

Materials	Access to the internet, paper and markers (optional)
Learning Outcome	Discuss personal choices, human rights, and acceptance of all bodies, genders, and orientations.

Description

Begin a discussion with the youth about body types, gender identity, and sexual orientation. Explain to the youth that our bodies and associated choices about our bodies are a big part of our identity. If people feel that their body or personal choices are judged negatively, disapproved of, or discriminated against, it can be harmful to their identity and sense of self. Share with the youth that it is important to embrace differences and show love and respect for your own body and your personal choices as well as the bodies and personal choices of others. The personal choices you make about your body, gender, and orientation are just that – YOUR personal choice. Ask the youth if they are aware of what human rights are and if they know that gender identity and sexual orientation are human rights in Canada. If they are unaware of what human rights are, explain that they are the basic rights and freedoms that belong to every person. Read the following point from The Canadian Human Rights Commission.

Every person in Canada – regardless of whom they love, or how they identify or express their gender – has the right to live free without fear of discrimination, violence or exclusion, and to be fully included and embraced in all facets of Canadian society.

Ask the youth to write a manifesto that shows acceptance of all body differences, gender identities, and sexual orientations. Share with the youth that a manifesto states the intentions or views of an individual or group. Manifestos usually include a number of tenets, which are sentences that represent the intentions or views. Encourage the youth to write at least 5-7 tenets about the topic. A list of tenet topic ideas are provided below.

- Body shapes, sizes, and colours
- Gender and Orientation – lesbian, gay, bisexual, transgender, queer, two-spirited, cisgender, and non-binary genders (e.g., gender fluid, pansexual, asexual)*
- Show love and respect for your own body and all bodies
- Personal choices
- Human rights
- Embracing differences

**If the youth is unfamiliar with any of the gender and orientation terms above, encourage them to visit the [Queer Vocabulary](#) glossary to find the meaning of the term.*

Invite the youth to both read and watch [The Holstee Manifesto](#) for inspiration. Create the manifesto using [Venngage](#), [Piktochart](#), or paper and markers. Invite the youth to share their manifesto with you after they have completed it. Ask them how they decided what to include and why think thought these were important points.

Healthy Bodies Competencies



THINK

Students will develop cognitive skills and strategies that facilitate knowledge in regards, but not limited to: consent, boundaries, body awareness, and acceptance.



FEEL

Students will develop affective skills and strategies that facilitate the following, but are not limited to: healthy relationships, overall well-being, and personal choice.



ACT

Students will practice behaviour skills and strategies that facilitate the following, but are not limited to: personal hygiene health, accessing support resources, self-respect, and respecting the choices of others.



Reflection Questions

Reflection is important to support learning about healthy bodies. Consider asking the youth the reflection questions below and discuss the answers together.

- How do you think identity and health are connected?
- What can you do if you feel that your or someone else's human rights are not being respected?