

Saanich International Student Program

Guide to Healthy Relationships

Guidelines to help you understand what healthy relationships with your host family, school staff and peers look like during your stay in Saanich.



Building Healthy Relationships

During your time in Saanich, we hope you will build positive, healthy relationships. We are proud of the many opportunities that are available to enrich your experience here in Saanich!

What To Expect

You Should Expect:

- People respecting your boundaries, and cultural background and differences
- Clear and respectful communication
- Feeling safe and comfortable
- Appropriate behavior and language



Your Host Family:

Your host parents should act like your “Canadian Parents” and treat you as their family member. Your Canadian host brother or sister should treat you like a sibling.

What your Host Parents Should Do:



- Respecting your privacy
- Respecting your cultural background
- Maintaining appropriate boundaries
- Communicating respectfully
- Offering parental guidance and support

What Host Parent Should Avoid:



- Inappropriate comments or behavior
- Discussing private matters with you
- Offering you alcohol or drugs
- Showing excessive affection towards you
- Making you feel unsafe or uncomfortable
- Asking you to keep secrets

School Environment and Trusted Adults

School should be a safe and caring space where you feel comfortable and are treated with respect.

What You Can Expect From School Staff:

- Being heard
- Welcoming you as a unique individual
- Respecting and trying to understand your cultural background
- Establishing clear rules, expectations and consequences
- Behaving professionally at all times

CONTACTING A TRUSTED ADULT

If you ever have questions, feel unsafe or uncomfortable, or need advice, you can reach out to trusted adults for support.

Contacts at the Saanich International Student Program (SISP):

- **The SISP Emergency Phone:** 250-812-0731
- **The SISP Homestay Manager:** Ms. Fagel
 - Email: efagel@saanichschools.ca
 - Phone: 250-880-4950
- **Your SISP Homestay Coordinator:**
 - Claremont: Ms. Belusic: kbelusic@saanichschools.ca
 - Parkland: Ms. Bertram: ebertram@saanichschools.ca
 - Stelly's: Ms. Ewer: kewer@saanichschools.ca

Contacts at School:

- The International Advisor or Assistant
- The School Counsellor/Teacher
- The Principal or Vice Principal
- Find their contact information in your Student Arrival Guide

