

Human Development & Sexual Health

Information for Schools



This toolkit is designed to support educators in teaching human growth and development in a way that encourages honest, non-judgmental and factual conversations with students on healthy sexuality, gender identity, sexual orientation and relationships. Healthy sexual behaviour is reached through effective education that focuses on developing [SEL](#) skills and [building protective factors](#) in children and youth, creating safe and inclusive environments, and promoting access to services.

Foundational Resources for Educators:

- [Getting Ready to Teach Sexual Health](#): Topics include: personal values, instructional methods, ground rules, diversity, sexual and gender identity, puberty, and answering frequently asked questions.
- [LGL Health Unit's Educator Webpage](#): Describes effective ways to promote and teach about sexual health.
- [The 'Every Body'](#): Explains sex, gender identity, gender expression and sexual orientation.
- [The Sexuality Wheel](#): Shows how broad the idea of sexuality really is.
- [Gender and Sexual Identity in Schools](#): Provides tips for educators on how to build inclusive environments in schools.

Curriculum Support Resources to Build Protective Factors:

Puberty & Puberty Review

Grades 4-8

- [Growing Up: A Handbook on Puberty and Maturing](#): Covers what to expect so that changes during puberty are less stressful.
- [Teaching Sexual Health](#) website includes:
 - » [Lesson plans](#) (filter by grade & topic e.g., puberty)
 - » [Puberty Kit](#)
 - » Kahoot Quizzes for grades [4](#), [7](#) & [8](#) **Disclaimer:** may not include gender inclusive language e.g., male/female instead of people assigned male/female at birth

Healthy Relationships & Consent

- [Healthy Relationships Pamphlet](#): Explores how to build and maintain healthy relationships and includes a quiz (for grades 4-12).

Grades 1-8

- [Ophea's Health & Physical Education Curriculum](#): Create a free account to access lesson plans, activity ideas, professional learning and more.
- [Consent for Kids-Video](#): Reviews consent and bodily autonomy for students (grades 2-6). Video contains the term "sexual stuff" and may require further explanation for younger grades.

Grades 7-12

- [Teaching Tools from Niagara Public Health](#): Supports teachers in creating lesson plans and includes background information for educators, interactive activities and PowerPoint Presentations.
 - » [Grade 7 Presentation](#) - Healthy Relationships
 - » [Grade 8 Presentation](#) - Consent and Healthy Relationships
 - » [Grades 9-12 Presentation](#) - Healthy Relationships
- [Teaching Sexual Health](#) website includes:
 - » [Lesson plans](#) (filter by grade & topic e.g., relationships, consent), [lesson plans for students of differing abilities](#)
 - » [Background information on consent](#)
 - » [Consent video](#)
 - » [Grades 9-12 Consent Part 1](#) & [Grades 9-12 Consent Part 2](#)

Contraception & Sexually Transmitted and Blood Borne Infections (STBBI)

Grades 7-12

- [Teaching Sexual Health](#): This website provides comprehensive, user-friendly [lesson plans](#) (filter by grade & topic e.g., contraception, STI), [fact sheets](#), [videos](#) and [lesson plans for students of differing abilities](#).
- [Teaching Tools from Niagara Public Health](#): Supports teachers in creating lesson plans and includes background information for educators, interactive activities and PowerPoint Presentations.
 - » [Grade 7 Presentation](#) - Sexually Transmitted Infections
 - » [Grade 7 Presentation](#) - Making Decisions About Sexual Health
 - » [Grade 8 Presentation](#) - Making Decisions About Sexual Health
 - » [Grade 8 Presentation](#) - Sexually Transmitted Infections
 - » [Grade 9-12 Presentation](#) - Contraception
 - » [Grade 9-12 Presentation](#) - Sexually Transmitted Infections

Parent Resources:

- [Growing Up: A Handbook on Puberty and Maturing](#): This booklet covers what to expect so that changes during puberty are less stressful.
- [Triple P Parenting](#): A positive parenting program for all families with children from 0–16 that offers a toolbox of ideas to match needs of parents. Call 1-800-660-5853, email triplep@healthunit.org or visit www.triplep-parenting.ca for parenting tips.
- [Caring for Kids- Information on Gender Identity](#): Outlines how gender develops through the ages, and provides tips on how parents can support their children.
- [Talking to Children and Teens about Sexual Health](#): Learn how you can prepare for and start the conversation about sexual health, and find information & resources accessible by topic or age. Note: this website is from Alberta and may have references specific to that province.
- [Teens Can Be Resilient!](#): This guide, for parents and caregivers, provides tips on raising resilient teens such as developing supportive relationships, and helping teens to build healthy coping skills, optimistic thinking, emotional awareness and skills for living.

For more resources on human development & sexual health, contact your school's Public Health Nurse or visit the [educator's section of our website](#).

What the Health Unit can Offer

- **Curriculum Consultations:** A Public Health Nurse (PHN) can meet one-on-one or with groups of educators to discuss and provide classroom support, resources and lesson plans that align with the H&PE Curriculum.
- **Q&A Sessions:** After sexual health has been introduced using some of the curriculum resources, a PHN can visit the class to answer questions.
- **Free condoms:** A PHN can provide schools with a supply of condoms upon request.
- **Youth Engagement:** Health Unit staff can provide resources and support student groups/ clubs (e.g., Gay-Straight Alliances, Student Health Clubs).
- **Health Action Team:** Health Unit staff can participate on a school planning team to support school and community initiatives.
- **Sexual Health Clinic Promotion (Grades 7-12):** A PHN can visit classrooms to provide students with information on accessing our [sexual health clinics](#).
- **Triple P Seminars/Groups:** A Triple P facilitator can provide parents with tips and suggestions for positive parenting.