

# CONFIDENCE

## your body, your choice



A discussion on sexual wellness by Inuit youth for Inuit youth

### Write down your answers and then discuss.

1. What can affect how someone sees their own body (their body image)?

*for example (eg.): TV*

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2. How do you know if someone has a healthy body image? How about an unhealthy body image?

*eg.: how they stand*

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3. What types of sexual identity can you think of? Are different kinds of sexuality accepted in your community? Why/why not?

*eg.: heterosexual*

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4. What are some signs that someone is in a healthy relationship?

*eg: always happy*

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5. What are some signs that someone is in an unhealthy relationship?

*eg: bruises*

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6. What advice would you give a friend who told you he or she was in an abusive relationship?

*eg: see a nurse*

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7. Who do you have as a role model for a healthy relationship?

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