



Sexual Health Resources for Teachers and PHNs

1. Teaching Sexual Health Education

Elementary School [Sexual Health Manual](#) Guide for Teachers

2. Sexual Health Information and Lesson Plans by Grade Level and Topic:

Information for Grades K-3

This link to the [Resource Centre for Adolescent Pregnancy Prevention](#) (ReCAPP) focuses on young children and helping to promote healthy attitudes toward their physical development and sexuality. There are further links to excellent resources for educators found here. This learning activity at ReCAPP about [body parts](#) complete with introduction, purpose, time required and handouts.

*Lesson Plans for Grades 4-12 by grade and topic

[Elementary School Sexual Health Manual Guide for Teachers \(August 2013\) Northern Health](#). Many of the activities in this manual were adapted from the Alberta website www.teachingsexualhealth.ca

<http://teachers.teachingsexualhealth.ca/> this is the teacher portal for Canadian lessons plans that can be accessed by grade or by topic (from Alberta). Includes lesson plans for students with differing abilities.

[Family Life and Sexual Health Lesson Plans \(FLASH\)](#) comprehensive sexuality education curriculum from Seattle & King County, USA Public Health Department.

[Healthy Sexuality](#) Peel Region (Ontario) Sexual Health Lessons for grades 4-6 (puberty), 7-8 (making healthy decisions) and 9-12 (comprehensive sexuality education) from Peel (Ontario) Health Region

[Media Smarts](#) Sexual health education and authenticating online information lesson plan, Canadian, grades 7-9

The [Pornography Debate](#), Canadian, lesson plan for grades 11-12 and [Resources for Teachers](#) for teaching about pornography

3. Online Videos appropriate for secondary classes

[Know Your Birth Control Rights](#)

[The Magic of Birth Control](#)

[Consent: a cup of tea](#)



Interior Health
Every person matters

4. Online resources to view:

<https://www.sexandu.ca/> from the Society of Obstetricians and Gynecologists of Canada, see the resource section.

[Options for Sexual Health and https://www.optionsforsexualhealth.org/sex-sense](https://www.optionsforsexualhealth.org/sex-sense)

<http://goaskalice.columbia.edu/sexual-and-reproductive-health>

www.scarleteen.com

[STI Booklet for youth](#)

[Sex Education in the classroom booklet Sex and HPV: it's time to talk](#)

[Gender Identity in Schools](#) Public Health Agency of Canada

[SOGI 1 2 3](#) sexual orientation and gender identity, Ministry of Education, BC

[Questions and Answers: Sexual Orientation in Schools](#) Government of Canada

[Questions and Answers: Gender Identity in Schools](#) Government of Canada

[Sexual health education for youth with physical disabilities](#) Public Health Agency of Canada

[Canadian Guidelines for Sexual Health Education](#) Public Health Agency of Canada