

Recognize the characteristics of an egalitarian romantic relationship based on reciprocity¹

Examples of what students are expected to learn

- Recognize different characteristics:
 - take care of themselves and others (take what the other person feels into consideration, wish for their well-being and happiness, show concern for their peace of mind and their safety). However, balance must be reached between care for the other person and care for oneself.
 - share and listen
 - foster fulfillment, pleasure and respect
 - foster mutual support
- Recognize the characteristics of an egalitarian romantic relationship based on reciprocity involves taking into account both partners' needs. This means it is possible, most of the time, to:
 - love, be loved and feel loved
 - assert themselves and be heard
 - recognize their partner and be recognized, feel valued, be appreciated for who they are and feel appreciated in tangible ways
 - feel safe (physically and psychologically)
 - have space for themselves and leave space for their partner
 - respect their own sexual needs and those of their partner (expectations, boundaries)
- Understand emotional intimacy, share experiences and feelings between partners. (Through verbal and non-verbal communication, the partners create closeness that helps them to be open with each other. This space in the relationship allows them to express themselves, assert themselves and to take their own and each other's needs and boundaries into consideration.)
- Understand trust and emotional closeness. (A relationship in which, even though the partners are emotionally very close, they trust each other enough to be themselves: "I am who I am, you are who you are, and we are both learning to be together, without forgetting that we are individuals.")
- Etc.

Contribution of the content to adopting prosocial behaviours

Recognizing the characteristics of an egalitarian romantic relationship based on reciprocity fosters the use of gestures, words and behaviours that are respectful of themselves and their partner. It makes it possible to develop the ability to interact well with others. These concepts are key to the development of the competency *Adopts prosocial behaviours*.

1. Please note that this content is in line with the compulsory sexuality education content under the theme "Emotional and Romantic Life" in Secondary III. For more information about sexuality education content, visit this web page: <https://www.quebec.ca/en/education/preschool-elementary-and-secondary-schools/programs-training-evaluation/sexuality-education>.



Content-related glossary

RECOGNIZE THE CHARACTERISTICS OF AN **EGALITARIAN ROMANTIC RELATIONSHIP** BASED ON **RECIPROCITY**

Egalitarian romantic relationship

For a romantic relationship to be considered egalitarian, the partners must be free to express themselves and act as they want (while being respectful of themselves and their partner). Both partners must consider that they have equal rights and needs in the relationship. The partners have the same rights, but also the same responsibilities toward one another. Although each person is responsible for themselves and for expressing their needs, an egalitarian relationship is one in which partners listen to each other.

Reciprocity

By definition, reciprocity is a relational concept. In a very general sense, reciprocity refers to a state or relationship involving a mutual action or influence, giving and receiving, connection, etc., between two parties or two things.

ADDITIONAL RESOURCES

- For more information on the content related to the development of personal and social competencies
- To find ideas for turnkey structured educational interventions that are in line with the proposed content
- For training designed to help convey the content and establish conditions for implementing it with students
- For other resources and tools related to the content and to the implementation of actions designed to promote the well-being of young people



Resources available
on [Québec.ca](https://www.quebec.ca)