

Canadian  
**Down Syndrome**  
Society

Société canadienne du  
**syndrome de Down**

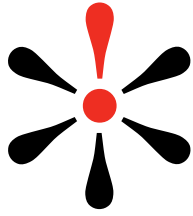
# Mind and Body

Answers To Your  
Questions



Written for  
self-advocates

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Canadian  
**Down Syndrome**  
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**syndrome de Down**

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Hello from the Canadian Down Syndrome Society (CDSS),

My name is Paul. I work at the Canadian Down Syndrome Society. I am excited to share this book with you. This book is all about YOU! It will help you learn about your body, being around other people, healthy relationships, and safety. This book uses activities and pictures to help you learn about yourself.



Learning about your mind and body can make you feel happy and proud of who you are. It can help you have good relationships with your friends, family, and other people in your life. Learning about relationships can also help you find new friends, and maybe a boyfriend or girlfriend (if that is important to you). Learning about this is an important part of growing up.

This book will help you:

★ Learn about what it means to be a male or a female

★ Feel good about your body and who you are

★ Understand boundaries

★ Understand healthy relationships

★ Make decisions for yourself

★ Learn safety tips

First, you will start by looking at what is important to you and making a list of people in your life that you can trust. You should know what is important to you and who you can trust when making decisions. You should know who to share your personal information with and who to go to if someone is hurting you.

You will have many relationships in your life and, as you get older, you might want to start dating. It can be great to have a boyfriend or girlfriend. I like to do some things on my own, but it also feels good to be with someone who cares about me. Being able to share activities you enjoy with someone is one of the good things about having a boyfriend or girlfriend. It is also

nice to have a boyfriend or girlfriend because it can give you someone to talk to and someone you can trust. In this book, you will learn how to make important decisions about what you are comfortable with for your own body and your relationships.

As you grow up, there will be changes in your body. This is called puberty. Sometimes these changes are scary—but people shouldn't be scared when their body starts to change. This book will help you understand what is happening to your body. If you get scared or have questions about your body changing, you can talk to your parents or other people you trust. They can help you to understand puberty and the changes in your body.

All people should know how to keep themselves safe. You will learn a lot about safety at the end of this book. I stay safe by carrying a cell phone and my wallet when I am out. If you don't have a cell phone, you can keep a list of phone numbers in your wallet and use a public phone. When I am at home, I always keep the door locked.

I hope this information will be helpful for you and all the relationships you have in your life. You should read this book because you want to, not because someone else told you to. Learning about yourself can be a lot of fun. You can choose to read this book with someone you trust, or you can read it by yourself. There are different sections in this book, and you can read them in any order. Use the table of contents and the coloured tabs on the side to help you decide what you want to read. You do not have to read all of the information in this book. You can close the book and come back to read it when you feel you are ready.

If you need any more information or have any questions, you can phone the CDSS office for free at 1-800-883-5608 or email CDSS at [info@cdss.ca](mailto:info@cdss.ca).

**Paul Sawka**

Paul Sawka

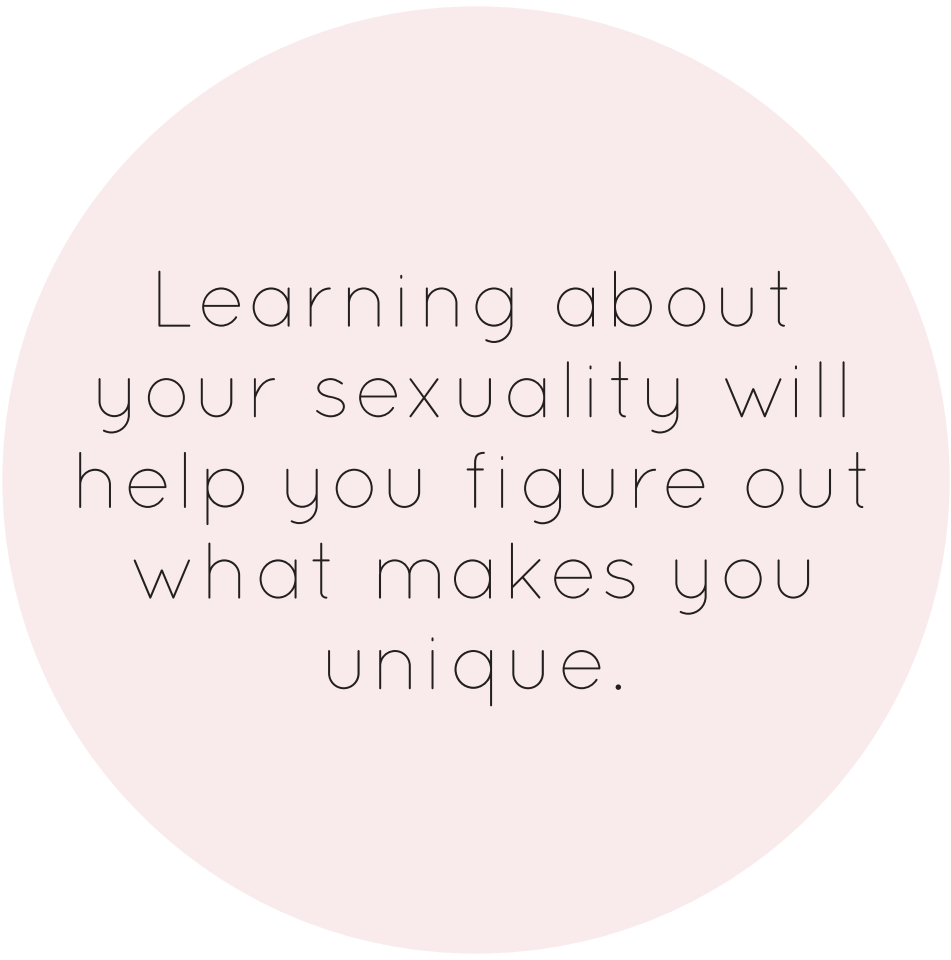
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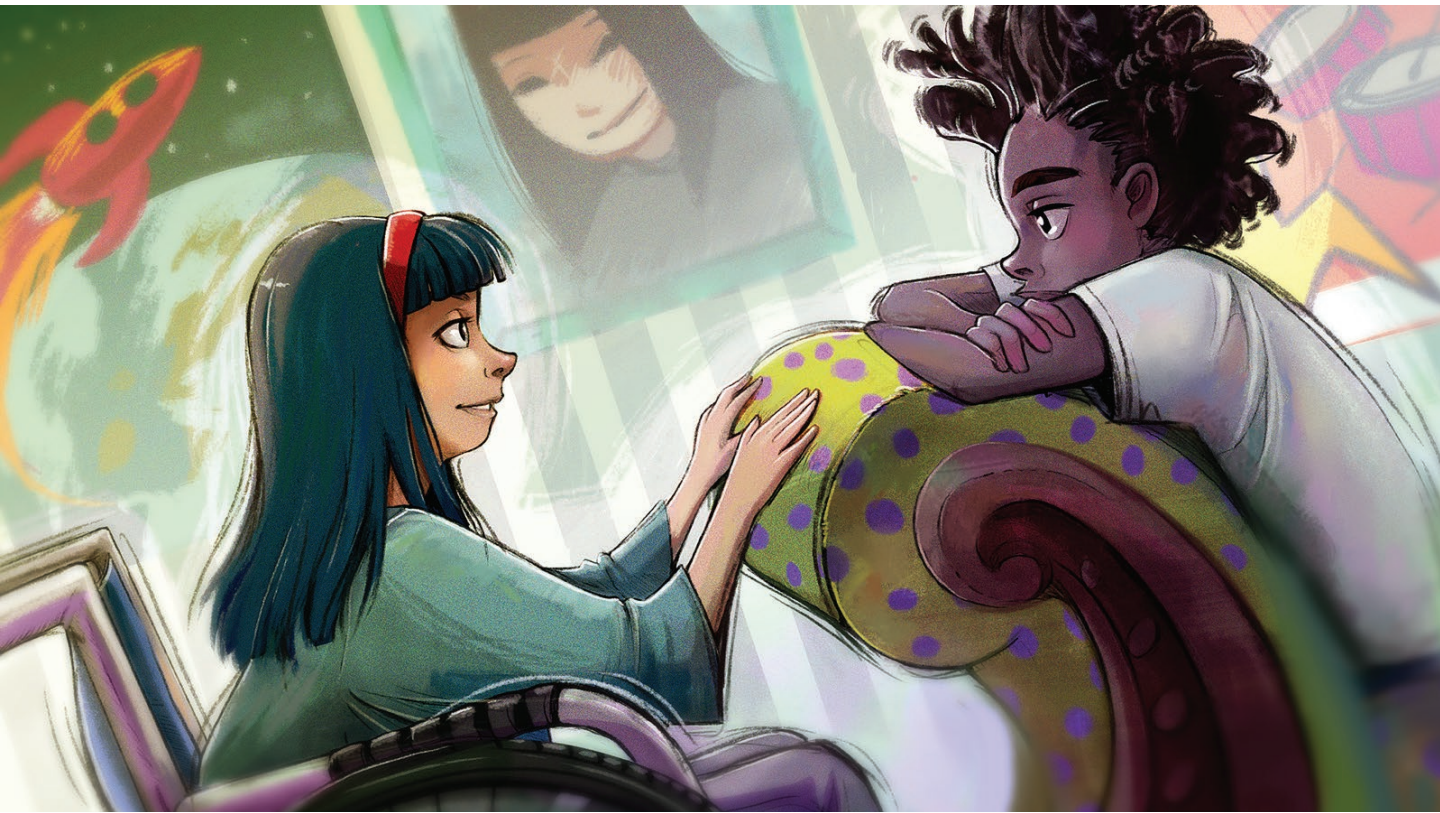
# **Values, Trust, and Sexuality**

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Learning about  
your sexuality will  
help you figure out  
what makes you  
unique.





# VALUES, TRUST, AND SEXUALITY

## Values

### What Are Your Values?

Values are things that you believe are important to the way you want to live your life. Values help you decide what is most important to you. Values can include things like telling the truth, being helpful in the community, or being kind to others. Everyone's values are different, and later in the chapter we will help you figure out your own values.



You usually feel happy when your values match the way you act and what you do. You might feel unhappy when your values do not match the way you act and what you do.

It can be hard to figure out your own values, but it is important to think about your values so that you can make decisions that you feel happy about. Sometimes thinking about things you like to do will help you to figure out your values. For example, you might like to play sports because you value being healthy and fit. You might like to go shopping with your friends because you value spending time with them.

Everyone has different values. You should always respect other people's values, and they should respect your values. Remember that not everyone has the same values and what is important to you might not be important to someone else.

## EXAMPLE

Jessica loves her dance class. She also likes reading about the planets. She values being active and learning new things. When people are surprised by what she is interested in, she tells them that everyone is different, and that is okay!

## How Values Help You

Your values can help you make decisions and plan for the future. The decisions you make in your life should match up with your values. This includes decisions about your family, friends, relationships, and work. Matching your decisions with your values can make you feel good about your decisions. If you are having a hard time making a decision, you can look at your values and see if the decision you are making matches with your values. If your decision matches your values, you should feel happy about your choice. If your decisions do not match your values, you might feel unhappy.

Thinking about your values and what is important to you can help you decide how you want to live your life and who you want to spend time with. When you know what your values are, it will help you answer questions like these:

★ What kind of job do I want?

★ What is important to me when choosing a boyfriend or girlfriend?

★ What is important to me about my friends?

★ What traditions are important to me and to my family?

★ Where would I like to live?

## Defining Your Values

Below are four steps you can use when you are trying to find out what your values are. When you think about your values, you find out what is most important to you. Let's start by thinking about a time when you felt really good and really happy about the decisions you were making.

### **Step 1.** *Think about times when you felt happy:*

★ What were you doing?

★ Who were you with when you felt happy?

★ Why did you feel happy?

### **Step 2.** *Think about times when you have felt proud:*

★ What were you doing?

★ Who were you with when you felt proud?

★ Why did you feel proud?

### **Step 3.** *Think about your values:*

Think about your answers above and look at the Values List on the next page. Your answers should help you pick out your values. Pick your own values by circling them. There are boxes at the bottom so you can add more values to the list. You may want to ask your parents or someone you trust to help you think about your values. Remember, no one can pick your values for you—only you decide what is important to you.

For example, did you feel proud and happy because you received an award for being the best? Did you feel proud and happy because you had helped someone

in your community? Maybe you feel most happy when you are working hard or when you are keeping your friends' secrets. All of these would be good examples of when you were doing something you valued.

### **Values List**

Being the best	Being calm	Being careful
Community	Always doing your best work	Being creative
Other people being able to count on you	Always trying your hardest	Having fun
Celebrating differences between people	Feeling good about yourself	Being with family
Working hard	Being polite	Faith
Staying healthy	Following the rules	Telling the truth
Being happy	Love	Working with a team
Being able to trust others	Independence	Learning new things

**Step 4.** Try to follow your values when you are making decisions in your life:

Look at the values you picked out on page 11. Do they fit with how you are living your life?

Remember, values are the things in your life that are important to you. For example, if you have said that you value telling the truth but you tell lies to your family, you are not following the value of telling the truth and it might not be one of your values. But if you really value telling the truth, you can think of this value the next time you think about telling a lie—maybe you will decide to not lie now that you have thought about what is important to you. Your values can help you when you are making different kinds of decisions. You can ask yourself these questions to be sure your values are right for you:

★ Do your values make you feel good about yourself?

★ Are you proud of your values?

★ Does understanding your values make it easier to make decisions?

## Values in Your Life

Here are examples of times when your life would not match your values:

**Example 1:** I value spending time with my family.

You value spending time with your family but you don't get to see your family very often because you are busy working, volunteering, or playing on a sports team. This might make you feel sad because you don't have time to spend with your



family. You might want to change your schedule to make sure you have time to spend with your family. This will help your values match the way you live your life and help you to feel happy.

### EXAMPLE

Michael values being independent. He got a job and was able to move out of his parents' house with a supportive roommate.

#### **Example 2:** I value honesty.

If you value telling the truth and being honest but your friends are often telling lies, you might want to stop being friends with them. You may want to find friends who also value telling the truth. Having friends who share your values can help you to feel happy.

Here is an example of a time when your life does match your value:

#### **Example:** I value having a job and making my own money.

You have a job; this will probably make you feel happy. This is an example of when your life matches your values.\*

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\* Parts of the *Values* section were adapted with permission from *What Are Your Values?* posted on Mind Tools. Retrieved from [http://www.mindtools.com/pages/article/newTED\\_85.htm](http://www.mindtools.com/pages/article/newTED_85.htm)



## Trust

In this book you will be told to ask someone you trust when you have questions or need someone to talk to. It is important to understand who you can trust.

These people might include your mom or dad, brother or sister, boyfriend or girlfriend, friends, other family members, support workers, doctors, or co-workers. Everyone's list of people they trust will be different.

Trusting someone means you can believe a person and know they will keep a promise. Trusting someone means that you can tell them something private, or a secret, and they are not going to tell others. It also means that they will not hurt your feelings or your body.

Trust takes time to build—as you spend more time with a person you can decide if you trust them or not.

When you first meet someone new you should not fully trust them. You should be careful not to share too much personal information about yourself, like your address or phone number. See the Safety section (tab 9) for more information.

You may feel like you can trust someone when:

★ You **both** share information about yourselves

★ You spend a lot of time together and are comfortable being around them

★ They do not share your stories or secrets when you ask them not to

★ You feel safe around this person

★ They keep a promise to you

★ You care about each other

Sometimes people you trust can hurt you. You may decide to stop trusting them. This is okay. If you decide to stop trusting them, you should take them off your Trust List. It is important to have people in your life that make you happy and feel safe.

You may stop trusting someone when they:

★ Lie to you

★ Break a promise

★ Share your secrets

★ Hurt your body

★ Hurt your feelings

★ Make fun of you

Knowing if you can trust someone is very important. On the next page is the Trust List, a way you can remember who you can trust.

## Trust List

Here is a list for you to fill out— it is called your **Trust List**. Fill out the list with the names of people you can trust. Look at the list on page 15 to help you decide if they should be on your Trust List. Remember, these are people who you feel safe talking to. If you need to talk to someone who you can trust, come back and read this list at any time.

### EXAMPLE

Jessica put her mom, her best friend, and her older brother on her Trust List.

### My Trust List

You don't need to fill out all of the lines with names of people for your Trust List. Look back on page 15 if you are unsure if someone in your life should be on the list.

# Sexuality

Sexuality is more than just being male or female. Every person is a sexual being. Sexuality includes our thoughts, feelings, attitudes, and behaviours about others and ourselves (Maksym, 1990).

## DID YOU KNOW?

It is important for all people to learn more about their sexuality so they can make good choices for themselves and their relationships.

Sexuality includes the ways that males and females are different from each other and the ways they are the same. It also includes the physical, emotional, social, and spiritual parts of yourself. Your sexuality is part of your identity. Your sexuality grows as you grow up and start to understand your body and who you are. Your sexuality is also shaped by your values. Your sexuality and values might change throughout your life.

Also part of your sexuality is how you communicate with others and how you show your feelings. It can be hard at first to understand your sexuality, but understanding it should make you feel good about who you are.

Learning about your sexuality will help you figure out and share all the things about you that make you unique. Understanding your sexuality as male or female is important to your well-being (Schwier & Hingsburger, 2000).



Your sexuality is an important part of being happy and having good relationships with other people. There are different parts of you that make up your sexuality. They are:

The **physical part**, like your body.

The **social part**, like how you act or talk around other people.

The **emotional part**, like your feelings.

The **spiritual part**, like religion or beliefs.

Your sexuality includes things like:

★ The way you show your love to other people (including your family, friends, and people you date)	★ How you feel about your body	★ The way you act, talk, and dress when you are around other people
★ Your values and what you think is important	★ Your spirituality (religion or beliefs)	★ Your culture or the group you belong to
★ How you show intimacy	★ Your personal boundaries	★ Your values

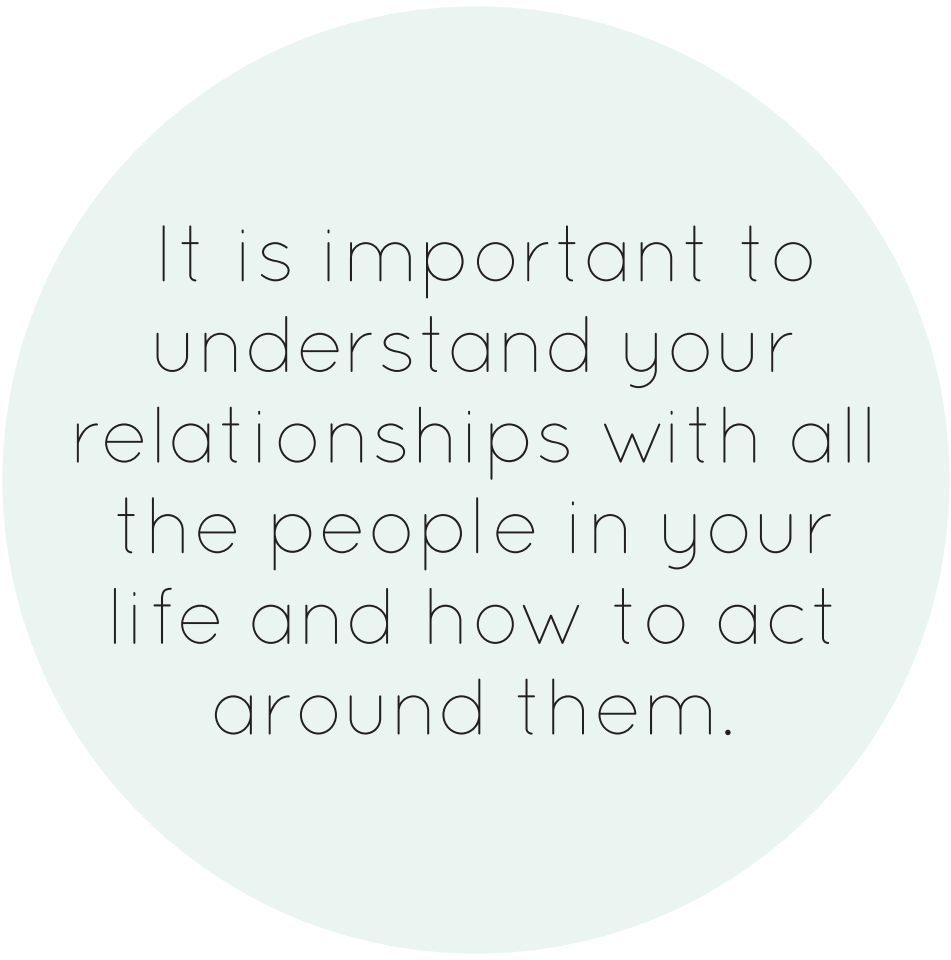
## Learning Checklist

In this chapter, we talked about these things:

- Values
- Who you can trust and how to make a Trust List
- All the different things that make up a person's sexuality



**Being  
Around  
Other  
People**



It is important to understand your relationships with all the people in your life and how to act around them.

# BEING AROUND OTHER PEOPLE

You will have relationships with many different people in your life. Each relationship will be different.

Your relationships can be with family, boyfriends or girlfriends, friends, teachers, roommates, support workers, co-workers, neighbours, and community helpers. You may know some people better than others and have a closer relationship with them. It is important to understand your relationships with all the different people in your life and how to act around them.

## Meeting People

When people meet for the first time, they usually shake hands. Then they tell each other their names.

Sometimes you might shake hands with people you already know. These people can be doctors, co-workers, teachers, or other people you do not know very well. Sometimes friends shake hands to say hello to each other. When you do not know someone very well you can smile or wave at them.

Hugs are special. You should hug people that you love and trust. When you hug someone, you are showing them that they are special to you. It feels nice to give and get hugs.



**Remember not to hug everyone you meet, only special people in your life.** These special people can include boyfriends or girlfriends, parents, siblings (brothers or sisters), and close friends. For example, you should shake someone's hand when you first meet them instead of hugging them. But when you see your grandparents and other family members, it is okay to hug them if you want to. If you want to hug someone and they do not want a hug, that is okay. It is also okay to tell someone else you do not want a hug.

There may be some special days like birthdays or Christmas when you might want to hug your support workers or co-workers. Make sure you ask them before you hug them.

Remember, if you do not want a hug or another person does not want to hug you, try to shake their hand or give them a high-five.

To decide how well you know someone and how you should greet (say hello to) them, fill out the lists on the next page or make your own.

### EXAMPLE

On Michael's birthday, his co-workers surprised him with a cake and a present. He was so happy, he asked all of them if he could hug them. Some said yes; others gave him a high-five instead.



# How to Greet People



This list should include the people who are the closest to you, like your parents, siblings, grandparents, close friends, and boyfriends or girlfriends.

1. Write a list of the people you can hug.

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This list should include the people who you do not know as well, like your neighbours, caregivers, and support workers.

2. Write a list of the people you would not hug, but shake hands with or high-five.

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This list should include the people who you do not know well or have just met, like your doctor, a server at a restaurant, and a bus driver.

3. Write a list of people who you would not hug, but you could smile or wave at.

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## Friends

Friends are people in your life who are important to you and you know well. You should enjoy spending time with your friends. It is important to make your friends feel special, and they should make you feel special.

Friends can be male or female. You and your friends might enjoy going to the movies together or going to each other's houses. Friends should be people that you can trust and you can talk to when you are feeling happy or sad.

## Where to Make New Friends

Good places to meet new people are at school, work, your volunteer job, or by joining a class or group that interests you. For example, if you like painting, join

an art class. This will help you meet people who like the same things as you.

### REMEMBER

You will meet many people in your life. Not everyone will be your friend.

If you want to make a new friend you should start by talking to them. You can introduce yourself and ask them their name. This will help you feel more comfortable around each other. You could ask them questions, like what their favourite TV show is or what sports they like to play.

Once you feel comfortable around a person, you may ask them to hang out with you. They may say no and that is okay.

When making new friendships it is important to spend time together so you can get to know each other better. Having friends is important—you may feel sad or lonely when you don't have friends.

Most people like spending time with their friends. It is important to spend time with people who are close to your age and share your interests. Spending time with your friends should be fun and you should do things together that you both enjoy.

## Public and Private

You should know the difference between a public place and a private place. It is important to know this because you should act differently in private and public places.

A **private place** is a place where you are alone and there are no other people. In a private place, no one can see you. A private place is usually somewhere you can close the door and be alone. Some things you



might do in a private place are go to the bathroom, change your clothes, touch your private parts, and have a shower or bath. Sometimes it might be a good idea to have a sign to put on your bedroom door that says **Do Not Disturb** on it. This means that you want to be alone. If you have the door closed, other people should knock and ask if they can come in. If you see a door closed, you should also knock and ask if you can come in.

A **public place** is a place where there are other people around you and you are not alone. In a public place you should never do private things like change your clothes or touch your private parts.

In some public places, there are private areas. These can be bathrooms or change rooms. Sometimes they have a door to close (like a bathroom). Sometimes they will not (like a change room at a swimming pool or gym). When you are in a private area in a public place like the change room at a swimming pool, you should get changed quickly. You should not stare or look at others while they are changing. You should also not hug or touch people when they are getting changed in a change room.

Here are some examples of private and public places:

Private	Public
Bedroom with doors closed and curtains closed	School
Bathroom with doors closed and curtains closed	Shopping Mall
	Gym
	Swimming Pool

### DID YOU KNOW?

You should never touch your private parts when people can see you. Learn more about this on page 104.

There are different things you do in a private and a public place. Here are some things you can do in a private place and some things you can do in a public place:

Private	Public
Shower	Ride the bus
Change your clothes	Exercise at the gym
Go to the bathroom	Eat lunch
Touch your private parts	Talk with friends

## Learning Checklist

In this chapter, we talked about these things:

- When to hug, shake hands, or high-five
- Meeting new friends
- The difference between a private place and a public place

# Activity: Public or Private?

Below are some examples of private and public places. In the space beside the question, write "Public" if you think it is a public place or "Private" if you think it is a private place. If you are unsure of whether a place is public or private, it might be a good idea to ask someone on your Trust List for help. Answers can be found on the bottom of the page, upside-down.

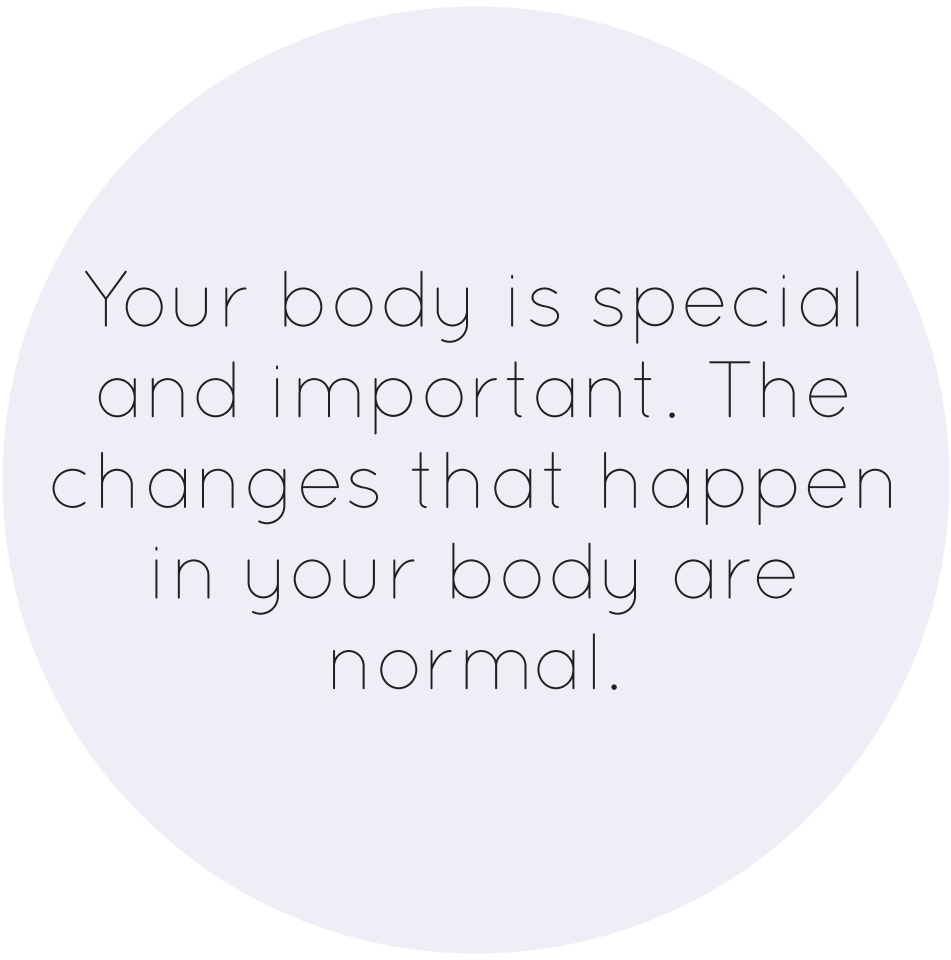
Reason...	Public or Private
1. You are at the mall and you are going to buy some new clothes. There are lots of people in the mall—most people at the mall are strangers. Is the mall a public place or a private place?	
2. You are in the change room at the mall to try on new clothes. The door is closed and locked. Is the change room a public place or a private place?	
3. You are riding the bus to work—is this a public place or a private place?	
4. You are at the movie theatre with one of your friends. There are lots of people that you don't know at the movie theatre. Is this a public place or a private place?	
5. You are in your bedroom with the door closed and have a Do Not Disturb sign on the door. The curtains are closed. Is this a public place or a private place?	
6. Is the swimming pool a public place or a private place?	

Answer key: 1. Public, 2. Private, 3. Public, 4. Public, 5. Private, 6. Public





**Male and  
Female  
Bodies**



Your body is special  
and important. The  
changes that happen  
in your body are  
normal.



# MALE AND FEMALE BODIES

Males and females both have different bodies. They come in all shapes and sizes. Everyone should be proud of the body they have and take care of it. As boys and girls grow up, their bodies change into a man's body and a woman's body. This is called **puberty**.

## EXAMPLE

Jessica knows that boys are different than girls, but she's not exactly sure what makes them different. She asked someone on her Trust List and they read this section together. She had a lot of questions, but reading it together helped!

Both boys and girls go through puberty. When boys and girls go through puberty they will notice their private parts start to change. It is important to know what changes a body will go through. Everyone's body goes through these changes, so it is nothing to be embarrassed about.

**Your body is private, special, and important.** The changes that happen in your body are normal. All bodies look different but they all go through changes.

You should always have your private parts covered by underwear or a bathing suit when you are in public and around other people. For more information, look back to the Public and Private section (page 25).

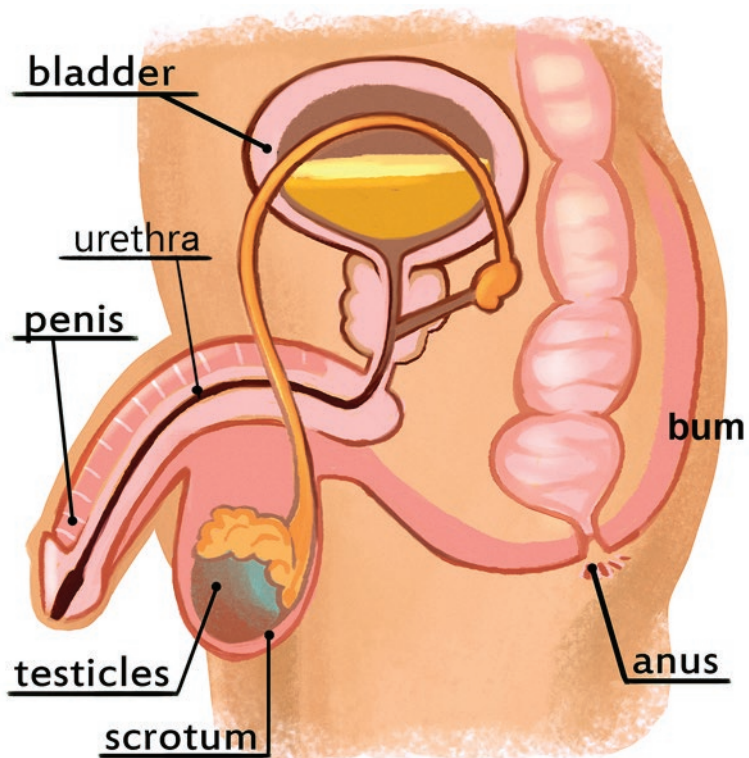
If somebody else wants to see or touch your private parts, you can say no if you do not want them to see or touch your private parts (see the Abuse section, tab 10). Sometimes a doctor might need to see or touch your private parts to make sure you are healthy. You can take someone you trust to the doctor to help you during your appointment.

# Males

The private parts of a male are called the penis, scrotum, and bum. These parts are always covered up when the male is in public places or with other people.

## Private Parts

The picture below shows the private parts of a male.



## ***Penis***

The **penis** is the part of the body found below the belly. It is a muscle that has an opening at the end of it. The penis is used for **urination** (yur-in-AY-shun) (peeing), sexual intercourse, and masturbation.

The **urethra** (yoo-REETH-ruh) is the part of a male's body that is used when he goes pee. The urethra is a tube that carries pee from the bladder inside the male's body to the outside of his body.

## ***Scrotum***

The **scrotum** is the area underneath the penis. It is a small sac. Inside the sac there are two glands that are like small balls. These are called **testicles** (TES-ti-kels). Inside the testicles, sperm are made. Sperm are used to make a baby (see the Having a Baby section, tab 6, for more information).

## ***Bum***

The bum or buttocks is the part of the body a male sits on. The bum has two cheeks and between the cheeks is an opening called the **anus**. This allows waste to leave the body. This waste is called **poop** or a **bowel movement**. Both boys and girls have a bum and an anus.

## Puberty (PYOO-ber-tee)

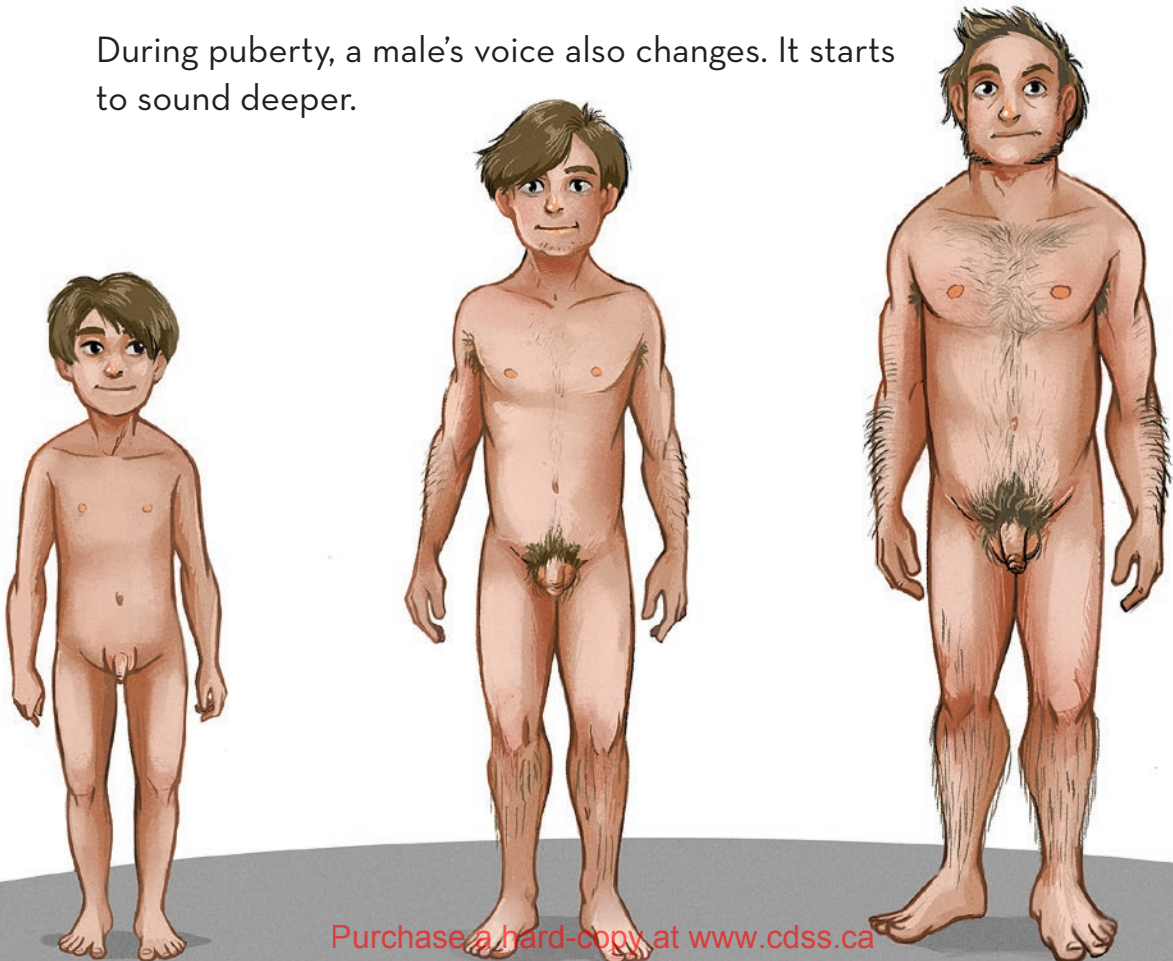
Each boy goes through puberty at different times in their lives. It can take a few years for all the changes to happen. A boy usually starts to go through puberty between ages 10 and 14. When a boy goes through puberty, his body starts to change and look different.

### DID YOU KNOW?

Some men shave or trim their body hair.

When a boy goes through puberty, his penis and scrotum get bigger. Hair grows around his penis and scrotum. This is called **pubic hair** (PYOO-bick hair). Pubic hair is different than hair on a boy's head. Hair also starts to grow on other parts of a boy's body during puberty, like his legs, arms, chest, back, armpits, and face. A man usually shaves the hair off his face. When he wants to do this, he should ask an adult to teach him how to shave so he doesn't hurt himself.

During puberty, a male's voice also changes. It starts to sound deeper.

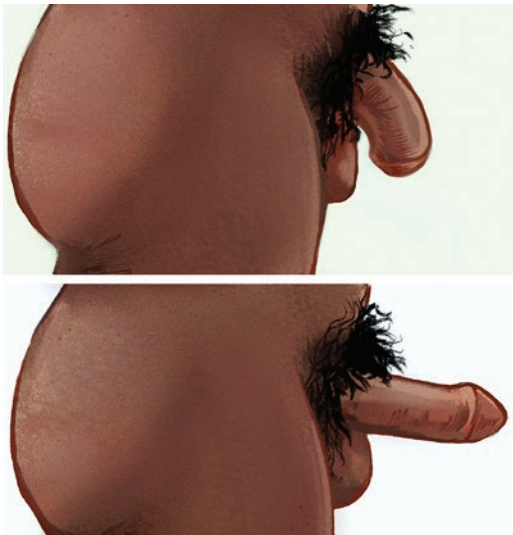




## Erection

Sometimes a male's penis can become stiff or hard. This is called an **erection**. An erection can happen when he thinks about sex, if his penis rubs against his pants, when he has to go pee, or for no reason. An erection usually lasts only a few minutes and then the penis goes back to its regular size.

Erections are normal for a male. Even though erections are very private, it can happen any time—in private, in public, with friends, or alone. Sometimes



this can be embarrassing for a male or make others uncomfortable. When this happens he can hide the erection by sitting down and covering his lap with something else.

Erections can happen when a male is sleeping, too. A male might wake up and there will be thick white liquid in his underwear. This is called a **wet dream** and the liquid is **semen**. The dream might have been about sex or

things that a male finds sexy, or not about sex at all. Semen comes out of the penis from the urethra when a male has an orgasm. You will learn more about this in the Sex section, starting on page 74.

When males start to go through puberty they might notice they have white or clear liquid that comes out of their penis and will appear on their underwear. This is normal and helps to keep their penis clean. This is called **discharge**. If the discharge changes in smell or colour, this is not normal and the male should go to the doctor.

# Activity: Male Private Parts

Look at the picture below. Circle the male's private parts. Remember these are the body parts that should always be covered in public places. The answer is upside-down on the page.

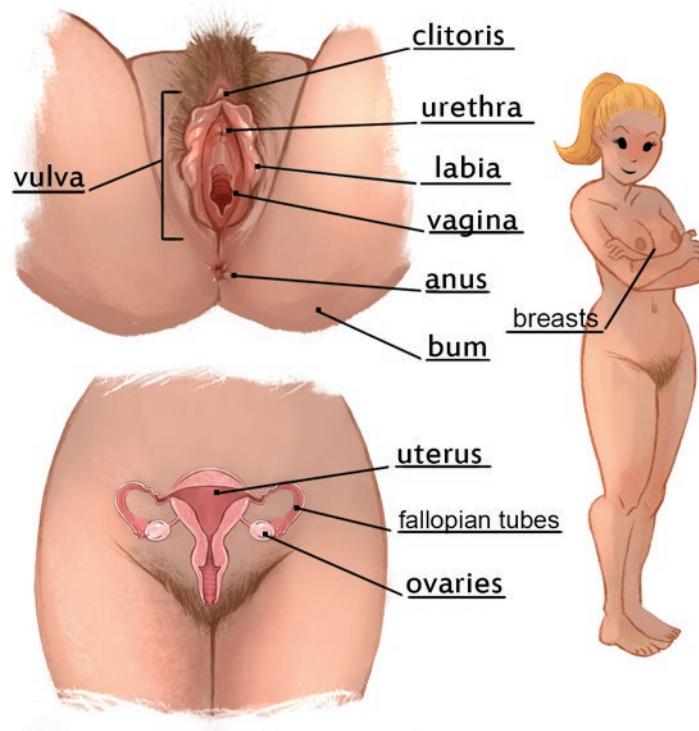


# Females

The private parts on a female's body are the breasts, vulva, vagina, and bum. These parts are usually covered up by underwear, a bra (for breasts when they start to grow bigger), or a bathing suit.

## Private Parts

The picture below shows the private parts of a female.



### *Breasts*

**Breasts** are on a female's chest. Her breasts grow through puberty and may get bigger as she gets older. In the middle of the breast is the **nipple**. The nipple is usually a darker colour than the rest of the breast. When a woman becomes pregnant, the breasts will make milk. The milk is used to feed a newborn baby (see Having A Baby, tab 6, for more information).

## ***Vulva (VUHL-vuh)***

The **vulva** is in between a female's legs. This is the private part that is used when a female has to pee, for sexual intercourse, and to have a baby. The vulva has lots of different parts to it:

The **labia** (LAY-bee-a) is the fatty area of skin that surrounds and protects the clitoris and the openings of the vagina and urethra.

The **urethra** (yoo-REETH-ruh) is the part of a female's body that is used when she goes pee. The urethra is a tube that carries pee from the bladder inside the female's body to the outside of her body.

The **clitoris** (kli-TOR-is) is at the top of the vulva on a female's body. This part can be used for sexual pleasure. If it is rubbed, it can feel good (see Sex on page 74 for more information).

The start of the **vagina** (va-JEYE-nuh) is a hole in the middle of the vulva. The outside of the vagina protects the private parts inside a female. The vagina is also used for sexual intercourse, masturbation, and having a baby. The vagina continues inside of the female body.

## ***Private Parts Inside the Female Body***

Aside from the vagina, there are other private parts inside the female body. You cannot see those parts. These parts are used to make babies and for menstruation (see the Menstruation section on page 42). Those parts are called the ovaries, fallopian tubes, and uterus.

**Ovaries** (OH-va-rees) are two small sacs on both sides of the uterus in the female's body, that have eggs inside them. These eggs are very tiny and smaller than the size of this period ↘. The eggs inside the ovaries are used to make babies when they join a sperm from the male during sexual intercourse (see page 74 for more information). The eggs are very tiny. An egg is released from the ovaries once a month. This is called **ovulation** (aw-view-LAY-shun).

**Fallopian Tubes** (fa-LOW-pee-an-toob-s) are tubes that connect the ovaries to the uterus. The egg travels from the ovaries through the fallopian tube to the uterus. If the egg is not used, it leaves the body through the vagina. It is so tiny that a female does not feel the egg leave her body.

The **uterus** (YOO-ter-us) is the area in the female's body where a baby grows if she becomes pregnant. If the egg is not used to make a baby, it leaves the female's body through her vagina.

You will learn more about these parts in the Menstruation section on page 42 and the Having A Baby section, tab 6.

### ***Bum***

The bum or buttocks is the part of the body a female sits on. The bum has two cheeks and between the cheeks is an opening called the **anus**. This allows waste to leave the body. This waste is called **poop** or a **bowel movement**. Both males and females have a bum and an anus.

## Puberty (PYOO-ber-tee)

Each girl goes through puberty at a different time in her life. It can take a few years for all the changes to happen. Girls usually start puberty between ages 8 and 12. Both boys and girls go through puberty. It is important to know what changes a girl's body will go through.

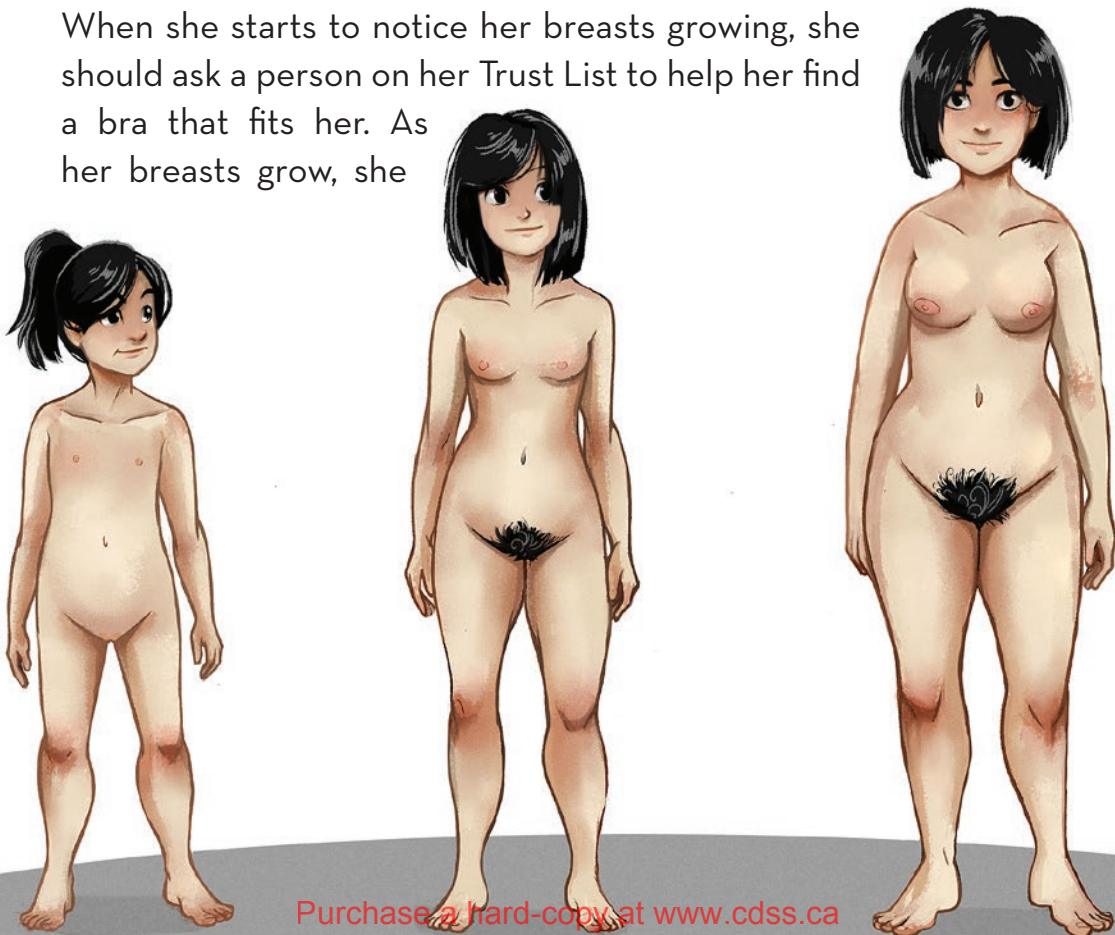
When a girl starts to grow into a woman, her breasts may start to get bigger. As her breasts start to grow they might feel sore and tender. This is normal.

She may need to begin to wear a bra. A bra is used to hold the breasts up and in place when she is running, walking, or jumping. If she does not wear a bra when her breasts start to grow, she might feel uncomfortable or sore.

When she starts to notice her breasts growing, she should ask a person on her Trust List to help her find a bra that fits her. As her breasts grow, she

### REMEMBER

If your body doesn't look the same way as another girl's, don't worry. Women come in all shapes and sizes. Do not feel embarrassed to look different.







will need to get bigger bras. This is normal. Some girls will not need bigger bras. This is normal, too.

Another change in a female's body is hair growing in places where there wasn't hair before. There will be hair growing around her vulva. This is called **pubic hair** and it is different than the hair on a girl's head. As a girl continues to grow, she

will get more hair around her vulva. A girl will also start to see more hair on her legs and under her arms in her armpits.

Some women choose to shave the hair off their legs and armpits. She should ask a female on her Trust List to show her how to shave safely.

### ***Normal and Abnormal Discharge***

When females start to go through puberty they might notice they have some white or clear liquid that comes out of their vagina and appears on their underwear. This is normal discharge and helps to keep their vagina clean.

If the discharge changes in smell, colour, or becomes clumpy like cottage cheese, this is abnormal discharge (not normal) and a female should go to the doctor.

## Menstruation (men-STROO-ay-shun)

During puberty, females start to **menstruate** (men-STROO-ate). This is also called **getting a period**. This happens only to females, not males. This usually happens for the first time when they are between 8 and 15 years old. When a female gets her period, blood comes out of her vagina. The blood will come out slowly over 3 to 7 days. A period usually happens once every month.

Getting a period can be a very scary time at first for a female. Growing up, people are taught that blood is bad and means that a person is hurt. But a girl having her period is normal and does not mean she is hurt. Learning how to take care of herself can make having a period less scary.

Period blood can be different shades of red from light red to dark red. Sometimes there are even clumps in the blood. All of this is normal and nothing to be afraid of.

When a female first notices blood in her underwear, she should tell someone on her Trust List. If seeing blood in her underwear makes her scared, she can talk to someone on her Trust List or her doctor. It might be best to talk to another female. A female should only talk about her period in a private place.

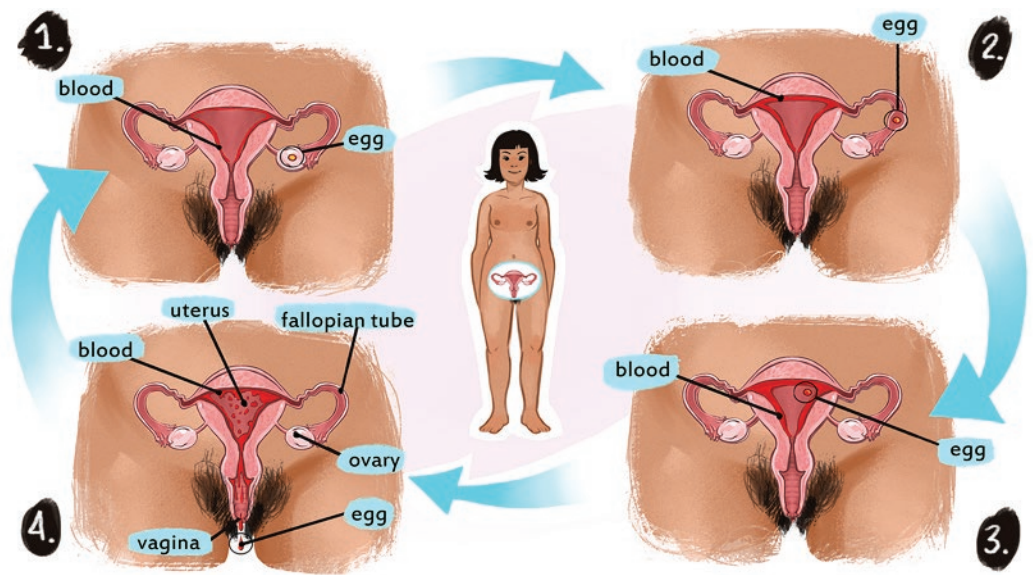
When a female goes through puberty and starts getting her period, it is important to go to the doctor to get a regular checkup once a year.

### DID YOU KNOW?

Menstruation and ovulation make it possible for a woman's body to have a baby.

### DID YOU KNOW?

If you don't have a woman to talk to about your period, you can also talk to a man.



This picture shows 4 parts of a female's **menstrual** (MEN-stral) **cycle**. These parts are explained below:

### DID YOU KNOW?

The egg is much smaller in real life than it is in the drawing above. If you want to know how big it really is, go back to page 39. It's smaller than a period at the end of a sentence.

1. The egg is in the ovary and is ready to travel through the fallopian tube.
2. When the egg travels from one to the fallopian tube it is called **ovulation** (ov-you-LAY-shun). This happens every month. When a female is ovulating, she can get pregnant (see page 91 for more information).
3. If a female doesn't get pregnant, the egg moves into the uterus where there is a layer of blood. The blood helps the egg leave the body.
4. The blood and egg will then leave the female's body through her vagina. When this happens, a female is on her **period** (or you can also say "having her period.")

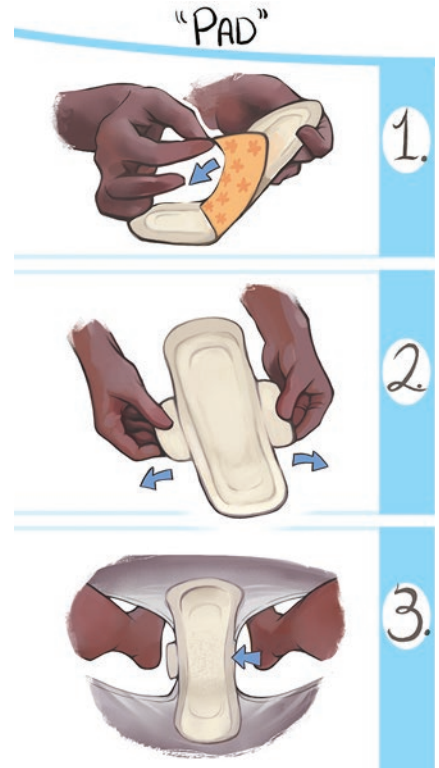
### ***Pads and Tampons: Keeping Yourself Clean***

When a female gets her period, she doesn't want the blood to go onto her underwear. She can use a **pad** or a **tampon** to hold the blood and keep herself clean. Some women use pads; other women use tampons. It's up to each woman to decide which is best for her!

A **pad** (also called **sanitary napkin**) is easy to use. It has two sides. One side is sticky. This part sticks to a female's underwear. The top part of the pad is soft. It is where the blood goes.

**To use a pad**, the female should be on a toilet. She will remove the pad from the wrapper (picture 1 on the right), and place the sticky part on her underwear. If there are wings (picture 2), she will fold those around her underwear (picture 3).

After 3 to 4 hours, a female should check if her pad needs to be changed in the bathroom. If the pad is covered in blood, she should change it. Another female adult from her Trust List can help her decide when to change her pad, too. It is a good idea to change it after 5 hours, to stay clean. Before a female goes to bed, she should put on a new pad. She can keep the pad on her underwear when she sleeps and change it when she wakes up in the morning.



**To change a pad**, a female should go to the bathroom. She should remove the pad from her underwear while on the toilet, roll up the pad, wrap it in toilet paper, and put it in the garbage or if she is in a public bathroom, the small metal bin in the bathroom stall. The used pad must be thrown in the garbage. It cannot be flushed down the toilet. This can plug the toilet.

After throwing the pad out, she must clean her vagina with toilet paper. She should clean up any blood she sees on her body and be careful not to get it anywhere else. Then, if she is still on her period (she still sees blood), she should put on a new pad.

### REMEMBER

Always wash your hands very well with soap and water before and after you change your pad or tampon.

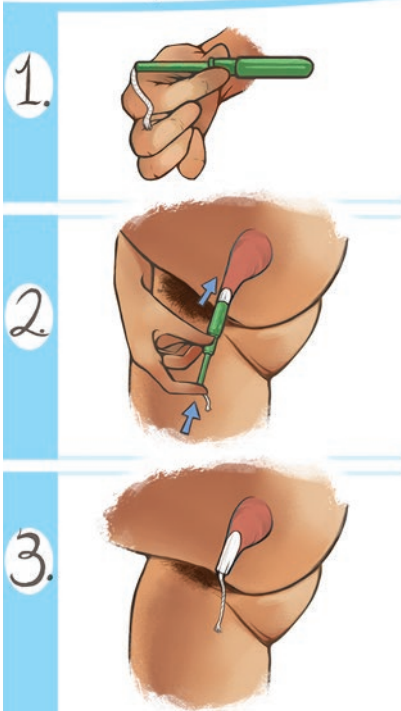
## DID YOU KNOW?

A female can use a watch or a timer on a smartphone to remind her to check her pad or tampon.

Instead of a pad, a female may use a **tampon**. She should ask a female on her Trust List for help the first time she decides to use a tampon.

Tampons go inside a female's body to stop the blood from leaking outside the vagina. They are cotton and have a string at one end. The cotton is covered by a cardboard or plastic tube called the **applicator**, which does not stay inside her body.

### "TAMPON"



**To use a tampon** (shown in picture 1 on the left), a female slides the part of the tampon with the applicator into her vagina (picture 2). She will push the bottom of the applicator to put the cotton inside of her. The applicator is then taken out, wrapped up in toilet paper, and thrown into the garbage or in the metal bin at a public washroom and not flushed down the toilet. The string of the tampon will hang outside of her body (picture 3).

It should not hurt to use a tampon. She should not feel it inside her body. If she does, it might be put in wrong. If this is so, she should remove it and try again with a new tampon.

A female does not need to change her tampon every time she goes to the washroom. A tampon can be worn for up to 8 hours then must be changed. If she feels blood coming out of her tampon or sees blood in her underwear while wearing a tampon, she must change it. A female from her Trust List can help her decide when to change her tampon, too. Before a female goes to bed, she should put in a new tampon. As soon as she wakes up, she should change her tampon. She should not sleep with a tampon in for more than 8 hours.



**To change a tampon**, a female should go to the bathroom. She should relax and gently pull on the string of the tampon so it will slide out of her vagina. The used tampon can be flushed down the toilet. Sometimes, a public washroom has a sign saying not to flush it. In that case, the tampon should be wrapped in toilet paper and thrown in the garbage or the small metal bin in a public washroom stall.

After throwing the tampon out, she must clean her vagina with toilet paper. She should clean any blood she sees on her body and be careful not to get it anywhere else. Then, if she is still on her period (she still sees blood), she should put in a new tampon.

### *More About the Period*

**Hygiene** (HIGH-jeen) is what you do to keep yourself clean; it is very important when a female is on her period. She should always wash her hands before and after putting on a pad or using a tampon. When she has her period, she must use soap in the shower or bath to clean her vagina and anywhere blood might be. She should change her pad or tampon when it is full. When she stops seeing blood on her pad or tampon, her period is done and she can stop using a pad or tampon. If she gets blood on her underwear, she should change them to a clean pair.

Sometimes a female will feel sad, tired, or mad a few days before her period. This is called **premenstrual syndrome** (pre-MEN-stral SIN-drome) or **PMS**. PMS can also make a female's back feel sore or give her headaches. These are all normal things to go through. PMS will go away when she gets her period. If some of these things bother her too much, she

### **DID YOU KNOW?**

When looking for pads or tampons at the store, go to the pharmacy section and look for the signs that say **feminine hygiene products, feminine care, or personal care products.**



should ask someone on her Trust List for help. There is medicine that can help with PMS. A female should always talk to her doctor or someone from her Trust List about PMS before taking any kind of medicine.

A few days before a female gets her period or during her period, she may feel pain (kind of like a stomach ache). This pain is called **cramps**. Cramps are normal when a female has her period and should only last a few days. There are some things that can help cramps go away. If a female feels a lot of pain, she should talk to her doctor or someone from her Trust List. A female's breasts may also feel sore a few days before she gets her period. The soreness usually goes away when her period starts.

A period should only be talked about in private.



### ***For Females: Keeping Track Of Your Period***

A period comes once every month. When you start your period, it is a good idea to keep track of it on a calendar. Put a check mark or dot on the calendar on the first day you see blood from your period and every day until your period stops. By keeping track on a calendar, you can count how many days your period usually lasts and how many days there are between your periods.

#### **DID YOU KNOW?**

An app on your smartphone can help you keep track of your period. Ask someone on your Trust List to help you find a good one.

Your period should last for 3 to 7 days. If you have your period for more than 7 days you should tell someone on your Trust List. When you first start getting your period, you might not get it every month. This is normal. But it is still important to keep track of your period.

# Activity: Female Private Parts

Look at the picture below. Circle the female's private parts. Remember these are the body parts that should always be covered in public places. The answer is upside-down on the page.



# Proper Words and Slang Words

There are two types of words you can use when talking about your body: proper words and slang words.

Proper words are respectful and polite. Slang words are casual (which means that they could be used with friends and people you trust). It is a good idea to use proper words more often than slang words.

Although a slang word can mean the same as a proper word, it is important to know the proper words. Use proper words when at the doctor or if you are hurt.

If you are not sure what a word means and if you should use it, you should ask someone on your Trust List.

## REMEMBER

Sometimes slang words are not nice or can hurt a person's feelings, so say the proper words instead.

Below is a table that lists the proper words and the slang words for private parts.

Proper words	Slang words
penis	dick, wiener
testicles	balls, sac, nuts
bum, buttocks	butt
breasts	boobs, chest, tits, rack
erection	boner, hard on, chubby
vagina	lady parts
bowel movement	poo, poop
urination	pee, piss

# Changes for Both Males and Females

Some changes that happen during puberty happen to both males and females.

## Changes In Your Body

Changes in your skin may happen during puberty. Sometimes red bumps will appear on your face. These are called **pimples**. These spots or bumps can be red, white, or black. It's important not to pick, squeeze, or scratch the pimples. The best way to get rid of the pimples is to wash your face every day. If the pimples get too bad, you can talk to a doctor for help.

You might also notice your skin starting to smell. As you grow up, your skin starts to sweat more. **Sweat** is the wet stuff your body releases to cool your

## TRUST LIST

If you have any questions about these changes in your body and feelings, talk to someone on your Trust List. It's on page 16 if you need to look at it again.



body down. This might feel like your skin is wet. This happens when you are hot or have exercised a lot. Sweat can smell bad. The best way to get rid of the smell is by having a shower or bath every day, washing all parts of your body with soap, and then drying off with a clean towel. You can use deodorant after you bathe. Deodorant is put in your armpits and helps make the bad smell from sweat go away.

### EXAMPLE

Michael noticed that he smelled funny. He asked someone on Trust List about it. He was given special soap and deodorant. Now he smells good. He is much more confident now.

When your body is changing, it is important to eat healthy food, drink lots of water, and exercise. This will help your body stay healthy. It is also important to go to the doctor to get regular checkups once a year. If you have questions about any of the changes in your body you should talk to your doctor or someone from your Trust List. Remember, it is nothing to be embarrassed about. Every single person goes through puberty.

## Changes In Your Feelings

As your body changes, you might notice your feelings and moods change easily. Sometimes you will feel happy, and then for no reason, you feel sad. This is normal for people when they are going through puberty.

If you are feeling sad, you should do fun things that will make you happy. You could watch a funny movie or TV show, listen to music, or hang out with friends. If you have a hard time being happy, it might be a good idea to talk to someone from your Trust List.

Other feelings may start to change. You might start to feel different about some friends. They might make you feel excited to be around them. You might feel



like you have special feelings for a friend. It might mean that you have a **crush** on them.

Having a crush on someone means that you are growing up and you are starting to have romantic and sexual feelings. Having romantic feelings means that you like the person a lot, you want to hold hands with them and maybe even kiss them. They make you feel excited. This feels different than the feelings you have for friends. This is part of growing up!

## Learning Checklist

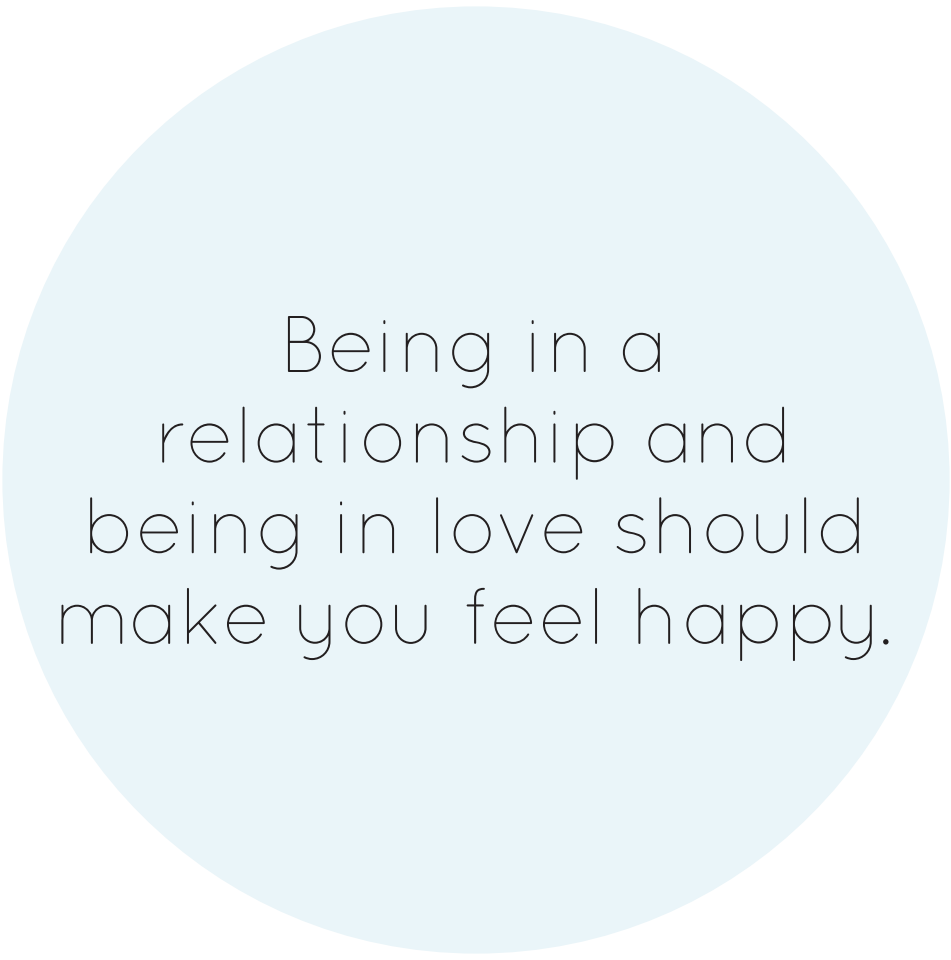
In this chapter, we talked about these things:

- The differences between male and female bodies
- Private parts of male and female bodies
- Puberty and the changes for males and females
- The difference between proper words and slang words

A romantic sunset scene with a couple holding hands on a beach. The sky is a vibrant mix of orange, yellow, and purple, with a large, bright sun low on the horizon. The couple's silhouettes are dark against the bright light. A large palm tree trunk is visible on the left side of the frame. The water reflects the colors of the sky. A white circle is superimposed over the center of the image, containing the word "Relationships" in a bold, black, sans-serif font.

# Relationships

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Being in a  
relationship and  
being in love should  
make you feel happy.

# RELATIONSHIPS

## Crushes

As you grow up, you may start to have crushes on other people. When you have a crush on someone, you might feel embarrassed or nervous around the person. You might want to spend a lot of time around the person you have a crush on. You might also want to do nice things for that person.

Having sexual or romantic feelings about someone is normal. They might turn into loving feelings and a relationship, which will be talked about in the Dating section (page 62), or they might turn into a friendship.



Sometimes you might have a crush on people you don't know, like movie stars. Having a crush on a movie star or famous person is also normal. You might not know them but you have seen them on TV or in movies and seeing them gives you that warm feeling in your heart. Having a crush on a famous person is fun, but it does not mean that you will get to date or marry them.

It is okay if you have a crush on someone and they don't have a crush on you. It is also okay if someone has a crush on you and you do not have a crush on them. This might mean that you will just be friends or you may choose not to be friends with them anymore. You will have many crushes as you grow up. Sometimes they develop into a relationship and sometimes they don't—both are okay. It is important that you are happy and remember that you have many great qualities.

It is great when someone you have a crush on also has a crush on you. That will probably make you feel happy. If you feel comfortable you may want to tell your crush that you like them, and ask them on a date.

Before you get into a relationship it is important that you like yourself. You should feel happy and confident about being you. You should feel comfortable in your own body and know your values. You should not date someone to make you feel happy when you are sad. Happiness needs to come from yourself.

## EXAMPLE

Jessica had a big crush on a famous singer. She wished he was her boyfriend in real life.

Bryan, who is in Jessica's art class, told her that he had a crush on her. As she got to know Bryan, she realized how great it is to like someone who likes her back.



# Sexual Orientation

**Sexual orientation** (o-ree-en-TAY-shun) is a word used to describe a person's emotional, romantic, and/or sexual attraction to men, women, both men and women, or no one. There are four kinds of sexual orientation: straight, gay, bisexual, and asexual.

## DID YOU KNOW?

If you are in a relationship with a person of the same sex, some people will call it a **same-sex relationship**.

Being **straight** means that you have crushes on or romantic feelings for people of the opposite sex. For example, if you are a straight man, you are attracted to women. If you are a straight woman, you are attracted to men. The proper word for someone who is straight is **heterosexual**.

Being **gay** means that you have crushes on or romantic feelings for people of the same sex. Men who have romantic feelings for men and want to date other men are called gay. Women who have romantic feelings for women and want to date other women are also called gay or **lesbian**. The proper word for someone who is gay is **homosexual**.





People who are **bisexual** are attracted to and may choose to date both men and women. **Asexual** people do not have sexual feelings for anyone but may still have romantic feelings for people.

Some people think that all people with disabilities are asexual, or do not have sexual feelings. **This is not true.** People with disabilities are like everyone else—they may want to be in a romantic and sexual relationship with another person. If someone tells you that because you have a disability you shouldn't want to be in a relationship, they are wrong. You have the right to be in a relationship, just like everyone else.

## REMEMBER

You might think someone of the same sex is nice and good-looking, but that does not mean for sure that you are gay or bisexual.

## Transgender

A person may be **transgender** (TRANS-jen-der) if they feel like they were born in the wrong body. For example, a person born with a male body is transgender if they feel like they are meant to be a woman. A person born with a female body is transgender if they feel like they are meant to be a man. Transgender is not a sexual orientation.

## What It Means To Be Gay

Many people, including people with disabilities, are gay, lesbian, bisexual, or even asexual. You cannot choose who you have crushes on. Those feelings just happen. Sexual orientation is part of a person that helps make them unique.

Some people know their sexual orientation when they are young. However, some gay people need more time to understand and accept who they are.

## EXAMPLE

Michael's uncle is gay. Michael goes to hockey games with his uncle and his uncle's husband all the time. Michael supports them because he wants his uncle to be happy.

## It is Okay to be Gay

If a person is gay, lesbian, bisexual, or asexual, it does not mean they are sick, or that they need to be fixed.

Many gay people are bullied by some straight people because some straight people think being gay is not normal. Some people have a hard time accepting differences. But it is important that everyone is kind to each other.

**If you are straight, it is important to remember:**

Just because someone is different from you does not mean that he or she is bad or broken.

**If you are gay, it is important to remember:**

Just because you feel different from other people does not mean that you are bad or broken.

## What Do You Do When You Know Someone Is Gay?

If someone tells you that he or she is gay, lesbian, or bisexual, that person may want and need your support and friendship. The most important thing that you should do is be respectful and kind. If that person has told you that he or she is gay in private, it is important to keep their secret until they are ready to tell other people.

Canada is becoming more accepting of all sexual orientations, but sometimes it can still be hard for people who are gay to find support. It is important to support all of your friends. Remember, just because your friend is gay, it does not mean that he or she wants to be your girlfriend or boyfriend. It can be hard to be



gay, lesbian, bisexual, or asexual. Most of the time, the person may just want someone to be their friend.

When someone thinks that all people should be straight and that being gay is wrong, it is called **homophobia** (hoe-mow-FO-bee-a). People who are homophobic may abuse a gay person by calling the gay person names, making him or her feel bad, or hurting him or her. Gay, lesbian, and bisexual people are sometimes bullied because of homophobia. This can be very dangerous. If you or your friend are being abused, tell a person on your Trust List or tell the police. It is never okay to bully or abuse anyone. You will learn more about abuse in the Abuse section, tab 10.

## Respect Other People

It is important to respect everyone. Celebrate and accept the differences that make everyone unique. All people are special, and no one is allowed to hurt or make fun of anyone for who they are.

Gay, lesbian, and bisexual people have the same rights as all other Canadians.

### DID YOU KNOW?

Sometimes gay people keep the fact that they like people of the same sex a secret. This is called being **in the closet** or **closeted**.

## Support

If you think you might be gay, know that it is okay. You should love and accept yourself for who you are. You may want to learn more about being gay, or you may want to tell others. Telling other people that you are gay is called **coming out**.

When you are ready, come out to someone on your Trust List if you are gay. You should be treated with respect. It is not okay if someone hurts you or makes fun of you. If the person you come out to hurts you or is mean to you, find someone to support you, like another person on your Trust List. You can also contact PFLAG Canada for support.

### REMEMBER

It can be scary to come out for the first time.

It takes a lot of bravery to be true to who you are. If you aren't ready, do not do anything you are not comfortable with. Only come out when you are ready.



If you think you might be gay, want to learn more about being gay, or want someone to talk to about being gay, you can visit PFLAG Canada's website at [www.pflagcanada.ca](http://www.pflagcanada.ca) or call them at 1-888-530-6777 (this phone number is free to call). PFLAG Canada can help you and give you advice.

This is only one of the groups in Canada that can give you support. There are many groups and people who can give you support. You can also call the CDSS office at 1-800-883-5608 for free, too.\*

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\* Parts of the *Sexual Orientation* section were adapted with permission from PFLAG Canada at [www.pflagcanada.ca](http://www.pflagcanada.ca)





## Dating

When you become a teenager, you may want to start dating. This means that you might have romantic feelings for someone and want to spend more time with them. If you have these feelings for someone, ask them to go on a date with you (or some people say, “Ask them out”).

A **date** is when you do an activity with a person you have romantic feelings for and that person has agreed to do that activity with you. Asking someone out on a date can be a good way to see if they have romantic feelings for you. It takes courage to ask someone out on a date and it is normal if you feel nervous.

When you ask someone on a date, they may agree, but sometimes they may say no. It is okay if they say no. They might just want to be your friend and not

### DID YOU KNOW?

When you are not in a relationship with anyone, you are called **single**. If you are single and want to be in a relationship with someone, you can go on dates.

date you. It is important to respect their answer. If they say yes, then you can plan a date.

It is important to prepare for your date by showering, brushing your teeth and hair, using deodorant, and maybe even using perfume or **cologne** (kuh-LOAN).

Wear nice clothes when you go on your date. Show the person you want to look nice for them.

### REMEMBER

If someone says no when you ask them out on a date, it is normal to have hurt feelings. But remember, you can't force someone to date you or be with you.

You might feel nervous before going on your date. It is okay to be a little nervous—it means you want the date to go well. Going on dates should be fun for you and the person you are with. It is a great way to get to know each other!

For a date, do something fun. If you are going somewhere that costs money, make sure you have enough cash or your bank card with you to pay for the date.

Once you are on your date, you should be polite and have manners. Take turns talking about yourselves and asking each other questions. It is important to get to know the person you are on the date with.

Below are some ideas of things you could do on a date. Use the blank lines to add in your own ideas:

- Going to a movie
- Eating at a restaurant
- Having a picnic at the park
- 
- 
- 
-



## Being In a Relationship

If the first date goes well, you can ask the person if they would like to go on another date. You can try going on more dates to see if you both like each other and may want a **relationship**.

After you have gone on a couple of dates, it is a good idea to talk to each other and see if you are both happy. If you are, you can ask your date if they want to be your boyfriend or girlfriend. Some people say “my **partner**” when they are talking about their boyfriend or girlfriend.

Both people have to agree to be in a relationship. If you do not have romantic feelings for that person after you have gone on a couple dates, you can stop going on dates with them. You may just want to be friends with them. You should tell the person that you would like to just be friends. You may also choose not to be friends with them and that is okay too.

When you are in a relationship, you and your partner should talk about whether it is okay to go on dates with other people or only date each other. Many people choose to only date one person at a time. This helps you trust each other. It can hurt people’s feelings if their partner is dating another person without telling them. You and your partner should decide together what is best for both of you.

It is important when you are in a relationship with your partner that you talk about your feelings. This is important in any relationship. You should feel comfortable sharing your thoughts and feelings with your partner. This is called **good communication**.

### REMEMBER

If you and your partner agree to only date each other, but you still date or do romantic things with someone else, this is called **cheating**. Do not do this. It will hurt the person you are in the relationship with.

## EXAMPLE

Bryan asked Jessica out on a date. They had a good time, but decided they would make better friends than partners. She feels happy to be single.

Look back at the Trust section on page 14. If you think you can trust your partner, you might want to add him or her to your Trust List. It is important that you trust the person you are in a relationship with. If you do not feel comfortable with your partner, or do not trust your partner, then you should not date that person.

You should introduce your boyfriend or girlfriend to your family, close friends, and people on your Trust List. If your boyfriend or girlfriend is important and special to you, your family and friends will want to meet them. It should be fun and exciting to introduce your partner to your family.

## Love

Sometimes people who are dating like each other so much that they might say that they are **in love**. When you are in love, you have strong romantic feelings for the person.



Being in love is different for everybody, and it is hard to describe exactly what love is or what it feels like. When two people meet for the first time, they are not in love. They are just getting to know each other. It takes time to know if a person is in love. When you are in love, you like to spend a lot of time with that person. You also may notice your feelings change and are stronger the more time you spend with that person. This is a sign you may be in love. It takes time to know if you are in love.

It feels great to love someone, and to know that someone loves you, too. People who are in love feel

good about themselves when they are together. They like to be around each other. People who are in love show that they love each other by saying and doing nice things for each other.

## Breaking Up

Being in a relationship should make you feel happy. Sometimes, when you are in a relationship you might feel unhappy in the relationship. It is okay if you do not want to be in a relationship anymore and you want to end the relationship.



The word that means ending a relationship with someone is **breakup**. You might want to break up with your boyfriend or girlfriend if you feel like you are interested in different things and you do not like to do things together anymore. You may also want to break up if you are arguing and fighting a lot, or if your partner hurts you.

It is important that you talk to your partner and tell them why you want to break up. Breaking up should be done in person, not over text message, email, or a phone call. When you and your partner break up you are no longer boyfriend or girlfriend.

Breakups can make people feel very sad. This is a normal feeling, especially if you really liked your partner. It is okay to feel sad for a little while, but there will probably be other people who will be your boyfriend or your girlfriend. You should spend time with your close friends and family—they will help you feel better after a breakup.

### EXAMPLE

Michael had a girlfriend. He loved her. After a few months, she stopped talking to him. He was sad. He talked to someone on his Trust List and realized that they had grown apart. He decided to break up with her and is now happy being single.

# Healthy and Unhealthy Relationships

Being in a relationship and being in love should make you feel happy. This is a **healthy relationship**. If you are in a relationship and you do not feel happy, it might be a bad relationship. This is an **unhealthy relationship**. You should not stay in a relationship if you are unhappy.

Use the chart below to learn about what makes a healthy relationship and what makes an unhealthy relationship.

## Healthy Relationship:

Trust	Sharing	Caring
Friendship	Honesty	Safe sex
Being true to yourself	Love	Respect
Hard work	Making decisions together	Listening to your partner's ideas

## REMEMBER

If you think you are in an unhealthy relationship you should talk to someone on your Trust List.

## Unhealthy Relationship:

Sadness	Anger	Fighting a lot
Getting your feelings hurt	Only sex	Hurting
Controlling your partner	Your partner controlling you	Being scared
Bullying	Stealing money from you	Only thinking of yourself



## Marriage

When you are in a relationship with someone you love very much, you may decide you want to get married. **Marriage** (MAIR-ij) is a big decision because you are saying you want to spend the rest of your life with someone.

Marriage usually happens after years of dating. Talk to your partner about marriage and see if you are both ready. When you are ready, you may choose to **propose** to your partner and ask them to marry you. Usually, one person proposes to the other with a ring. This may or may not be a surprise to the other partner.

If you want to propose, some people think it is a good idea to ask your partner's parents for permission to marry your partner. This is a tradition. Do what is best for you and your partner.

### DID YOU KNOW?

When you propose marriage to your partner it is called **getting engaged**. Usually the person being proposed to will wear a ring. This is called an **engagement ring**. This means that you are planning to get married soon.

A **wedding** is a special celebration all about the love between you and your partner. You will need to get a marriage licence from the government to legally be married.

## REMEMBER

If your husband or wife is always rude to you or hurts you, that is not okay. Tell someone on your Trust List or call the police. This is called abuse. You will learn more about this in the Abuse section, tab 10.

At your wedding, you will get married and make a promise to spend the rest of your life with your partner. This promise is very important. Usually your friends and family come and celebrate with you. You can use the word **husband** for a married man or the word **wife** for a married woman. You can also choose to say partner or **spouse**.

Relationships and marriage can be hard. It is normal for partners to argue with each other and not get along sometimes. This does not mean you do not love each other anymore. If you are fighting all of the time, you may need someone's help to stop fighting. You may go to a relationship counsellor to help you. It is hard work to be married and it takes work by both partners.

If you and your partner cannot stop fighting or do not love each other anymore, you may decide to end the marriage and break up. This is called **getting a divorce**. If you feel that you need to get a divorce, talk to someone on your Trust List. This is a big decision to make and you need to be sure before you do it.

Marriage is not for everyone. Some people just choose to not get married. Couples can be together for many years and decide that they don't want to get married, but still want to be together. Whether you get married or not, the important thing is that you and your partner have a healthy relationship.



# Learning Checklist

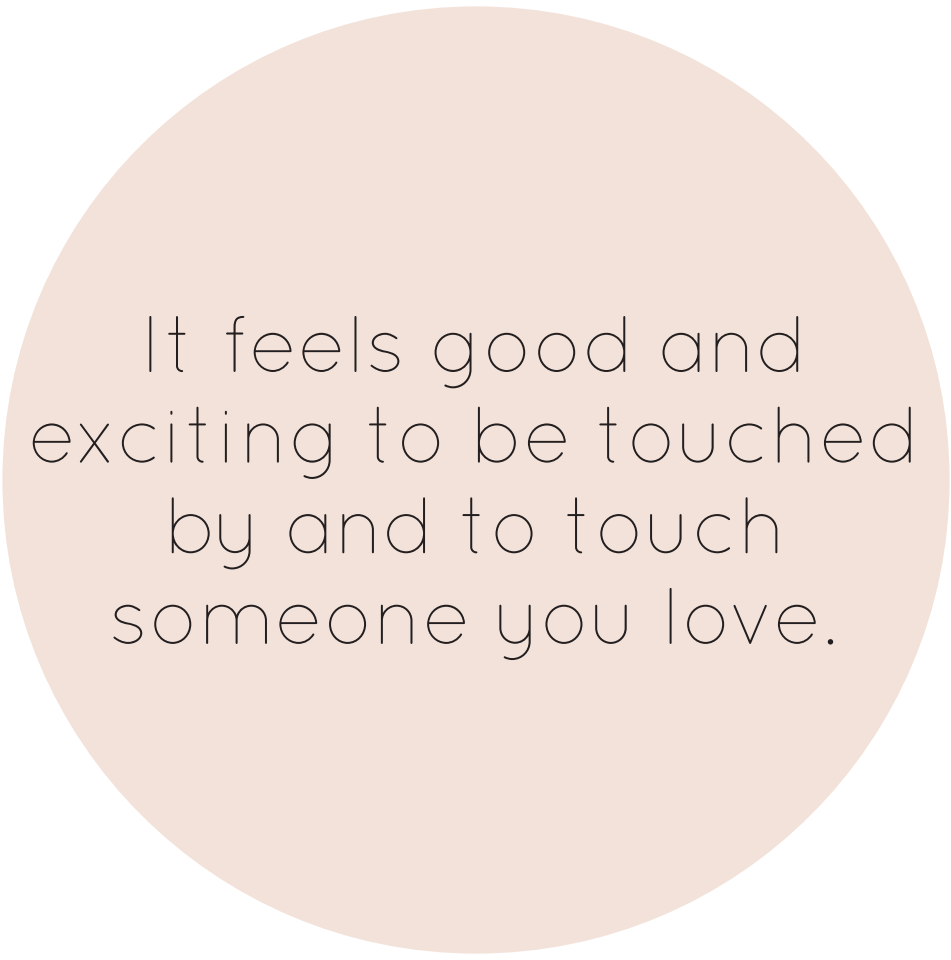
In this chapter, we talked about these things:

- Having a crush
- Sexual orientation
- Going on dates and dating someone
- Having a healthy relationship with your partner
- Marriage

# Intimacy



Purchase a hard-copy at [www.cdss.ca](http://www.cdss.ca)



It feels good and  
exciting to be touched  
by and to touch  
someone you love.

# INTIMACY

## DID YOU KNOW?

Sometimes other people think that people with disabilities are not interested in having relationships and being intimate. This is not true. No one can tell you what to feel when it comes to relationships.

When you are in a relationship, you may want to be close to your partner because you love each other. You might start cuddling, hugging, and kissing. You might also want to touch each other's private parts. This is called being **intimate** (IN-ti-met).

This is natural and normal. It feels good and exciting to be touched by and to touch someone you love. You and your partner may also want to kiss a lot and for a long time; this is called **making out**. Even if you have your clothes on, making out should be done in a private place. Touching your partner's private parts should also be done in a private place.

You and your partner should talk about what you are comfortable doing together. Things you could talk about are hugging, holding hands, kissing, cuddling, touching private parts and sex. You shouldn't do anything that you or your partner are not comfortable with.



# Your Body's Reaction

Sometimes people like to take off their clothes, and kiss and touch each other. They might like to touch, kiss, and rub the other person's private parts (like the man's penis and the woman's breasts or clitoris). This feels good for both partners and they will feel excited.

Changes take place in a person's body when they are intimate with their partner. A man's penis may get hard and bigger. Remember, this is called an erection. A woman may notice her nipples getting hard and feel wet around her vulva. This tells a person that something feels good.

## Sex

Sex is something that usually takes place between two people who are in a good and loving relationship.

People are usually in their late teenage years or married when they decide they are ready to have sex. Sometimes people are much older when they decide to have sex. That is okay. It is up to you to decide when you are ready (see pages 82 to 83 for more information). Having sex is a big decision and both partners must be comfortable with having sex. .

### REMEMBER

Sex should always be done in a private place.

When a man and woman choose to have sex, they can decide to have sexual intercourse. Sexual intercourse is when he puts his penis inside her vagina.

Before having sexual intercourse, the man should put



## DID YOU KNOW?

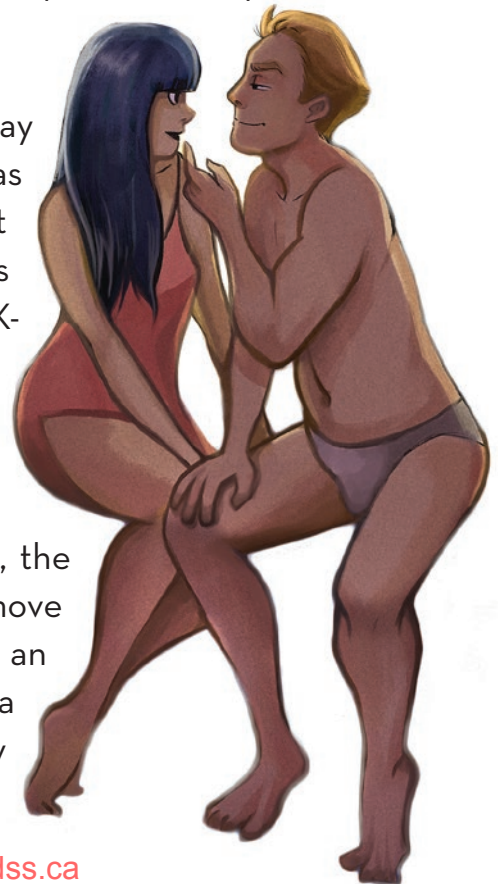
Some people might say they are a **virgin**. This means they have never had sexual intercourse before.

on a condom (page 79 to 80) so the woman does not get pregnant (page 90 to 91) and to protect each other from STIs (tab 7). Both people move so the man's penis slides in and out of the woman's vagina. This should feel good for both partners. If either partner feels pain, they should ask their partner to stop. For the first few times a female has sexual intercourse, she may feel pain in her vagina. This is normal.

There are other types of sex, such as oral sex and anal sex. Oral sex is using your mouth to pleasure the private parts of your partner; anal sex is when the man puts his penis into his partner's anus. People who are in a same-sex relationship may also use these other ways to have sex.

Having sex should feel good. If having sex is painful or continues to be painful every time you have sex, you should ask your partner to stop and talk to your doctor.

When a person has sex they may have an orgasm. When a man has an orgasm, semen will squirt out of the opening of his penis. This is called **ejaculation** (e-JACK-you-LAY-shun). It is important a woman does not get this inside or around her vagina if she does not want to get pregnant. When a woman has an orgasm, the muscles inside her vagina move very fast and then relax. Having an orgasm feels very good. After a person has had an orgasm, they feel very relaxed and calm.





Not everyone has an orgasm every time they have sex, or one person might have an orgasm and the other may not. This is perfectly normal. Sex can still feel good without an orgasm.

Some people may choose not to have sex. That is okay! You may decide you want to be intimate in other ways. These include cuddling, kissing, and touching private parts.

## Staying Safe and Healthy

It is important to be safe and be healthy, especially when it comes to being intimate.

You should tell your partner what feels good for you or if something does not feel good for you. Your partner must stop doing anything that hurts you.

If you have already been intimate or had sex with your partner, it is okay to change your mind and not do it again, with the same person or a new person. You are in control of your body and your sexuality. Your partner must listen to you if you say no. It is against the law for someone to force you to be intimate with them or have sex with them.

Being intimate or having sex with someone will not make them love you and it will not make them be your friend. Someone may even tell you that if you are not intimate with them or do not have sex with them they will not love you anymore. This is not a good reason to do something you are not comfortable with. You are a special person, and people will like you because you are YOU. No one should force you to do something you do not want to do.

### REMEMBER

The decision to have sex is very important. If you choose to not have sex, that is okay.

If you say no, your partner must always respect your decision; if your partner says no, you must always respect your partner's decision.

## TRUST LIST

If you have any questions about sex, talk to someone on your Trust List. It's on page 16 if you need to look at it again.

Once you start to be intimate or have sex with your partner, you need to go to the doctor once a year to get a checkup. Make sure to tell your doctor that you are intimate. The doctor will need to look at your private parts to make sure they are healthy. For a woman, the doctor may need to look inside her vagina to make sure it is healthy. For a man, the doctor will need to look at and touch his penis and scrotum to make sure they are healthy.

Before you decide to be intimate or have sex, you should read about birth control (below) and read through pages 82 to 88. These pages will help you decide if you are ready to be intimate or have sex.

## Birth Control

It is important to talk to your doctor about which type of birth control is best for you and your partner.

No type of birth control is perfect. There may be some side effects with each one. The woman may still get pregnant even if she uses birth control. One of the first signs that you are pregnant is missing one of your periods. If you think you are pregnant you should go see the doctor right away.

## Birth Control for Women

Birth control is something that helps you to not get pregnant. There are many different types of birth control. You should talk to your doctor about which type of birth control is best for you. It is important to know that even if you are using birth control, you may still get pregnant. Birth control just makes it harder

to get pregnant.

The most common types of birth control for women are the pill and an IUD.

The **birth control pill**, also known as **the pill**, is a small pill that women **must** take at the same time every day for it to work. The pill makes it so a woman does not release eggs. If you forget to take the birth control pill and you have sex, you might get pregnant.

If you cannot remember to take a pill each day, an **IUD** might be better for you. A “T” shaped object is put inside of you (into your uterus) by a doctor. It stays in your uterus for up to five years. These work by stopping sperm from getting to a woman’s egg.



### REMEMBER

Female birth control will not protect you from STIs. Learn more about STIs on tab 7.

There are other birth control methods you can talk to your doctor about:

★ **Depo-Provera (birth control shot)** is a needle given once every three months.

★ The **patch** is a small sticker that is placed on a woman's body.

★ The **ring** is a small, bendable ring that can be put into a uterus every three weeks.

★ A **diaphragm** (DIE-a-fram) is a dome-shaped cup that fits into a vagina and stops sperm from getting to an egg.

Your doctor or someone on your Trust List can help you decide what type of birth control is best for you.

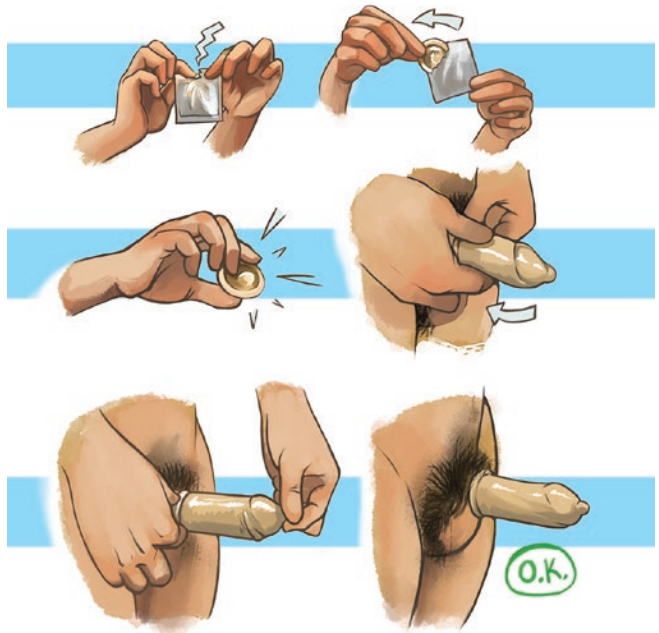
## Birth Control for Men

A **condom** is a thin piece of rubber that fits onto a man's penis. The man puts a condom on before he has sex. The condom is worn during sex. The condom stops the sperm from going into the woman's body and getting to an egg.

After he ejaculates he will take his penis out of his partner's body and take the condom off and throw it in the garbage. When taking the condom off he should be careful that it doesn't spill. A new condom must be used every time a man has sex.

You can buy condoms at the drug store, grocery store, or convenience store. They are usually kept by the pharmacy. The sign for them might say **Condoms**, **Family Planning**, or **Contraceptives**.

To put on a condom, look at the pictures on the right. The man holds the tip of the condom to the end of his penis and rolls it down onto his penis as far as it can go. The man should put the condom on right before he has sex.



It is okay for males to practice putting condoms on. Make sure you are at home in a private place, like the bathroom or your bedroom with the door closed.

## Deciding to be Intimate

Deciding to be intimate with your partner is a big decision. Before you and your partner become intimate, you should talk about what you are comfortable doing.

The chart on the next page can be used to help you and your partner decide what you are comfortable doing. Things you could talk about are hugging, holding hands, kissing, cuddling, touching private parts, oral sex, sexual intercourse, and anal sex.

Remember to also talk to your partner about what they are comfortable with. There are some extra lines if you think of other things to add.

### DID YOU KNOW?

Sometimes a condom can break during sex, which means that the woman could get pregnant.



Are you comfortable with this?	Yes	No
Hugging	✓	
Holding hands		
Kissing		
Cuddling		
Making out		
Touching private parts		
Oral sex		
Sexual intercourse		
Anal sex		

You can decide at any time that you are not comfortable with any of the things on the chart. You should tell your partner right away what you are not comfortable with. If you decide that you are both ready for sex, don't forget to discuss safety, and what type of birth control you and your partner are going to use.

## Head...Heart...Body

There is a difference between only your **head** being ready, your **heart** being ready, and your **body** being ready to be intimate.

Both your **heart** and your **body** should be ready to be intimate. Your **head** should help you make this choice. Tell your partner if you are not ready to be intimate.

Write “Yes” or “No” in the box beside each question below to help you decide if you are ready to be intimate with your partner. Your partner must also feel ready to be intimate. You can talk to someone from your Trust List if you are not sure if you are ready to be intimate with your partner.

Head	Yes or No?
Do you feel respected by your partner?	
Have you and your partner talked about what sexual activities you are comfortable with?	
Have you and your partner talked about what sexual activities you do not want to do?	
Do you have a private place to be intimate with your partner?	
Do you feel comfortable with your partner?	
Heart	Yes or No?
Do you feel safe being intimate with your partner?	
Have both you and your partner made the choice to be intimate?	
Can you say “no” to anything and your partner will listen?	
Can you trust your partner?	

Body	Yes or No?
Does your body feel excited?	
Do you like what's happening?	
Do you feel safe and respected?	
Will being intimate with your partner feel good?	
Do you feel happy with your partner?	
Have you and your partner talked about birth control, pregnancy and sexually transmitted infections?	

### EXAMPLE

Jessica and her boyfriend talked about becoming intimate. She felt that she was ready; her boyfriend said he was not. They decided that they would wait until they were both ready to be intimate.

### If you wrote...

- **“Yes” in all the boxes:** You *might* be ready to be intimate with your partner.
- **“Yes” in some boxes and “No” in some boxes:** You should talk to your partner about the things you are not comfortable with or that you wrote “No” in.
- **“No” in most or all of the boxes:** You are probably not ready to be intimate with your partner. \*

Look back to the Healthy and Unhealthy Relationships section on page 67 to make sure you are in a healthy relationship. Remember, you can change your mind about being intimate with your partner at any time.

\* Activity adapted with permission from Calgary Sexual Health’s website:  
[www.calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/](http://www.calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/)

## It's Normal to Be Nervous

It is normal to be nervous about being intimate with your partner for the first time.

It is okay to feel nervous because:

★ You feel shy about showing your partner your body

★ You do not know how to be intimate with your partner

★ You are scared that it will hurt if you decide to have sex

★ You have been told that because you have a disability, you shouldn't be intimate

If you feel nervous about being intimate the best way to deal with it is to talk to your partner or someone from your Trust List about what you are nervous about. Many people feel nervous before they are intimate with their partner. Only you know if you are ready to be intimate with your partner. Being intimate with your partner is a normal and natural part of being in a relationship but it is okay to be nervous.

Here are some reasons why you might not be ready to have sex with your partner.

★ You do not feel ready

★ You want to wait until you are married

★ You feel confused and afraid

★ You think it is okay not to have sex

★ You do not want to get pregnant

★ Your partner does not want to use birth control

It is okay to say no if you do not want to do something—your partner should always respect your answer. You can also ask your partner to stop at any time and your partner should always listen. If you have too much fear about being intimate with your partner, say no and wait until you feel ready. **Remember, it is always okay to just say no!**

If you are not ready and say no, you do not need to give your partner a reason unless you want to. **Your partner has to listen to you when you say no.** If you want to explain why, below are some reasons why someone might say no. These are just examples. Reasons to not have sex may be different for each person.

★ I'm not ready	★ I'm not comfortable
★ I want to wait until I am married	★ I do not want to _____

## Learning Checklist

In this chapter, we talked about these things:

- The ways you and your partner can be intimate
- How to be safe when you are being intimate
- Types of birth control for men and women
- Deciding if you are ready to be intimate



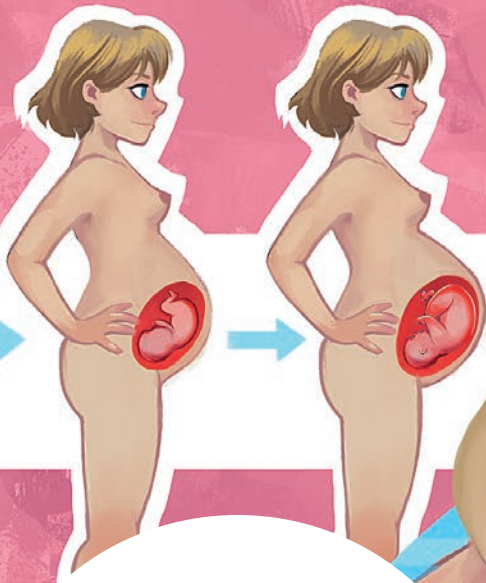
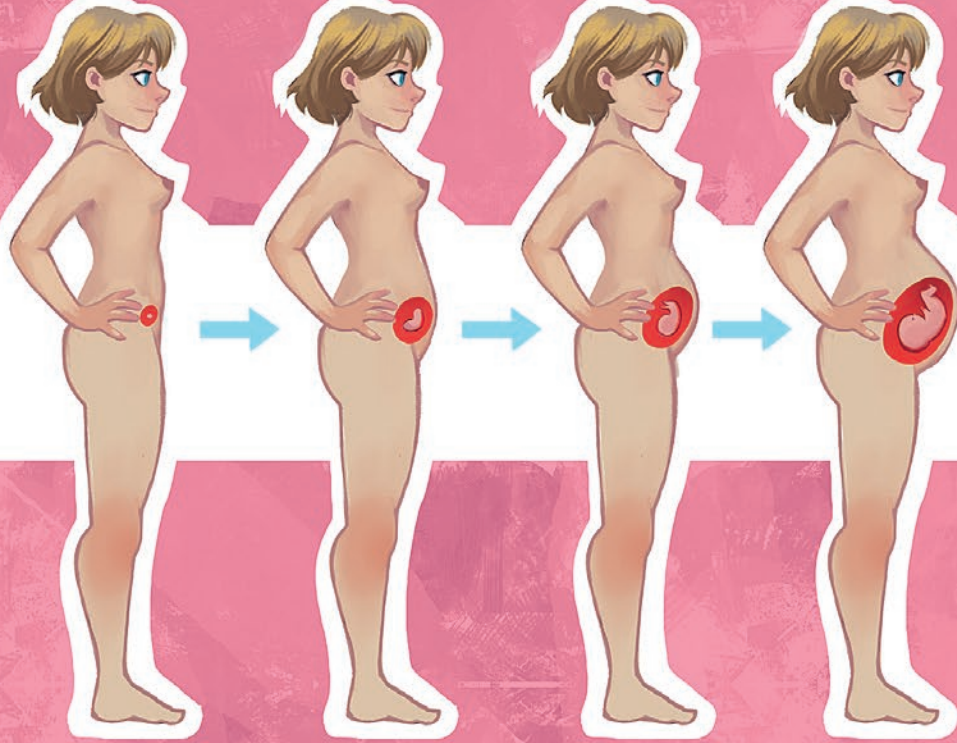
# Activity: Reasons To Have Sex

Below is an activity to help you think about good reasons to have sex and not so good reasons to have sex.


Look at the “Reason...” list below. Under “Yes or No,” write “Yes” if it is a good reason to have sex. Write “No” if it is not a good reason to have sex. Answers can be found on the bottom of the page, upside-down.

Reason...	Yes or No?
1. It is natural and normal.	
2. It is one way I can show my love for my partner.	
3. It feels good.	
4. It is fun.	
5. I feel like my partner is making me do it.	
6. I do not want my boyfriend or girlfriend to break up with me.	
7. I feel like other people are telling me I need to have sex right away.	
8. I want to know what sex is like.	
9. I am confused about my sexual orientation.	
10. I feel loved by my partner.	
11. I am trying to make my parents mad.	
12. I want to feel grown up.	

Answers: 1. Yes, 2. Yes, 3. Yes, 4. Yes, 5. No, 6. No, 7. No, 8. No, 9. No, 10. No, 11. Yes, 12. No



**Having a  
Baby**



Babies are very  
cute and fun,  
but being a parent  
takes a lot of work.

# HAVING A BABY

When a man and a woman have unprotected sex there is a chance the woman will get pregnant. Being pregnant means that the woman is growing a baby inside of her. Unprotected sex means not using birth control, like a condom or the birth control pill (See the Birth Control section on page 77).

## DID YOU KNOW?

**Labour** is when a mother's body gets ready for the baby to come out. This part can be very painful.

The baby starts off very small and grows bigger and bigger. The baby will grow inside the mother for 9 months. After about 9 months, the baby will be born and come out of the woman's body through her vagina. This is called **giving birth** or **delivering a baby**. The woman's vagina will stretch and open wide enough for the baby to come out. If the baby cannot come out through the woman's vagina the woman will need to have surgery to help get the baby out.



An important note: Sometimes males with Down syndrome can have a hard time making babies. If you are a male with Down syndrome and want to have a baby, you should talk to your doctor.

If you are a female with Down syndrome and you want to have a baby, there is a chance (35-50%) that your baby will be born with Down syndrome.\*

## Pregnancy

### A Baby Growing Inside of a Mother

The pictures on the next page will help you understand how a woman gets pregnant. When a woman is **pregnant**, that means that a baby is growing inside of her.

If the man and woman are having sexual intercourse and they are not using birth control, the woman might get pregnant. Two things are needed to make a baby: sperm from the man and an egg from the woman.

When the man and woman are having sex, the man may ejaculate inside or near the woman's vagina. When a man ejaculates, semen will come out the tip of his penis. Semen has lots of sperm in it. If he ejaculates inside or around the woman's vagina, semen will go into the woman's vagina.

### EXAMPLE

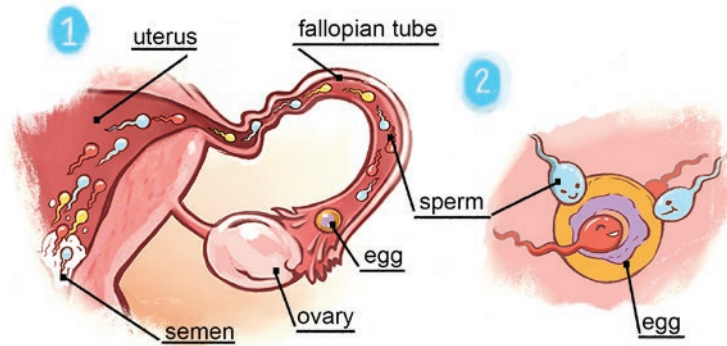
Michael's older brother and his wife just had a baby. He loves his niece very much, but she is A LOT of work. He always thought he would want a son or daughter too one day, but after seeing how hard it is, he decided to just enjoy being an uncle.

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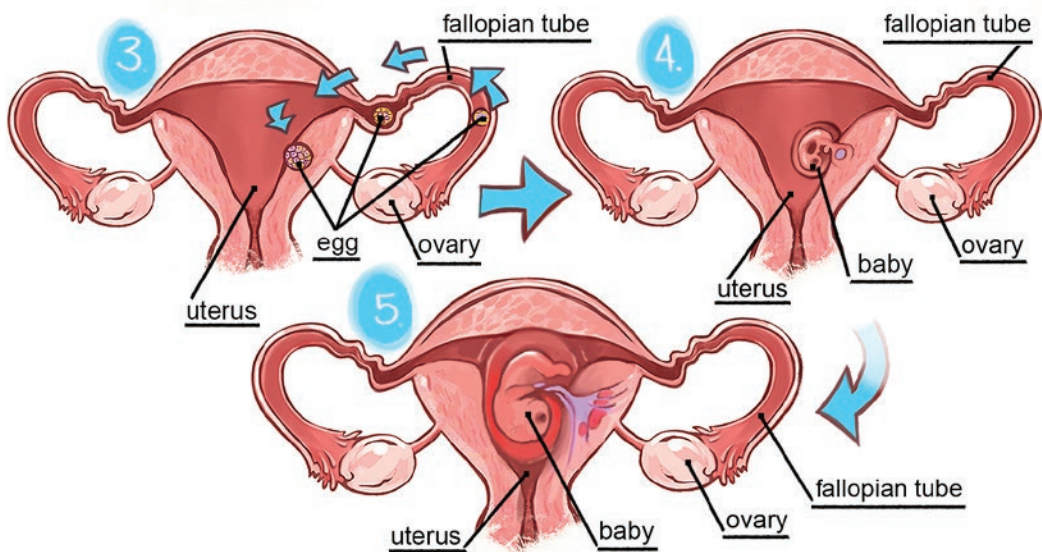
\* From the National Down Syndrome Society website ([www.ndss.org](http://www.ndss.org))



## How A Woman Gets Pregnant



1. Here you can see the semen and sperm moving through the woman's uterus. The sperm travels through the uterus and the fallopian tubes to find an egg.
2. When sperm has met the egg in the fallopian tube and goes inside the egg, this is called **fertilization** (fer-ti-leyes-AY-shun).



3. The rest of the semen leaves the woman's body through her vagina. The fertilized egg then travels back through the fallopian tube into the uterus, where it is kept healthy by a layer of blood (see the menstrual cycle on page 43).
4. The fertilized egg will attach to the wall of the uterus. This is where the baby will stay and grow for 9 months.
5. As you can see, the baby has grown. The baby will grow for 9 months, then the mother will give birth.

# Raising a Baby

Once you give birth, you have to spend a lot of time taking care of your baby. Babies are very cute and fun, but being a parent takes a lot of hard work. You have to be very patient with the new baby. Babies cost a lot of money. You have to take care of both yourself and your baby.

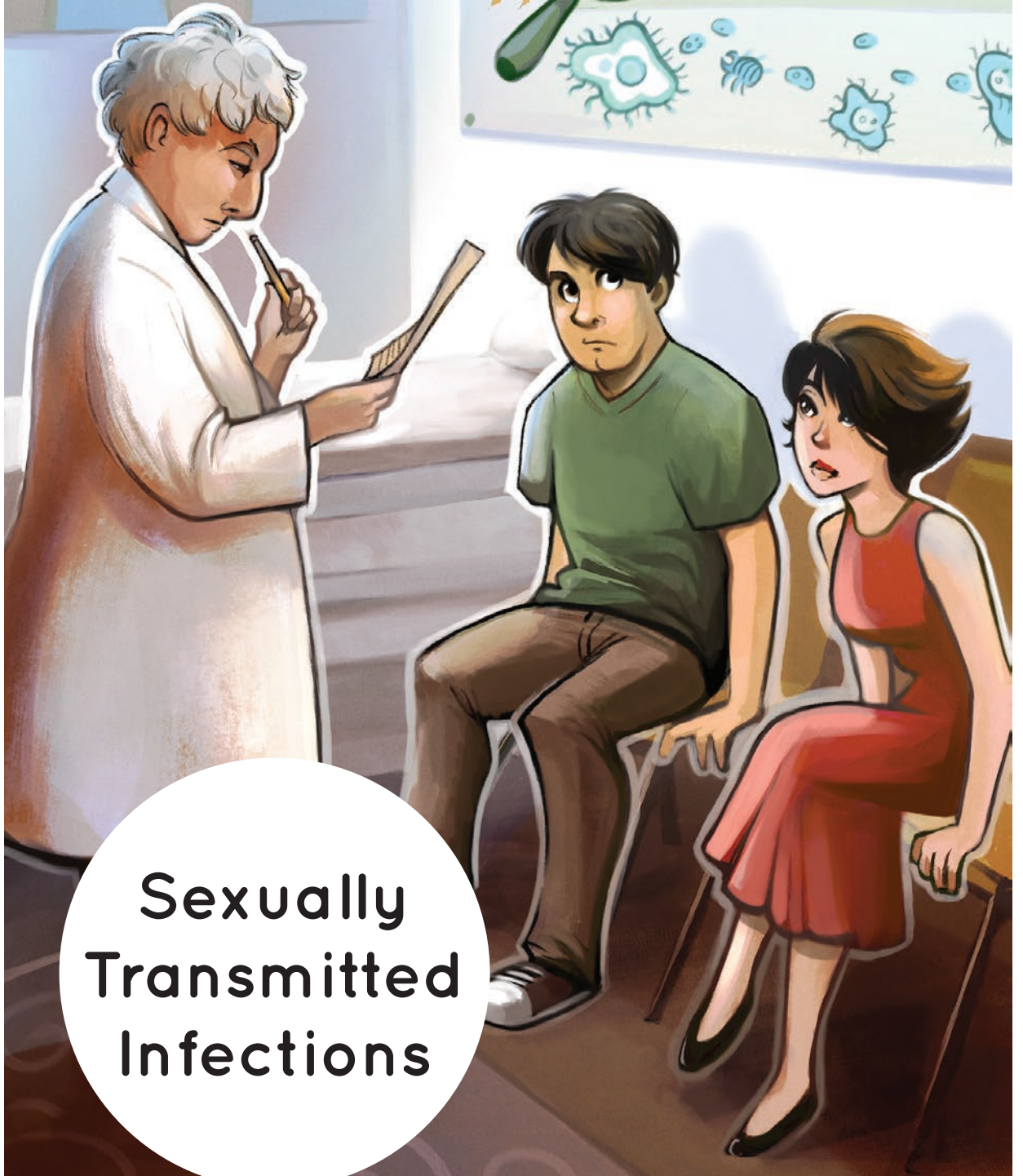
You and your partner should both help in taking care of the baby. Taking care of a baby will take up most of your time. This means you will no longer be able to do many of the activities you liked to do before the baby was born.

Having a baby can be very special for people in a relationship. Make sure you talk about having a baby with your partner and maybe even someone from your Trust List. If you do not want to have a baby you should choose not to have sex with your partner or you should use birth control. For more information on birth control, see page 77.


## Learning Checklist

In this chapter, we talked about these things:

- What pregnancy means and how a woman gets pregnant
- Raising a baby



**Sexually  
Transmitted  
Infections**



It is important to talk  
to your partner about  
STIs before you have  
sex.

# SEXUALLY TRANSMITTED INFECTIONS (STIs)

## What are STIs?

STIs are infections you can get from sexual touching, oral sex, anal sex, and sexual intercourse. Using a condom during sex can help protect you and your partner from getting an STI.

### REMEMBER

We talk about getting an STI from sexual intercourse in this section—but you can get an STI from other kinds of sex. Protect yourself by using a condom and being honest with your partner.

You can get these infections from a person who already has an infection. Both men and women can get STIs, but if neither partner has an STI, then you cannot get an STI.

It is important to know what the infections might look like and how you can get them. Males might notice they have a rash, sores, or warts on their penis or scrotum. Females might have a rash, sores, or warts in and around their vagina. It is important not to touch another person's private parts if they have a rash or sores. Sometimes there are no signs at all. If you have an STI and do not know it, you can still give your STI to your partner.

Some STIs can make you very sick. Some STIs can hurt your body badly, cause cancer, and lead to death. There are also some that never go away. You can take medicine so that they don't hurt you as

badly, but you will have those STIs forever.

The signs for some STIs can be hard to see. Sometimes you might have an STI and not know. If you think you or your partner has an STI you should not have sex or touch your partner's private parts until the STI has gone away completely. This usually happens by taking medicine. See the next page for common signs of STIs. It is also important to go see your doctor if you think you have a STI.

One sign of many STIs is having abnormal discharge. Normal discharge is liquid that comes out of a woman's vagina or a man's penis to keep it clean. You can usually see the discharge on your underwear.

## REMEMBER

If you get an STI, tell your partner. They have the right to know.

Normal Discharge	Abnormal Discharge (Not normal discharge)
White, cloudy, or clear liquid that comes out of a woman's vagina, or the tip of the man's penis.	Has changed in colour to grey or yellow and green. It may become clumpy like cottage cheese. The discharge will also have a bad smell.



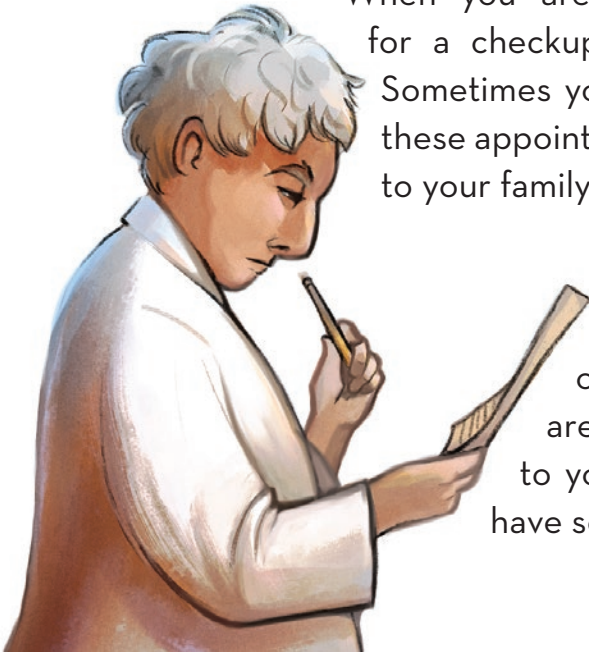
# Signs of STIs

Here are some of the signs of STIs. If you have any of these signs you should go to the doctor right away.

★ Hurts to pee	★ Cloudy pee	★ Abnormal discharge from vagina or penis
★ Sores in and around penis and vagina	★ Rash around penis and vagina	★ Blisters in and around penis and vagina
★ Itchy private parts	★ Small white insects in pubic hair	★ Warts around penis or vagina

## Go to the Doctor

When you are sexually active, you should go for a checkup with your doctor once a year. Sometimes you might have a special doctor for these appointments. Other times, you can just go to your family doctor.



Make sure you tell your doctor you are having sex and what kind of birth control you and your partner are using. It is also important to talk to your partner about STIs before you have sex.

# Learning Checklist

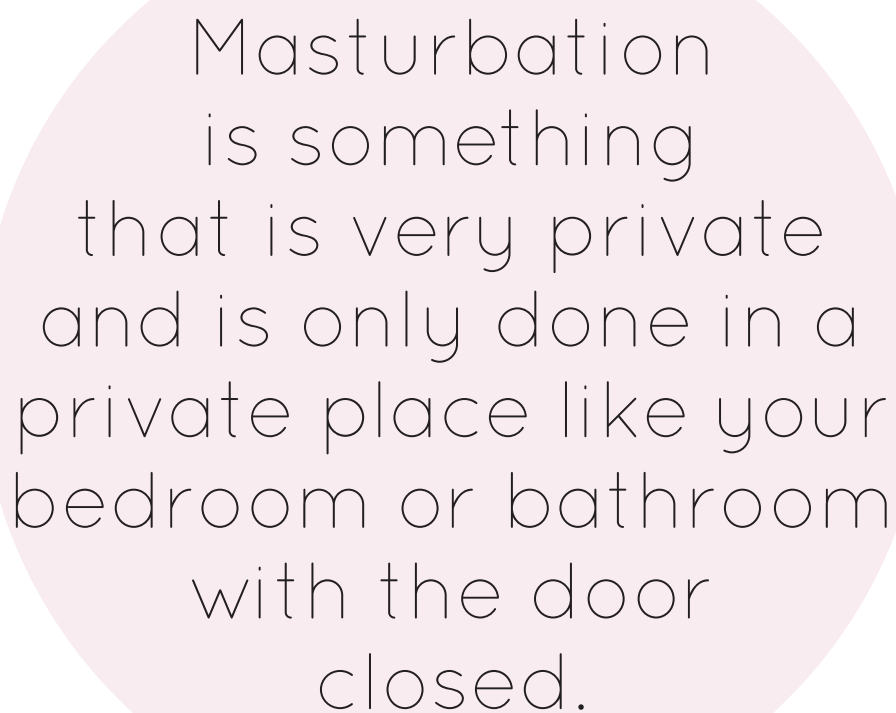
In this chapter, we talked about these things:

- How you can get an STI and how to protect yourself from getting them
- Signs of STIs
- What to do if you think you have an STI



**DO NOT  
DISTURB**

# Masturbation



Masturbation  
is something  
that is very private  
and is only done in a  
private place like your  
bedroom or bathroom  
with the door  
closed.

# MASTURBATION

It is normal and natural to want to touch your private parts. This is called **masturbation** (mas-ter-BAY-shun) or touching yourself.

It feels good to masturbate. You may want to masturbate when you are having sexual thoughts or just because it feels good. Masturbation is something that is very private and is only done in a private place like your bedroom or bathroom with the door closed. This may be a good time to put a **Do Not Disturb** sign on your door.



Masturbation is taboo for some people. **Taboo** means that people are not allowed to talk about it. This is why masturbation is private. Masturbation is a natural and normal part of life. Masturbating may help you learn about your body and what feels good. Both males and females masturbate. You should never masturbate in public or when other people are in the room. We talk about this more in the Privacy section of this chapter (next page).

For females, you can touch yourself in any way that feels good. It might feel good to use your fingers to rub your clitoris and around your vagina. You know your body best and you should do what feels good for you. When you masturbate you might have an orgasm. When you touch your private parts you may notice a slippery liquid comes out of your vagina, your breasts may get big and your nipples might get hard. This is a sign that something feels good.

For males, you can touch yourself in any way that feels good. It might feel good to rub your penis up and down. You may notice your penis gets bigger and hard. You might move your hand faster and faster. You know your body best and you should do what feels good for you. When you masturbate you might have an orgasm. Semen will come out of the opening of your penis. Remember, this is called ejaculation. It is a good idea to have toilet paper or tissue nearby when you masturbate so you can clean up the semen. It is important to be clean when you are masturbating. It is best to try not to get semen on your bed and to always clean up any mess you make.

Masturbating and having an orgasm should feel good. If you do not have an orgasm, that is okay too.

Masturbation for both males and females should not hurt. It is important to be gentle with your body and not to masturbate if it hurts, or to masturbate too much so that it makes your private parts sore. If your private parts hurt or feel itchy when you touch them you should tell your doctor or someone you trust right away.

## Privacy

Sometimes you might be in a public place like school or work and feel like you want to masturbate. You should ignore these feelings and wait until you are by yourself in a private place.

You should never touch your private parts or masturbate in public. You should also not masturbate in front of other people, even in your own home.

### REMEMBER

You should never touch your private parts in public. Go back to the Public and Private section (page 25) for more information.



Touching yourself or masturbating in front of other people without them saying it is okay is against the law. You cannot ask strangers if you can touch yourself in front of them—this is also against the law. If you and your partner are comfortable with it, you can ask your partner if you can touch yourself in front of them.

Remember, it is normal and natural to masturbate, but it is a very private thing to do and it must be done in a private place by yourself or with your partner. You should only talk to people you trust about masturbation in a private place. Some people might not be comfortable talking about masturbation. That's okay too. No one should tell you that because you have a disability you cannot masturbate.

## Pornography

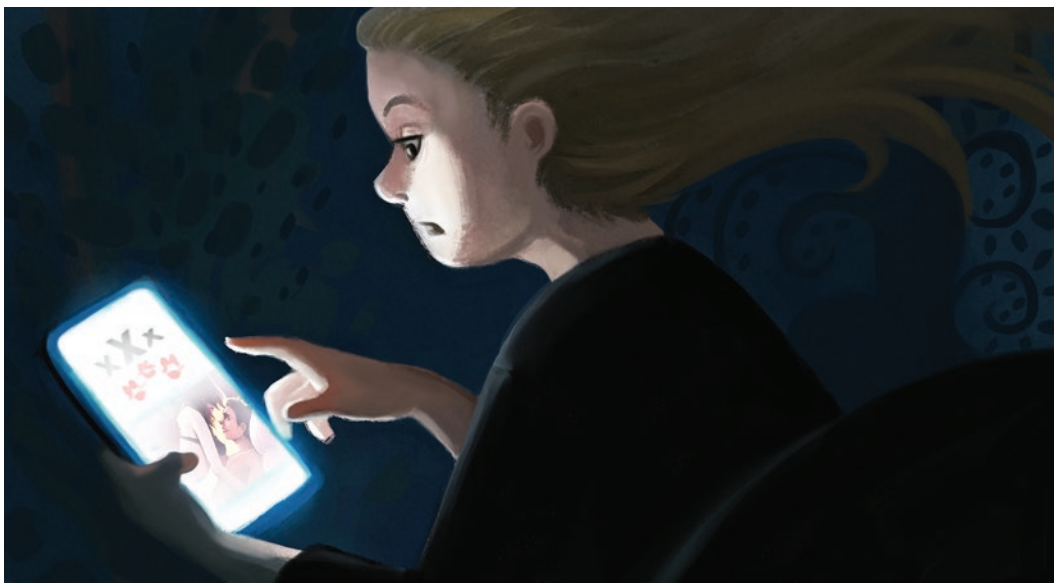
**Pornography**, sometimes called **porn**, shows people naked, touching each other's private parts, and having sex. It can be looked at in magazines, books, movies, or on the Internet.

### DID YOU KNOW?

It is against the law in Canada for anyone under the age of 18 (19 in some provinces) to own or be in pornography.

Some people may choose to masturbate while watching pornography. This is okay. This should only be done in a private place. Remember, a private place is somewhere you can be alone and people have to knock to come in. It is not safe to look at porn on a public computer, like at school or the library.

It is okay to watch porn and masturbate during your spare time, but you should still make time for work, volunteering, hanging out with friends, and other activities you enjoy.



It is important to understand that what you see in pornography is not real. It is fake. Pornography is made by people who are acting. These movies do not show how you should really treat another person during sex. They may show people doing things that are unsafe. They may show things that you or your partner are not comfortable with. They may show things that are illegal.

In real life, it is important to listen to what your partner is saying. If someone is saying “no” or “stop” it is important you listen to the person. Remember it is okay to say no if you do not feel comfortable doing something. You are the boss of your own body.

## Learning Checklist

In this chapter, we talked about these things:

- What masturbation is
- Where it is okay to masturbate
- Pornography



Safety



Safety should always  
be important to you.



# SAFETY

## Keeping Your Information Safe

Keeping yourself safe is very important. In this section there will be tips on how to stay safe, and what you should do if you think you are not safe.

You should not share personal information with people you don't know. You should only share personal information with people you trust. Personal information includes things like:

★ Your last name

★ Your birthday

★ Your phone number

★ Your address

★ Where you work

★ Where you go to school

★ Credit card information

★ Passwords



### The Internet

There can be lots of different times when people ask for your personal information. You may also be asked for personal information on the Internet. It is usually not a good idea to share it online. Sometimes when you share your personal information on the Internet, it can end up being shared with other people.



People on the Internet are not always who they say they are. For example, sometimes an old man might be pretending to be a young girl or a group of girls may be pretending to be a boy.

Sometimes it can be hard to know if you should share personal information. If you are not sure, do not give it out. If you think you need to share personal information online, you can ask someone from your Trust List.

Safety should always be important to you. Not only should you keep your personal information safe, but you should also keep your body safe. You will also learn more about keeping your body safe in the next section about Abuse (tab 10). On the next page, there are some more tips to help keep you safe.

### **DID YOU KNOW?**

In the picture above, the man on the left is pretending to be *Prettygirl78*, the woman on the right.



# Keeping Yourself Safe

★ Carry a cell phone in case you need to call someone for help

★ Meet new people in a public place like a mall or a restaurant

★ Do not walk alone at night

★ Never get into a stranger's car

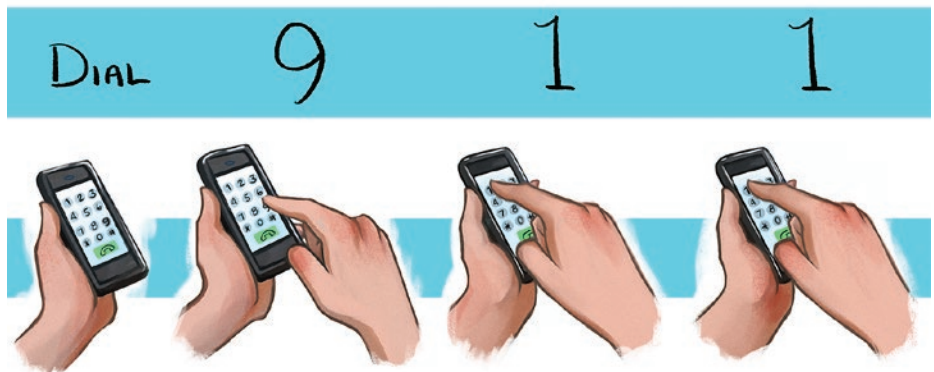
★ If you are home alone, keep your doors locked and do not let strangers in

★ Keep a list of important phone numbers with you in case you need to call someone for help

## REMEMBER

You can use the Internet on a computer, tablet, and cell phone.

Share your daily schedule with someone from your Trust List, especially if you live alone. This will help to keep you safe because that person will know where you are, and where to find you. If you ever feel unsafe, call someone on your Trust List. If you ever feel that you are in danger, call the police at 9-1-1.



## Learning Checklist

In this chapter, we talked about these things:

- Personal information
- Internet safety
- Tips to keep yourself safe

# Activity: Personal Information

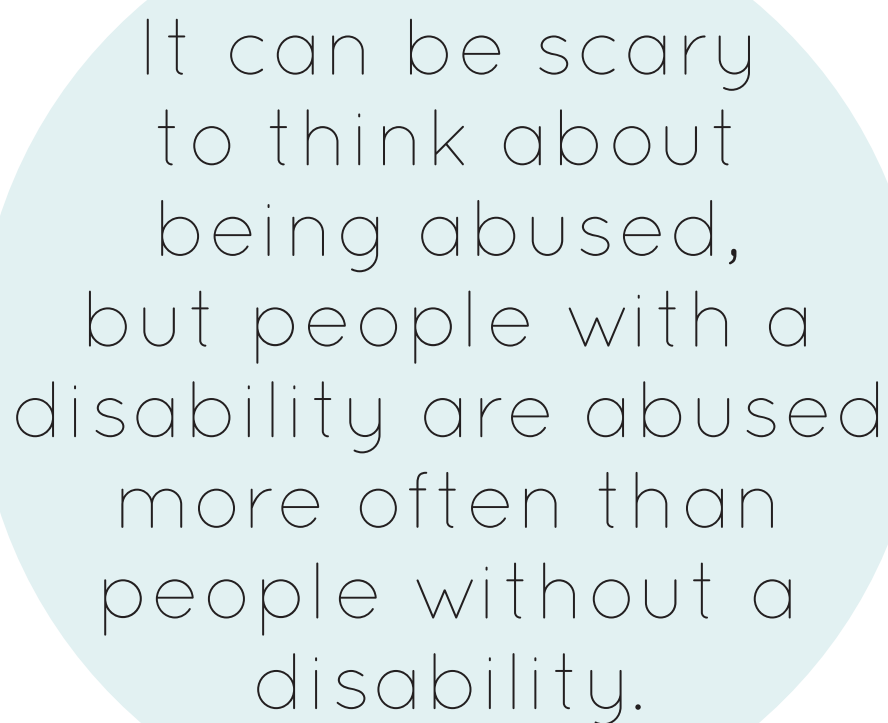
Take a look at the situations below. These are some examples of when you might be asked for your personal information. Go through the list and put “Yes” beside the examples when you think it would be okay to give your personal information, and “No” beside the ones you think are unsafe. Answers can be found on the bottom of the page, upside-down.

Situation	Yes or No?
1. You are booking a holiday at a travel company and you are asked by the travel company for all of your personal information.	
2. You are buying tickets for a concert and you are asked for your first name, last name, and phone number.	
3. You go to a website, and you are asked for your credit card information and phone number, but you are not buying anything.	
4. You are setting up a bank account, and the person working at the bank asks for all of your personal information.	
5. You are riding the bus to work and a person you have never met before asks you for your address.	
6. You get a phone call from someone who says you have won some money and they ask you for your banking information.	
7. You are at a doctor’s appointment and the woman at the front desk asks you for your address and phone number.	
8. You are on a dating website and someone you just started talking to asks for your address.	

Answers: 1. Yes , 2. Yes , 3. No , 4. Yes , 5. No , 6. No , 7. Yes , 8. No



**Abuse**



It can be scary  
to think about  
being abused,  
but people with a  
disability are abused  
more often than  
people without a  
disability.

# ABUSE

When someone harms you, it is called **abuse**. There are many types of abuse and abuse is **never** okay! Abuse can happen anywhere to anyone. It is important to learn about abuse so you can keep yourself safe.

## EXAMPLE

Michael has noticed that some people treat him and his friends badly because he has a disability. He decided to learn more about what abuse is and how to stop it, so he can help himself and his friends.

It can be scary to think about being abused, but people with disabilities are abused more often than people without disabilities. You might be abused by someone you know. You can also be abused by strangers.

The people who abuse you might be on your Trust List. This is not okay. They might abuse you because they know you well or they spend a lot of time with you. If someone from your Trust List starts to abuse you, take them off your Trust List right away. Look back to your Trust List on page 16 for other reasons why you might want to take someone off your Trust List. People who might abuse you include:

★ A friend of your family	★ A babysitter	★ A support worker
★ A boyfriend or girlfriend	★ A co-worker or boss	★ A roommate
★ A community helper	★ A family member (a parent, a brother or sister)	★ Other family member (grandparent, uncle, aunt, or cousin)

# Types of Abuse

There are different kinds of abuse: emotional abuse, physical abuse, financial abuse, and sexual abuse. It is important to know about the different types of abuse and how to stand up for yourself if someone abuses you or tries to abuse you.

## Emotional abuse

Emotional abuse is when someone hurts your feelings. If someone always calls you names or says things to you that make you feel sad it is called emotional abuse. Examples of emotional abuse are:

★ When someone says mean things to you that hurt your feelings and make you feel sad

★ When someone makes fun your disability

★ When someone calls you names

★ When someone is mean to you because of your sexual orientation

★ When someone keeps you away from things that make you happy

★ When someone makes you feel bad for being yourself

## Physical abuse

Physical abuse is when another person hurts your body. Examples of physical abuse are:

★ When someone hits you

★ When someone locks you in a room for a long time

★ When someone kicks you

★ When someone bites you

★ When someone punches you

★ When someone doesn't give you the things you need like food, water, and medication



## Financial abuse

Financial abuse is when someone takes or keeps your money from you. Someone you trust should help you look after your money. They should make sure you have enough money to do the things you enjoy. Examples of financial abuse are:

★ When someone takes money from you without you saying it is okay

★ When someone says they will pay you for doing a job, but does not pay you

★ When someone keeps your money for you without you saying it is okay

★ When someone is only your friend if you pay for things for them



## Sexual abuse

Sexual abuse is when you do not want someone to do something sexual to you but the person still does. Here is a chart that will help you understand what sexual abuse is.

If you do not want someone to...		
★ Touch your private parts	★ Make you touch their private parts	★ Look at your private parts
★ Make you look at their private parts	★ Have sexual intercourse, oral sex, or anal sex with you	★ Take pictures of you naked
★ Show you pictures of them naked	★ Talk to you about sexual things	★ Offer you money to have sex

...but they do, **it is sexual abuse.**

If you do not want someone to do something to you from the list above and they still do, that is sexual abuse. You and your partner may decide to do some of the activities on this list and that is okay. It is not abuse if you and your partner have agreed these things are okay. If you are sexually abused by someone you trust, it is still not right and you must tell someone else from your Trust List (page 16) or the police as soon as you can.

### REMEMBER

You are in charge of your own body. No one is allowed to force you to do something you don't want to do.

People can go to jail if they make you touch them or make you have sex. If someone tries to hug you or touch your private parts and you don't want them to, you should tell them “**STOP**” or “**NO**” and tell someone on your Trust List right away.

# Good Touch and Bad Touch

It is good to understand the difference between a good touch and a bad touch.

A **good touch** is something that makes you feel safe or happy. Examples of good touches might be a hug, a high-five, cuddling or a pat on the back. A good touch should make you feel loved. This may also include being intimate with your partner.

Going to the doctor should be a good touch. The doctor should first ask you if it is okay to touch your body. You can tell them if it is okay or if it is not okay. The doctor needs to touch the part of your body that is hurt to help you feel better or to check to make sure you are healthy. If you are unsure, bring someone you trust to the doctor with you. They can come into the room with you to help you during your appointment.

A **bad touch** is something that may hurt you or make you feel scared or afraid. Examples of a bad touch might be someone hitting you and leaving a bruise, or someone touching your private parts when you don't want them to. If you do not want someone to touch you, tell them. If they do not listen tell someone you trust right away.

If you are being sexually abused, it can be very confusing. The touch may feel good to your body and not hurt, but it is still a bad touch because **no one** can touch your body if you have not told them it is okay. If you have any questions, ask someone on your Trust List.

## REMEMBER

Stopping sexual abuse and knowing if something is a good touch or bad touch is very important.

If you are unsure, ask someone on your Trust List.

# What To Do If You Are Being Abused

No kind of abuse is okay. If someone is hurting or upsetting you, ask them to stop. Using a loud voice say things like “**NO!**”, “**STOP!**”, “you are upsetting me,” or “don’t touch me!” If you think you are being abused, you should tell someone from your Trust List right away.

The person you tell from your Trust List should believe you and also help keep you safe. If you pick a person on your Trust List and they do not believe you, tell another person on your Trust List. Keep telling someone from your Trust List until someone believes you. If no one believes you, talk to your doctor or a police officer. If someone you trust abuses you, do not trust them anymore. Try to stay away from the person who is abusing you.

Many times when people abuse you, they will tell you to keep it a secret. They may tell you that this is a secret between you and them, and it cannot be shared with others. Sometimes they may even say they will hurt you or your family. This can be very scary, but it is important that you do not keep it a secret and tell someone from your Trust List. Even if a person you trust abuses you and tells you to keep it a secret, you should not keep it a secret. Telling this secret does not mean you are not a good friend or person.

You did not do anything wrong to be treated this way and there are people who can help you. Abuse is a very hard thing to talk about and deal with. Unfortunately,

## TRUST LIST

The people on your Trust List are people you can go to if you are being abused. It's on page 16 if you need to look at it again.


there are lots of people in the community who have been abused. This does not mean it is okay, but it does mean that there are other people who have gone through what you have. These are great people to talk to. There are also people who are trained to help people deal with their feelings about abuse. These people can be called a **psychologist** (seye-CALL-uh-jist), therapist, counsellor, or a social worker. You can make an appointment with one of these people if you are having a hard time dealing with your feelings.

After being abused you might feel sad. It is important to spend time doing things that you like to do with your close friends and family. Although being abused can be sad and scary, getting help can make your life happy again.

## Activity: Information Card

Below is a card that you can cut out of this booklet. You should fill it in with all of your information and keep it in your purse or wallet. On this side you can fill out your name, address, and phone number. If you are ever in trouble and cannot remember your information, this card will have it for you.

### Side 1 of the Information Card



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# Learning Checklist

In this chapter, we talked about these things:

- Who might abuse you
- The difference types of abuse: emotional, physical, financial and sexual abuse
- Good touch and bad touch
- What to do if you think you are being abused

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## Side 2 of the Information Card

On this side of the card, fill out two phone numbers of people from your Trust List. These are people that you can call when you are in danger or need help. The last line is for a Support line—you can put any important number on it. Some examples of an important number are a 1-800 number to a help line, the local police, or your work.

Emergency Contact #1:  
.....

Emergency Contact #2:  
.....

Support line:  
.....  
If you are in danger, call the police: 911





# References and Index



# References and Websites

*Abuse & Bullying* section from the Government of Alberta Human Services' website ([www.humanservices.alberta.ca/abuse-bullying.html](http://www.humanservices.alberta.ca/abuse-bullying.html))

## DID YOU KNOW?

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*Birth Control* section from the Planned Parenthood website ([www.plannedparenthood.org/health-info/birth-control](http://www.plannedparenthood.org/health-info/birth-control))

*The Boy's Guide to Growing Up: Choices & Changes During Puberty* by Terri Couwenhoven

*The Girl's Guide to Growing Up: Choices & Changes in the Tween Years* by Terri Couwenhoven

*The Guide to Good Health for Teens & Adults with Down Syndrome* by Brian Chicoine & Dennis McGuire

*Issues of Sexuality in Down Syndrome* by Don C. Van Dyke, MD, Dianne M. McBrien, MD, Andrea Sherbondy, MD. (posted on [www.ds-health.com/issues.htm](http://www.ds-health.com/issues.htm))

*Looking for help?* section from the PFLAG Canada website ([www.pflagcanada.ca/en/help-e.html](http://www.pflagcanada.ca/en/help-e.html))

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[teachingsexualhealth.ca](http://teachingsexualhealth.ca) website by Alberta Health Services

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*Sexuality and Down Syndrome* section by Leslie Walker Hirsch, M.Ed. on the National Down Syndrome Society website ([www.ndss.org/Resources/Wellness/Sexuality/Sexuality-and-Down-Syndrome/](http://www.ndss.org/Resources/Wellness/Sexuality/Sexuality-and-Down-Syndrome/))

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*Sexuality: Your Sons and Daughters with Intellectual Disabilities* by Karin Melberg Schwier & Dave Hingsburger

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*Sexuality Booklets for Young Adults (Being Around Other People, Changes in Your Body for Girls, Changes in Your Body for Boys, Intimacy and Marriage, Pregnancy and Sexually Transmitted Diseases, Masturbation & Privacy for Girls, Masturbation and Privacy for Boys, and Facts on Sexual Hurting)* by the Canadian Down Syndrome Society from 1999

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*Sexually transmitted diseases (STDs)* section from the Mayo Clinic website ([www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/in-depth/std-symptoms/art-20047081](http://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/in-depth/std-symptoms/art-20047081))

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*Sexually Transmitted Diseases* section from the TeensHealth from Nemours website ([www.kidshealth.org/teen/infections](http://www.kidshealth.org/teen/infections))

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*Vaginal Discharge* section from the University of Illinois McKinley Health Center website ([www.mckinley.illinois.edu/handouts/vaginal\\_discharge.html](http://www.mckinley.illinois.edu/handouts/vaginal_discharge.html))

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Various resources from Calgary Sexual Health Centre

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*What Are Your Values?* article posted on the Mind Tools website ([www.mindtools.com/pages/article/newTED\\_85.htm](http://www.mindtools.com/pages/article/newTED_85.htm))

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# Index

## DID YOU KNOW?

An index is a list of all the topics and ideas in a book. Use it to find what you are looking for!

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# Thank You!

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**This book is all about YOU!**

*Mind and Body* is a book that will help you learn about your body, relationships, growing up, and keeping yourself safe.

We hope you enjoy  
learning more!



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**Down Syndrome**  
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