with time.

Limit your intake so that you can still keep your resolve to use a condom every time you have sex.

To avoid discomfort, make sure the condom is rolled all the way up to the base of the penis.

Add more lubricant. Relax! Slow down, take it easy. Have fun.

Ask a friend to let you know if you are drinking too much. Stop while you can still keep your resolve to use a condom!

A boy can control his ejaculation more easily with a condom. Sex will last longer and this means more pleasure for both you and your partner!

Add a water-based lubricant to make the condom feel more natural for both partners.

To avoid discomfort, choose a condom that is the right size for you. Lubricate it with a water-based lubricant.

Practice putting on the condom by yourself before you have sex. You will feel more at ease and self confident when it is time to use it.

You will feel more pleasure if you are not worried about an unplanned pregnancy or catching a STI.

Lubricate the condom with a water-based lubricant. Learn how to use the condom correctly. Always check the expiry date on the condom.

Most people who have HIV or a STI don't know they have it. It's better to be "safe" than "sorry"!

To feel more at ease, you can prepare the condom ahead of time. Just take the condom out of the package so it is ready to use. It's a lot easier that way!

Refuse to have sex without a condom. Remember, there are other ways to experience pleasure with your partner.

Make sure your partner knows you want to use a condom. It will be a lot easier if you both agree to use it ahead of time.

You can trust your partner and still want to stick to your own rules: no condom, no sex!

If your partner cares about you, he/she will respect your decision to use a condom.

A

A

A

A

B

B

B

B

B

B

B

C

C

C

D

D

D

E

Becoming pregnant is a personal choice that should not be made under pressure. It's best to plan for this big event that will change your life and that of your family.

You might want to reach some goals before becoming a parent. Don't be afraid to tell your partner how you feel.

You will feel good about yourself and gain the respect of your real friends if you resist harmful peer pressure.

Always have condoms on you. Keep them in a cool and dry place.

When you get condoms, think ahead and take more than one!

If condoms are hard to find, get one from a friend, a teacher, a counselor, a parent or other family member.

Go with a friend, you'll be more at ease! Getting condoms shows you respect yourself, your partner and your community. It makes you a responsible person: Be proud of it!

E

E

E

F

F

F

F

BOARD GAME

<p>A • Hard to control I'm too excited or too eager.</p>	<p>B • Less pleasure The condom is uncomfortable.</p>	<p>B • Less pleasure I want to feel more pleasure.</p>
<p>A • Hard to control I'm too excited or too eager. What I told myself.</p> <p>Choose a slogan</p>	<p>B • Less pleasure The condom is uncomfortable.</p>	<p>B • Less pleasure I'm worried the condom might break.</p>
<p>A • Hard to control I wasn't thinking at the time.</p>	<p>B • Less pleasure The condom is uncomfortable.</p>	<p>B • Less pleasure I like to take risks. What I told myself.</p> <p>Choose a slogan</p>
<p>A • Hard to control I'm under the influence of drugs or alcohol.</p>	<p>B • Less pleasure I want to feel the real thing.</p>	<p>C • Hard to negotiate I'm too shy or ill at ease.</p>
<p>A • Hard to control I'm under the influence of alcohol.</p>	<p>B • Less pleasure I want to feel more pleasure. What I told myself.</p> <p>Choose a slogan</p>	<p>C • Hard to negotiate I'm too shy or ill at ease.</p>
<p>A • Hard to control Wow, is she (he) ever hot! What I told myself.</p> <p>Choose a slogan</p>	<p>B • Less pleasure I want to feel more pleasure.</p>	<p>C • Hard to negotiate I don't know my partner well enough. What I told my partner.</p> <p>Choose a slogan</p>

BOARD GAME

<p>C • Hard to negotiate My partner refuses to use a condom.</p>	<p>D • No need It's the first time for both of us. What I told myself.</p> <p>Choose a slogan</p>	<p>E • Feel pressure My friends don't approve the use of condoms. What I told my friends.</p> <p>Choose a slogan</p>
<p>C • Hard to negotiate My partner refuses to use a condom. What I told my partner.</p> <p>Choose a slogan</p>	<p>E • Feel pressure My partner is too excited or in a hurry to have sex.</p>	<p>F • Can't find it I don't have one at the time.</p>
<p>D • No need I know my partner is "clean".</p>	<p>E • Feel pressure My partner is too excited or in a hurry to have sex. What I told myself.</p> <p>Choose a slogan</p>	<p>F • Can't find it The box at the clinic is empty.</p>
<p>D • No need I know my partner is "clean". What I told myself.</p> <p>Choose a slogan</p>	<p>E • Feel pressure People around me want me to get pregnant.</p>	<p>F • Can't find it The school nurse is absent or the clinic is closed.</p>
<p>D • No need I trust my partner.</p>	<p>E • Feel pressure My partner wants me to become pregnant (I want to get my girlfriend pregnant).</p>	<p>F • Can't find it I'm too shy to go to the clinic or to see the school nurse.</p>
<p>D • No need I'm in a long term relationship.</p>	<p>E • Feel pressure My friends don't approve the use of condoms.</p>	<p>F • Can't find it I'm too shy to go to the clinic or to see the school nurse. What I told myself.</p> <p>Choose a slogan</p>

A • After doing this activity, do you agree with the solutions that are given to overcome the various obstacles to condom use?

- Yes
- No

B • If not, what are your reasons?

C • Do you have any other helpful advice for people who do not use a condom?

- Yes
- No

D • If so, what advice would you give to them?



Lexicon 5

- **Expiry:** An end or termination. For example: A condom should not be used after the date indicated on the package.
- **Lubricant:** A product that prevents excessive friction between moving parts.
- **Seminal fluid:** The liquid that transports the sperm out of the man's body. Another word for "seminal fluid" is "semen".
- **Withdraw:** To take back or away; to remove

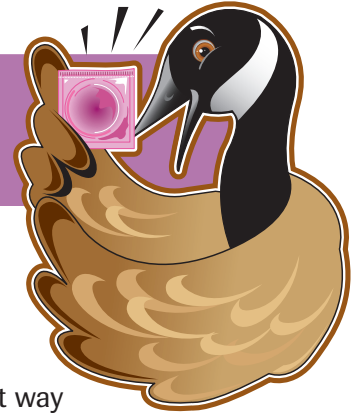
Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

- _____
- _____

LESSON 5

Condoms: Using them correctly Methods of birth control

Condoms are very effective when they are used correctly and consistently. Use a condom every time you have sex!



SOME OF THE THINGS I AM LEARNING TODAY

What do you know about the different kinds of condoms? Do you know the correct way to put on a condom? Find out during this lesson of the chii kayeh iyaakwaamiih Program! What do you know about birth control methods?

Birth control is a way for people to prevent pregnancy and to plan the timing of pregnancy. Birth control is also commonly called contraception. People have used methods of contraception for thousands of years. You might want to ask your grandparents what some people did “in the old days” to try to plan their pregnancy (for example: to not have another baby right away). Today, we have many safe and effective birth control methods available to us.

Did you know that the male and female bodies are very efficient when it comes to making babies? For example, out of 100 teens that have unprotected sex, 85 of them will become pregnant during the first year. So, as each month goes by, it is more and more likely that a youth will become pregnant if she is having unprotected sex. Do you want to wait until you are emotionally and financially ready to become a responsible father or mother? You will learn how to prevent an unplanned pregnancy during this lesson.

MY ACTIVITY TODAY

Part 1 STEPS TO USING A CONDOM

- 1 • Cut out the game cards from your workbook. These are the steps to using a condom.
- 2 • Determine the correct way to use a condom by placing the game cards in the correct order.

Do not flush condoms down the toilet. Throw it away in a garbage bin. Never re-use a condom!

You may add a drop of water-based lubricant inside the condom and a few more outside.

Always have a condom on you. Keep it in a cool place.

After ejaculation, withdraw while penis is still hard, holding the base of the condom.

Slide a finger inside the condom to find the way it unrolls. Place the condom on the tip of the penis.

Pinch the tip of the condom to remove the air. Unroll the condom to the base of the penis.

Get a condom from the clinic or school nurse.

Talk about the condom with your partner. If you both decide you want to go ahead and have sex then make sure you both agree to use a condom every time.

Open it with care, without damaging the condom (be careful with your teeth, nails or jewellery).

Check the expiry date on the condom.

Part 2 MORE ABOUT CONDOMS

Siibii and Siibiish are ready to have sex together, so they decided to meet with the school nurse to get some advice on condom use.

The nurse told them the ideal condom is the one that is the right size and comfortable for both partners. It is best to use an already lubricated condom and add a water-based lubricant such as «KY®». This **lubricant** will not damage the condom. A drop of lubricant inside the condom will make it more comfortable and pleasurable for the boy. Lubricating the condom on the outside will make it more comfortable and pleasurable for the girl. Never use mineral oil, massage oil, baby oil, or Vaseline to lubricate a condom. These lubricants are not water-based and can damage the condom during sexual intercourse.

Condoms are highly resistant and very safe. However, they can tear when not used correctly. The following are some common mistakes:

- The expiry date on your condom has passed.
- The condom was not stored properly. For example, you are constantly sitting on the condom you keep in your wallet! Keep the condom in a cool, dry place. It's best to keep a condom in your front pocket or your purse.
- There was an air pocket in the tip of the condom when it was on the penis. Make sure you pinch the tip before unrolling the condom.
- You did not put enough lubricant on the condom.
- The lubricant you used was not water-based (ex.: Vaseline).
- You damaged the condom with your fingernails, your teeth or your jewellery when you put it on.
- The condom slipped off during sex. Choose one that is the right size (i.e. make sure it's not too big!). Put the condom on when the penis is fully erect and unroll it to the base of the penis. Remember to always hold the condom at the base when **withdrawing** the penis after sexual intercourse.
- If you're not able to unroll the condom, it may be upside down. If so, start again with another condom because some seminal fluid (semen) might be on it.

With practice, a sense of humour and good communication, Siibii and Siibiish were easily able to use the condom.

1 • What errors are common when using a condom? Fill in the blank.

- A** • The _____ date on your condom has passed.
- B** • The condom was not _____ properly. For example, you are constantly sitting on the condom you keep in your wallet! Keep the condom in a cool, dry place. It's best to keep a condom in your front pocket or your purse.
- C** • There was an air pocket in the tip of the condom when it was on the penis. Make sure you _____ the tip before unrolling the condom.

- D** • You did not put enough on the condom.
- E** • The lubricant you used was not (ex.: Vaseline).
- F** • You the condom with your fingernails, your teeth or your jewellery when you put it on.
- G** • The condom slipped off during sex. Choose one that is the right (i.e. make sure it's not too big!).
- H** • Put the condom on when the penis is fully and unroll it to the base of the penis. Remember to always hold the condom at the base when withdrawing the penis after sexual intercourse.
- I** • If you're not able to unroll the condom, it may be. If so, start again with another condom because some **seminal fluid** (semen) might be on it.

MY SELF-EVALUATION

Now, do the self evaluation quiz again. _____

For each statement below, circle the number that corresponds best to your opinion.

	0 = Never	1 = Sometimes	2 = Often	3 = Always
A • I would be able to get condoms for myself if I wanted to.	0	1	2	3
B • I would be able to use a condom even if it felt uncomfortable.	0	1	2	3
C • I would be able to talk to my partner about using a condom before we had sex.	0	1	2	3
D • If I didn't have a condom, I would be able to put off having sex even if I was very sexually aroused.	0	1	2	3
E • I would be able to refuse to have sex if my partner refused to use a condom.	0	1	2	3
F • I would be able to use a condom even if I believed my new partner was "clean".	0	1	2	3

Add each number you have circled to obtain your score.

MY SCORE TODAY IS: _____

MY SCORE AT THE BEGINNING OF THIS CHAPTER WAS (see lesson 3): _____

If your score today is between 0 and 9: What's up with that! Go over these lessons again and speak with your teacher, the school nurse or a counselor if you need help to clarify certain things about using a condom.

If your score is between 10 and 17: Not bad, but you are probably taking some unnecessary risks.

If your score is 18: Very cool, you are the champion of safer sex and we need you on our team!

Part 3 BIRTH CONTROL METHODS.

What do you know about birth control methods? Indicate your answer by placing an X in the appropriate space below.

	TRUE	FALSE
1 • «The pill» is the common name for oral contraceptives.		
2 • «The pill» is one of the most effective methods of birth control, if taken correctly.		
3 • «The pill» contains hormones that are very similar to the ones normally present in a women's body.		
4 • Taking "the pill" can give you acne and more painful periods.		
5 • It is important to take «the pill» every day at about the same time each day to maintain the level of hormones that prevents pregnancy.		
6 • «The pill» is easy to use and safe for most women.		
7 • There is another type of hormonal contraception. It is given by an injection («the needle») every three months.		
8 • If you have unprotected sex, you can reduce the risk of pregnancy by seeing a Nurse or Doctor for emergency contraception.		
9 • There are two types of emergency contraception: emergency contraceptive pills also called «the morning after pill» or insertion of an IUD (a small device is put into the uterus).		
10 • It is best to use a condom along with the «pill».		

Remember

By talking to a nurse or doctor, you can get more information on contraception and find out which one is the best for you.



CHAPTER 3

Team Work



Lexicon 6-12

- **Constructive feedback:** Process of offering a valid and considered opinion about the work of others. It involves positive comments as well as things that can be improved.

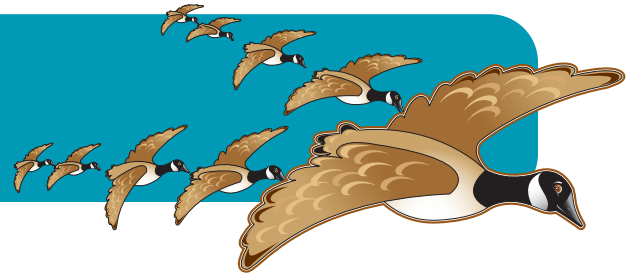
Add to this list any new words you don't understand. Then, ask your teacher for the meaning of these words or look them up in the dictionary.

- _____
- _____

LESSON 6-12

Team work: Project and aashuumiih

Team work is like geese flying along in a “V” formation. Alone we can move quickly, but together we can go far.



SOME OF THE THINGS I AM LEARNING TODAY

The first step is drawing up your project plan. Having a good plan is really important. Your project will be more organized and you will know what you are going to do. You will also feel more confident and less stressed out!

As you go through the project and you accomplish your tasks, put a check mark (✓) in the box next to each accomplished task. This will help you remember that this task is done. You will also see your own progress since each check mark brings you closer to your goal!

Planning our project

THE MEMBERS OF OUR TEAM ARE: _____

OUR TOPIC IS: _____

OUR TARGET AUDIENCE IS: _____

● **Choose the information**

- We have the knowledge we want to pass on to others
- We have the key message we want to share with others

● **Choose how the information will be passed on**

- We know how we will present the knowledge we want to pass on to other students

● **Create the project:**

- We have listed the material we will need to create our project
- We have found the materials needed to create our project
- We have decided “who will be responsible for what” in our project
- We have put everything together to create our project

MY ACTIVITY TODAY

Part 1 FINDING THE KNOWLEDGE WE WISH TO SHARE

Our team chose to pass on this important knowledge:

- _____
- _____
- _____
- _____

Our team chose to share this key message:

Part **2** FINDING OUR OWN WAY TO PASS ON KNOWLEDGE

Now that you chose the information you wanted to share during your project, it is time for you to think of a way to pass on this knowledge.

With your team, choose one way to pass on knowledge. You can choose from the list below or create your own way.

Some ways to pass on knowledge:

- | | | |
|---|---|--|
| <input type="radio"/> Poster | <input type="radio"/> Calendar | <input type="radio"/> Radio message |
| <input type="radio"/> Sketches | <input type="radio"/> Web site | <input type="radio"/> Flyer |
| <input type="radio"/> Oral presentation | <input type="radio"/> Song | <input type="radio"/> Game |
| <input type="radio"/> Scrapbook | <input type="radio"/> Cartoon | <input type="radio"/> Kiosk |
| <input type="radio"/> Story book | <input type="radio"/> Comic strip or "Photoroman" | <input type="radio"/> Power point presentation |
| <input type="radio"/> Video | <input type="radio"/> Story telling | <input type="radio"/> Other |

Part 3 SHARING ROLES AND RESPONSIBILITIES

Now that you know which information you want to share and how you will share this information with others, your team needs to define the roles and responsibilities needed to create your project.

Read the suggestions below and find the roles and responsibilities needed to accomplish your project. You can also write down your own.

Some important **roles** and **responsibilities**:

- | | |
|---|--|
| <input type="radio"/> Resource manager
(in charge of finding the materials needed) | <input type="radio"/> Sound technician |
| <input type="radio"/> Computer expert | <input type="radio"/> Set designer |
| <input type="radio"/> Artist | <input type="radio"/> Presenter |
| <input type="radio"/> Color technician | <input type="radio"/> Printer (in charge of printing) |
| <input type="radio"/> Actor | <input type="radio"/> Cameraman |
| <input type="radio"/> Speaker | <input type="radio"/> Photographer |
| <input type="radio"/> Costume designer
(in charge of finding costumes) | <input type="radio"/> Calligrapher (in charge of hand writing) |
| <input type="radio"/> Chief designer (Responsible for overall design) | <input type="radio"/> Kiosk technician (in charge of setting up the kiosk) |
| <input type="radio"/> Musician | <input type="radio"/> Story teller |
| <input type="radio"/> Singer | <input type="radio"/> Other : _____ |
| <input type="radio"/> Writer (in charge of creating a text) | <input type="radio"/> Other : _____ |
| <input type="radio"/> Journalist | <input type="radio"/> Other : _____ |
| <input type="radio"/> Researcher | <input type="radio"/> Other : _____ |
| <input type="radio"/> Web designer | <input type="radio"/> Other : _____ |

Remember:

- Everyone must do their own tasks in order for the whole group to succeed.
- Each person has two responsibilities: You are responsible for your own work and you are responsible for helping your team mates.

We have assigned a responsibility to each member of the team.

Name of the person in charge	Roles and Responsibilities (name or describe)
1 • _____	_____
2 • _____	_____
3 • _____	_____
4 • _____	_____

Part 4 FINDING THE THINGS WE NEED

1 • Choose the material you will need for this project:

- Markers
- Tape
- Costumes
- Props
- Music
- Sound system
- Computer
- Printer
- Color printer
- Cardboards
- Magazines
- Camera
- Video camera
- Books
- Microphone
- Software : _____
- Paint
- Paint brush
- Glue
- Scissors
- Other : _____
- Other : _____
- Other : _____
- Other : _____
- Other : _____
- Other : _____

Part 5 PUTTING IT ALL TOGETHER

Have fun creating your project. Thank you for shaing your knowlege and skills!

Part 6 GIVING AND RECEIVING FEEDBACK

Making sure your project is suitable for an actual audience is really important. For example, the information it contains must be correct and the message must be appropriate for the target audience. Getting feedback from your classmates and your teacher will help you improve your project before you share it with others. It is normal if you feel some stress. You will probably feel quite proud of yourself for meeting this challenge. The next page contains a tool that can be used to give **constructive feedback** to your classmates.

Peer feedback chart

Theme presented: _____ Date: _____

Place an X beside the description corresponding to your opinion.

1 • The “knowledge to pass on” appearing in the project is correct

- Totally
- Partly
- Not at all

2 • A “key message” appeared in the project

- Totally
- Partly
- Not at all

3 • The project is adapted to the target audience

- Totally
- Partly
- Not at all

4 • The information found in the project is easy to understand

- Totally
- Partly
- Not at all

5 • The team used creativity to pass on the information

- Totally
- Partly
- Not at all

Your comments

1 • The thing I liked most:

2 • Another good thing:

3 • I suggest the group should improve:













4a • In my opinion, the project is appropriate for the target audience because:

or

4b • In my opinion, the project is not appropriate for the target audience because:

















You can help us improve the chii kayeh iyaakwaamiih program by answering these questions. Please let us know your thoughts. Begin by making a "X" in the box that is closest to your opinion.

1. During the chii kayeh iyaakwaamiih lessons I learned some things on...

	I strongly disagree	I disagree	I agree	I strongly agree
a) using a condom				
b) working in a team				
c) planning a project				
d) sharing information with others				

2. One important thing that I remember from the chii kayeh iyaakwaamiih program is:

3. The team project and aashuumihi was...

a) interesting to do				
b) useful to me				
c) useful to others				
d) an experience I am proud of				

4. My team project was about...

5. Please write down your comments or suggestions. They are important to us!
