

SEX EDUCATION



School Based Sexual Health Education

A comprehensive school health approach to school based sexual health education is an important way for teachers, health sector partners, parents, caregivers and the greater community to support one another to educate children and youth on sexual health topics that promote sexual health, mental wellness and safety for children and youth. The sexual health curriculum teaches the physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, boundaries to reduce sexual abuse, unplanned pregnancy, sexually transmitted infections and high risk sexual behaviour.

Kindergarten – Grade 3

Research shows that children who are aware of their bodies and personal boundaries are more resistant to child abuse. Therefore, it is important that from a very young age children are aware of all their body parts. Children need to be aware that some parts of their bodies are “private” and know who is allowed to touch these private parts.

Kindergarten - Grade 3 recommended topics of focus:

- Terminology for private parts
- Appropriate and inappropriate touching
- Responding to inappropriate touches or confusing or uncomfortable situations
- Importance of recognizing and avoiding hazardous and potentially unsafe situations
- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations
- Factors that influence self-identity

Grade 4 - 6

Puberty, the time period when children turn into adults, is the second fastest rate of physical, emotional and social growth in humans. Girls enter puberty between ages 9-13 and boys, between ages 10-14. To prepare for changes that will occur, it is important for children to have information about puberty one to two years in advance.

Grade 4-6 recommended topics of focus:

- Factors that influence self-identity, including body image and social media
- Influences on individual identity, including sexual identity
- Physical changes at puberty
- Emotional and social changes at puberty
- The human reproductive system
- Pregnancy and birth
- Maintaining health and hygiene during puberty
- Life-threatening communicable diseases, including HIV/AIDS
- Practices for preventing communicable disease
- Respecting developmental differences

Grade 7 - 12

Youth face important decisions about relationships, sexuality, and sexual behavior. The decisions they make can impact their health and well-being for the rest of their lives. Comprehensive sexual health education provides them the tools they need to make healthy choices.

Grade 7-12 recommended topics of focus:

- Puberty and reproduction
- Gender, body image and social influences
- Sexual orientation and gender diversity
- Healthy relationships and consent
- Self-care and coping with development
- Reducing the risk of Sexually-Transmitted and Blood-Borne Infections (STBBI)
- Contraception
- Decision making, responsibilities, choices and substance use
- Accessing support and asking for help

Resources

Websites	Sexual Orientation and Gender Identify Resources	Phone Lines
<ul style="list-style-type: none">• teachingsexualhealth.ca• optionsforsexualhealth.org• sexandu.ca• scarleteen.com• tasccalberta.com• sieccan.org• bctf.ca• phecanada.ca (Always Changing Program)	<ul style="list-style-type: none">• sogieducation.org• pridenet.ca• thetrevorproject.org	<ul style="list-style-type: none">• Sex Sense Line: 1-800-SEX-SENSE• Kids Help Phone: 1-800-668-6868 (KidsHelpPhone.ca)

“Access to effective, broadly-based sexual health education is an important contributing factor to the health and well-being of Canadian youth”
- Public Health Agency of Canada

