

# Integrating Comprehensive School Health in Grade 5

In grade five, integrating the topic of puberty into other subjects can enhance sexual health education.

Examples include:

- Having students write and illustrate stories about growing up in Language Arts and Art.
- Providing students with lessons on other body systems in Science to complement learning about the reproductive systems.
- Make sure you visit [Teaching Tools](#) to become more familiar with best practices in teaching sexual health.

## Healthy School Policy

- Create school policies regarding respect for diverse issues.
- Understand how the Alberta Human Rights Act requires parental consent.

## Social & Physical Environment

- *Anatomy and Physiology Crossword Puzzle* requires parental support.
- Students are encouraged to identify support people who can provide support throughout puberty.
- Invite parents and community members to attend a sexual health information session prior to beginning sexual health instruction. See *Prepare Parents and the Community*.
- Provide older students with a location in the school that is reserved for them.
- Encourage students to wear athletic clothing for physical education.
- Offer students appropriate pamphlets that outline anatomy and physiology.

GRADE 5

## Partnerships & Services

- Be aware of diverse issues and refer students to appropriate support systems as needed.
- Invite guest speakers such as the school guidance counsellor or a sexual health educator to talk about anatomy and physiology.

## Teaching & Learning

- Consider showing media that discusses puberty and anatomy and physiology in a general way.
- Ensure instruction reflects the diversity that exists in your classrooms.
- Use Alberta Education Program of Studies.
- Use the interactive activities such as brainstorming and discussion.

Adapted from: Alberta Health Services (2012). Comprehensive School Health: An Evidence-Based Approach for Creating Healthy School Communities.