

Sexual Health Resources for Teachers and PHNs

I. Teaching Sexual Health Education

BC Ministry of Education Physical Health Education (PHE): [Supporting Student Health Elementary](#) and [Supporting Student Health Secondary](#) (2019).

Elementary School [Sexual Health Manual Guide](#) for Grade 4-7 Teachers (2016)

The Gender Spectrum: What Educators Need to Know: [Pride Education Network](#).

Sexual Health Education in the Schools, [Questions & Answers](#) (2015)

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 how 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](#) includes an introduction, purpose, time required and handouts.

Lesson Plans for Grades 4-12 by grade and topic

[Elementary School Sexual Health Manual Guide for Teachers](#) (June 2016)

Grades 4-7, puberty, communicable diseases, and human reproduction. Many of the activities in this manual were adapted from 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. Organized by grades 4/5/6, 6-8, and high school.

[Healthy Sexuality](#) Peel Region (Ontario) Sexual Health Lessons for grades 4-6 (puberty), 7-8 (making healthy decisions) and grade 9 (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, Ted Talk for teachers: [How porn changes the way teens think about sex](#).

SOGI123, British Columbia [Teaching Resources](#)

[Teach BC](#) Website (8-12) posted by teachers sharing their resources

3. Online Videos appropriate for secondary classes:

[Know Your Birth Control Rights](#)

[The Magic of Birth Control](#)

[Consent: a cup of tea](#)

4. Online Resources

- www.sexandu.ca from the Society of Obstetricians and Gynecologists of Canada, Information on contraception, STIs, consent, LGBTQ+ and more
- [Options for Sexual Health](#) BC website, information on sexual health, birth control and clinic locations
- Sex Sense information line <https://www.optionsforsexualhealth.org/sex-sense>
- [SmartSex Resource](#) from BCCDC, information and resources on sexual health, including chat
- <https://goaskalice.columbia.edu/category/sexual-reproductive-health>, Q & A website
- www.scarleteen.com Q & A website
- [Sexual health education for youth with physical disabilities](#) Public Health Agency of Canada
- [Canadian Guidelines for Sexual Health Education](#) (2003) Public Health Agency of Canada
- [STI Booklet for youth](#) (2017) from the Public Health Agency of Canada
- [What's the Deal](#) (2014-2016), grade 7/8 resource from the [Canadian Centre for Child Protection](#), [print and online resources](#) available.
- [It is a Big Deal](#) (2014-2016), grade 9/10 resource from the [Canadian Centre for Child Protection](#).

Gender Identity and Sexual Orientation Resources

- [Questions and Answers: Sexual Orientation in Schools](#) Government of Canada
- [Questions and Answers: Gender Identity in Schools](#) (2011) Public Health Agency of Canada
- [SOGI 1 2 3](#) sexual orientation and gender identity, Ministry of Education, BC
- Trans Care BC: [Gender Basics](#), support for families, affirmation and transition, [articles, books & movies](#)
- [Schools in Transition](#): a guide for supporting the transgender child in K-12 schools.
- [Kids help phone](#) Canada website, or call 1 800-668-6868

Resources to order

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