

Sexual Health Resources for Teachers and PHNs

1. Resources for Teaching Sexual Health Education

[Sexual Health Education in Schools and Other Settings: Questions & Answers \(2020\)](#)

[Pride Education Network Resources](#)

[Questions and Answers: Sexual Health Education for Youth with Physical Disabilities](#)

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

Information for Grades K-12

Canadian Resources:

[Kids in the Know](#) is the [Canadian Centre for Child Protection's](#) interactive safety education program designed for students from Kindergarten to High School. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world. It is research and evidence-based, balances empowerment with protection, communicates without value statements, builds from past experiences, involves activity-based learning, and facilitates important discussions about personal safety without the use of fear.

[Sexual Health from Nanaimo Ladysmith Public Schools - K-7 topic snapshots](#) (names for body parts, safe, unsafe and secret touch, honoring diversity, puberty, and more)

[Saskatchewan Prevention Institute Recommended Sexual Health Education Topics and Related Saskatchewan Curriculum Outcomes and Indicators for Early Elementary Years \(Grades 1-3\)](#) – includes links to toolkits, colouring book, videos, and more.

[Quebec Teacher's Sex Ed Toolkit](#)- see: [Primary School Resources](#) (K-Grade 6)

USA Resources:

[AMAZE.org- Colouring books](#)

Lesson Plans for Grades 4-12 by grade and topic

Canadian Resources:

[Teaching Sexual Health.ca](http://TeachingSexualHealth.ca) 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.

[Elementary School Sexual Health Manual Guide for Teachers](#) (June 2016)
A Guide for Grade 4-7 Teachers to support Health & Career Education.

[Always Changing](#) puberty education resources, endorsed by Physical and Health Education Canada and Ontario Physical and Health Education Association, are free of charge. The suite of resources including guides, worksheets and tests have been updated to include all-inclusive, gender-neutral language. The Always Changing resources support teaching adolescent growth and development, personal hygiene, and healthy, active living for grades five to eight.

[Sexual Health from Nanaimo Ladysmith Public Schools - 8-12 Topic Snapshots](#) (puberty, influences on identity, sexual violence, healthy relationships, sexual decision making, and more.)

[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

[Quebec Teacher's Sex Ed Toolkit](#) – see: [Secondary School Resources-Weaving Sexual Health Education into other courses](#).

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

Media Smarts -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](#).

SOG1123, British Columbia [Teaching Resources](#)

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

Canadian Resource on Sexual Health Education from Sex Information & Education Council of Canada- [SIECCAN Resources to Support Comprehensive Sexual Health Education in Canada](#). The [New 2021 Promising Practices Portal](#) links users to curriculum documents from each Canadian province/territory, as well as teaching materials on a wide range of sexual health education topics.

USA Resources:

[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.

[AMAZE.org](#)- Age appropriate information on puberty for educators, students and their parents. Includes many animated videos including [Porn is not Sex Ed](#)

[Advocates for Youth- Rights. Respect. Responsibility](#) (3R's)

3. Online Videos appropriate for secondary classes:

[Know Your Birth Control Rights](#)

[The Magic of Birth Control](#)

[Consent: a cup of tea](#)

4. Workshops and Guest Speakers

[Saleema Noon Sexual Health Educators](#) focus on providing safe, inclusive, and practical information to children, teens, and parents. They achieve a perfect balance of tackling serious topics in a way that is youthful, fun, and lighthearted.

For more information see [Workshops](#) and [Resources](#).

[Options for Sexual Health Educators](#) are available to support your school in the delivery of the objectives outlined in the BC Curriculum and the Canadian Guidelines for Sexual Health Education.

- Programs for students in Preschool to Grade 12
- Fun, age-appropriate, interactive, and nonjudgmental
- Our popular “Askable” Parent/Adult presentation is available (and recommended) for parents of students

5. Online Resources

[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

[SmartSex Resource](#) from BCCDC, information and resources on sexual health, including chat

[Go Ask Alice](#) Q & A website

[Scarleteen.com](#) Q & A website

[Questions & Answers: Sexual Health Education in Schools and Other Settings](#)- Sex Information & Education Council of Canada (SIECCAN)

[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](#).

[Teaching Human Development & Sexual Health with Confidence](#) – OPHEA - Ontario

6. Gender Identity and Sexual Orientation Resources

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

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