

Sexual Health

Information for Grades K-3

1. [Working with Young Children to promote healthy attitudes toward sexuality](#)
2. Learning Activities
 - [Our Amazing Bodies – Every Part Deserves a Proper Name](#)
 - [Female outline](#)
 - [Male outline](#)
 - [Body outline worksheet](#)

Grades 4-12 by grade and topic

1. [Comprehensive Sexual Health Education](#) (Alberta Health) ***Lesson Plans***
2. The Society of Obstetricians and Gynaecologists of Canada (SOGC)
 - [Sex & U Website](#)
 - [Teaching Resource Library](#)
3. [Teach BC Website](#) (grades 8-12) Posted by teachers, sharing their resources ***Lesson Plans***
4. Media Smarts- Canada's Centre for Digital and Media Literacy (**pornography education resources**).
 - [General Information and links to other resources for teachers and parents](#)
 - [Resources for Teachers - Pornography](#)

Lessons and resources for Grades 7-9 ***Lesson Plans***
[I heard it 'round the Internet](#): Sexual health education and authenticating online information

Lesson Plans for Grades 11-12 ***Lesson Plans***
[The Pornography Debate: Controversy in Advertising - Lesson](#)

[Resources for Parents - Pornography](#)

- You Tube videos appropriate for secondary classes:
[Know Your Birth Control Rights](#)
[The Magic of Birth Control](#)
["Cup of Tea" Video about giving consent for sex](#)

6. Booklets

Online resources to view:	To order:
STI Booklet for youth Sexual Orientation in Schools Gender Identity in Schools Sexual health education for youth with physical disabilities	CATIE Ordering Centre

Additional Resources can be found at [CATIE](#): Canada’s Source for HIV and Hepatitis C information.

Sexual Orientation and Gender Identity/Fluidity Resources

- List of BC School District Policies on Sexual Orientation and Gender Identity
[BC Teachers Federation](#)
- The Gender Spectrum: What Educators Need to Know
[Pride Education network](#) ***Lesson Plans***

3. [SOGI 123](#) includes information on: Policies and procedures, Inclusive Environments, and Curriculum Resource. SOGI 1 2 3 is a collaboration of the [BC Ministry of Education](#), [BC Teachers' Federation](#), [UBC Faculty of Education](#), [Out in Schools](#), [ARC Foundation](#), nine school districts across BC, and local, national and international LGBTQ community organizations. ***Lesson Plans**
4. [Straight laced: How Gender's Got Us All Tied Up](#) ***video trailer to view***
A video that explores gender expectations youth, including LGBTQ youth.
5. [Schools in Transition](#): a guide for supporting transgender in K-12 schools.
6. [Trans Care BC's](#) care coordination team helps connect people in BC to gender-affirming health and wellness supports. [Fact sheet](#).
7. [Exploring Gender](#) Provincial Health Services Authority. Gender Basics, support for families, [information for schools](#), affirmation and transition, [articles, books & movies](#)

Sexual Health Teaching Information for Students with Differing Abilities

1. [Teaching sexualhealth.ca](#) (Alberta Health)
2. [FLASH Family Life and Sexual Health Education lessons](#) (Special Education section) from Seattle
3. [Sunny Hill Education Resource Centre](#)
The Sunny Hill Education Resource Centre (SHERC) houses a unique collection of books, videos, journals, board games, curricula and various educational props and materials designed for children with disabilities. Use the [online catalogue](#) to request items. Resources are mailed out free in. 1-800-331-1533 Telephone: 604-453-8335 Fax: 604-875-3455 Email: sherc@cw.bc.ca
4. Responding to children's problem sexual behaviour in schools:
[Responding to Children's Problem Sexual Behavior in Elementary Schools](#)

5. [Sexpressions](#) has educational resources that they sell and this includes some for [special needs education](#).
6. [SEXUAL HEALTH ISSUE BRIEF](#) - Autism Spectrum Disorder: Information for Sexual Health Educators from the Sex Information and Education Council of Canada- January 2015.

Website Links

1. Interior Health Public Website:

[Sexual and Reproductive Health Page](#)

[Interior Health Sexual Health Resources by Community](#)

2. For youth

- [Options for Sexual Health](#): 1-800-SEX-SENSE (1-800-739-7367)
- [Kids Help Phone](#): 1-800-668-6868
- [Scarleteen](#)
- [Go ask Alice](#)
- [BroTalk](#): free, confidential and anonymous service that provides one-to-one counselling and information to help teen guys (and those who identify as male), primarily from ages 14 to 18. Kids can call 1-866-393-5933 or chat online in BC on Wednesday-Sunday from 3pm-11pm. The counsellors understand the challenges of teen guys and have the expertise and experience to guide and support youth on a wide range of issues such as: stress, life balance, relationships, bullying, substance use, sexual orientation, gender identity, suicide, depression and other mental health concerns or disorders. BroTalk is a service of [Kids Help Phone](#).

Websites to increase your knowledge and skills in working with youth sexual health

1. [Sex and U](#) (SOGC) Canadian website, features information on sexual orientation, STI, contraception, sexual decision making, relationships, teaching plans and other great stuff! With a specific focus area for health care professionals
2. [Learning Module: Gender, Sex and Sexuality](#) : professional development (online tutorial) to improve quality of care to LGBT clients
3. [Visions - LGBT](#): articles on being LGBT and having mental health concerns.

4. [Asking the Right Questions 2](#) Talking with Clients about Sexual Orientation and Gender Identity in Mental Health, Counselling and Addiction Settings.
5. [McCreary Report 2013](#)
6. [Not Yet Equal: The Health of Lesbian, Gay, & Bisexual Youth in BC](#) McCreary Report, 2007.
7. [Genderbread Person](#): a good visual on gender identity and what it means.