

# An Overview of Three Comprehensive School Based Sexuality Education Resource Manuals (Grades 4 through 10)

**Ontario Public Health Association (OPHA)**

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**Session 1b**

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# Objectives of the Presentation

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## **1. To familiarize participants with the sexuality education resources developed by Peel Public Health.**

- *This will be demonstrated through a "show and tell" type methodology.*

## **2. To inform and promote the online version of the sexuality resources.**

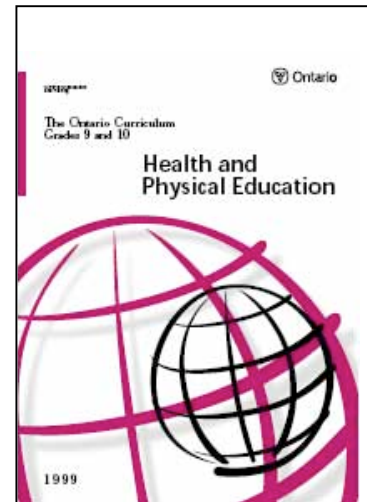
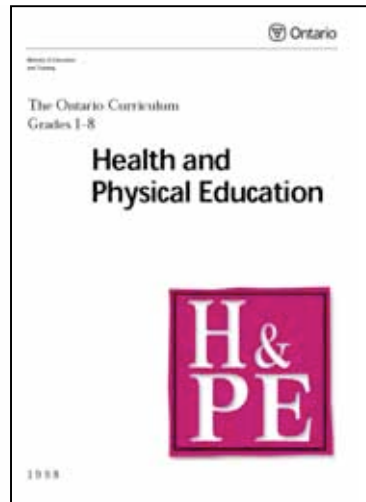
# Sexual Health Education & Curriculum Support Development

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- In 2000 Peel Public Health, and the Peel District School Board (PDSB), developed a partnership to improve school health in Peel communities.
- A study was conducted to identify issues important to student health.
- Administrators identified **HEALTHY SEXUALITY** as a key issue.
  - **Healthy Sexuality** and **Relationships** were rated one of the top 3 concerns.

# Ontario Curriculum Guidelines

- Peel Public Health in collaboration with PDSB developed several curriculum-linked resources related to healthy sexuality.



<http://www.edu.gov.on.ca/eng/curriculum/>

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# School Based Sexuality Education Resource Manuals

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## *Changes In Me – Talk To Me – Helping Teens*

- These resources assist teachers when educating students on the subject of puberty, adolescent development and sexual health.
- Since sexuality can be a sensitive subject, these resources include teacher guides to better prepare teachers for challenges they may encounter.

# Theoretical Foundations

## *Unit Structural Design*

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- Over thirty years of educational research confirms that different children have different learning styles: i.e., learning must be differentiated to be effective.
- The differentiated teaching and learning curriculum development model was employed in the creation of these resources and is a concept that has also been adopted by the Peel District School Board.
- This model was used to ensure that the resources accommodate all students and will complement initiatives on differentiated learning.

# Resource Objectives

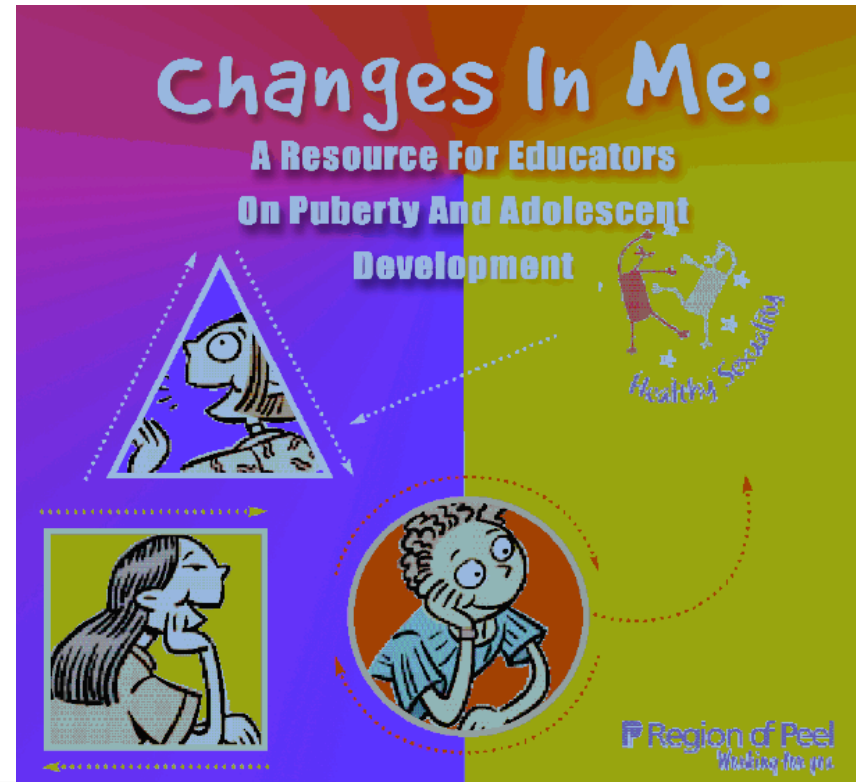
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1. By using these resources educators will become more confident when teaching sexuality education.
2. Through comprehensive sexuality education students will become empowered to make sound decisions regarding their own sexual health.

# Elementary

## *Junior Division – Grade 4, 5 & 6*

- The ***Changes In Me*** resource is designed to simplify the task of teaching students about puberty.
- **Contents of the Changes In Me kit:**
  - Detailed lesson plans
  - Handouts
  - Visual aids – felt models
  - Student-centered activities
  - Evaluation tools
  - Video
  - Overheads and further resources.



# Changes In Me

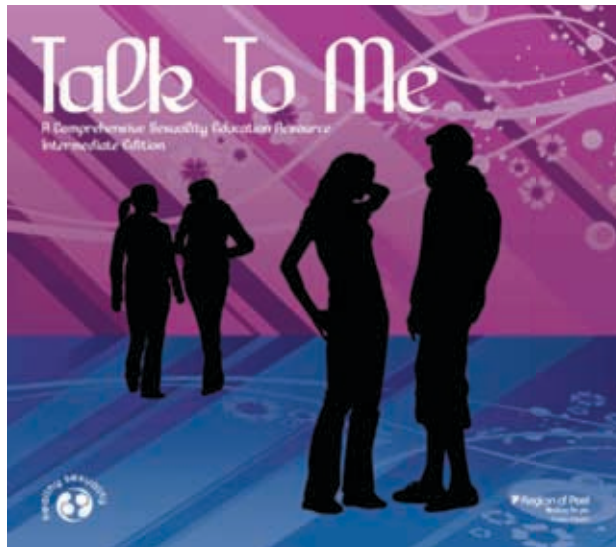
## Content Overview

<b>Lesson</b>	<b>Topic</b>
<i>One</i>	<i>Introduction to Puberty</i>
<i>Two</i>	<i>Male Anatomy</i>
<i>Three</i>	<i>Female Anatomy</i>
<i>Four</i>	<i>Talking About Puberty</i>
<i>Five</i>	<i>Decision-Making</i>
<i>Six</i>	<i>Body Image</i>
<i>Seven</i>	<i>Healthy Relationships</i>
<i>Eight</i>	<i>Review of Puberty Unit - Sexual Q&amp;A Game</i>

# Elementary

## Intermediate Division - Grades 7 & 8

- *Talk to Me* builds on the information learned in *Changes in Me* and prepares students for the next step, the *Helping Teens* resource.



### Contents of the Talk to Me kit:

- Lesson Plans
- Handouts
- Visual Aids
- Overheads
- Feminine Products
- Birth Control Methods Kit
- Evaluation Tools
- Video/DVD
- Promotional Pens
- Pamphlet for Parents
- Evaluation
- Student-Centred Activities

# Talk To Me

## Content Overview

<b>Lesson</b>	<b>Topic</b>
<i>One</i>	<i>Learning about Sexuality</i>
<i>Two</i>	<i>Responsible and Healthy Relationships</i>
<i>Three</i>	<i>Violence Prevention in Relationships</i>
<i>Four</i>	<i>Scenarios during Adolescence</i>
<i>Five</i>	<i>Abstinence and Pregnancy Prevention</i>
<i>Six</i>	<i>Sexually Transmitted Infections</i>
<i>Seven</i>	<i>Learning about HIV/AIDS</i>
<i>Eight</i>	<i>Wrapping up the Sexual Health Unit</i>

# Secondary

## Helping Teens To Make Healthy Decisions About Sex and Relationships – **Grades 9 & 10**



- The ***Helping Teens*** educational unit offers an integrated approach to sexuality; one that places priority on accurate information, encourages students to form healthy relationships and allows them to hone their decision-making skills.
- *Same contents as the Talk to Me kit – different subject focus.*

# Helping Teens

## Content Overview

<b>Lesson</b>	<b>Topic</b>
<b>One</b>	<i>Sexuality Information</i>
<b>Two</b>	<i>Responsible Relationships</i>
<b>Three</b>	<i>Pregnancy Prevention Information</i>
<b>Four</b>	<i>Sexually Transmitted Infections</i>
<b>Five</b>	<i>Sexually Transmitted Infections: Decision-Making Activity</i>
<b>Six</b>	<i>Sexual Health For Young Women and Men</i>
<b>Seven</b>	<i>Steps to Healthy Communication</i>
<b>Eight</b>	<i>Review of the Unit (Sexual Q&amp;A)</i>

# Breakdown of Lesson:

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- Title
- Time
- Materials
- Objectives
- Curriculum Expectations
- 4MAT Links  
*(differentiated learning links)*
- Background Info
- Procedure
- Possible Extensions
- Possible Assessment
- References

## In Conclusion...

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- *When young people know more about healthy sexuality, they can start to make wise choices for themselves.*



# Online Resource Links:

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- [www.changesinme.ca](http://www.changesinme.ca)
- [www.talktomepeel.ca](http://www.talktomepeel.ca)
- [www.helpingteens.ca](http://www.helpingteens.ca)

# Contact Information

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