Integrating Comprehensive School Health in Grade 7

Healthy School Policy
• Create school policies regarding respect for diverse issues and encourage positive hygiene.
• Understand how the Alberta Human Rights Act requires parental consent.

Social & Physical Environment
• When I Was Your Age, Me vs. TV, Family Values, and Parent Interview require parental/adult support.
• Offer students appropriate pamphlets that outline sexual development, decision making and choosing abstinence.
• Display posters in your school that promote a healthy body image.

Partnerships & Services
• Various activities encourage students to identify various support systems and build skills toward accessing support.
• Be aware of diverse issues and refer students to appropriate support systems as needed.
• Invite guest speakers such as the school guidance counsellor to conduct the puberty plays or other role play activities for developmentally delayed students.
• Invite a sexual health educator to talk about healthy body image or social influences on sexuality.

Teaching & Learning
• Use Alberta Education Program of Studies.
• Use the interactive activities such as role play, brainstorming, discussion, and media.

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

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