

Integrating Comprehensive School Health in CALM

Make sure you visit *Teaching Tools* to become more familiar with best practices in teaching sexual health.

Healthy School Policy

- Create school policies regarding safety of students from people involved in sexual exploitation who may enter your school community.
- Create school policies regarding disclosures of sexual assault, drug facilitated sexual assault, etc. that respect the diverse issues.
- Understand how the Alberta Human Rights Act requires parental consent.

Social & Physical Environment

- Students are encouraged to identify support people who can provide support through experiences such as pregnancy and parenting, self care, decisions surrounding sexual choices, STI and contraception.
- The posters created in the *Promoting Contraception* lesson plan can be displayed in class. Create posters from the *How to Know Your Values* and *Reproductive Health Question and Answer* activities.

CALM

Partnerships & Services

- *Health Services Detective* encourages students to identify community services
- *John's Story* can help students identify how to support each other and identify support systems for worries about self exams and cancer.
- Be aware of diverse issues and refer students to appropriate support systems as needed.
- Invite a sexuality educator to talk about the different contraceptive methods, and pregnancy and parenting, or STI.
- Invite a cultural expert or Aboriginal Elder to talk about the beliefs or history surrounding contraception or the special role of the two-spirited person in their culture.

Teaching & Learning

- Ensure instruction reflects the diversity that exists in your classrooms.
- Contraception can be integrated into a history class by reviewing the extensive history and evolution of contraceptive devices. In art or math class, make a decision chart using the Decision Making Model. Use *The Cost of Raising a Child* in math class. Discuss STI in biology.
- Role Plays: *Contraception Role-Play Scenarios*, *STI role plays*, *Coming Out Role Play*, convert the *Decision Making model* or *John's Story* into a play.
- Use the interactive activities such as role play, brainstorming, discussion and projects.

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