

# Integrating Comprehensive School Health in Grade 6

In grade 6, integrating the topic of puberty into other subjects can enhance sexual health education.

Examples include:

- Modelling healthy practices around helping someone who is bleeding in Physical Education. Students could also learn about the physical limitations of having a blood-borne infection by running around wearing ankle weights to mimic fatigue.
- Writing poetry about the miracle of life or the impact of a serious illness in Language Arts.
- Studying ways different cultures or religions celebrate pregnancy or the birth of a baby in Social Studies. To enhance blood-borne infection instruction, talk about the differences in treatment available to people living with HIV and AIDS throughout different parts of the world.
- Learning about fractions in Math can enhance the understanding of trimesters during pregnancy. Students could also study and solve problems or make graphs/charts using statistics about blood-borne pathogens.

Make sure you visit [Teaching Tools](#) to become more familiar with best practices in teaching sexual health.

## Healthy School Policy

- Create school policies regarding used syringes or condoms found in the school yard.
- Create a policy to make first aid kits with latex gloves available to students in every classroom.
- Understand how the Alberta Human Rights Act requires parental consent.



## Social & Physical Environment

- *My Birth Story and Learning About HIV and AIDS and Hepatitis B and C* require parental support.
- Students are encouraged to identify people who can provide support.
- Invite parents and community members to attend a sexual health information session prior to beginning sexual health instruction. See *Prepare Parents and the Community*.
- Student work from the activity *promoting healthy fetal development* could be displayed.
- Encourage students to find ways in which they can promote healthy fetal development and blood-borne infection prevention.



## GRADE 6

## Partnerships & Services.

- Students can identify the support services available to promote a healthy pregnancy and that help prevent blood-borne pathogens.
- Invite guest speakers such as a teacher on staff who is expecting (father or mother) or a perinatal nurse or HIV nurse or physician to talk about healthy fetal development or blood-borne pathogens.



## Teaching & Learning

- Use visual aids to explore fetal development.
- Use Alberta Education Program of Studies.
- *Promoting Healthy Fetal Development* encourages students to create positive messages about fetal development for different audiences.
- Use the interactive activities such as role-play, brainstorming, discussion, and digital media.
- Be aware of diverse issues and refer students to appropriate support systems as needed.

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