



Comprehensive Sexual Health Education

What It Is and Why It Matters

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Christine McKernan (she/her)

Nicole Inglis (she/her)



Welcome

Group Norms



Put away
distractions



Ask questions
anytime



Lol



Vegas Rule
(ish)



Reserve the
right to change
your mind

Learning objectives

01

Know what
comprehensive sexual
health education is

02

Understand how
comprehensive sexual
health education supports
student health and
wellness

03

Learn how to meet the
needs of your students
and teach effective,
relevant sexual health
education


Comprehensive Sexual Health Education (CSHE)

CSHE is a curriculum-based process of teaching and learning about the **cognitive**, **emotional**, **physical** and **social** aspects of sexuality.

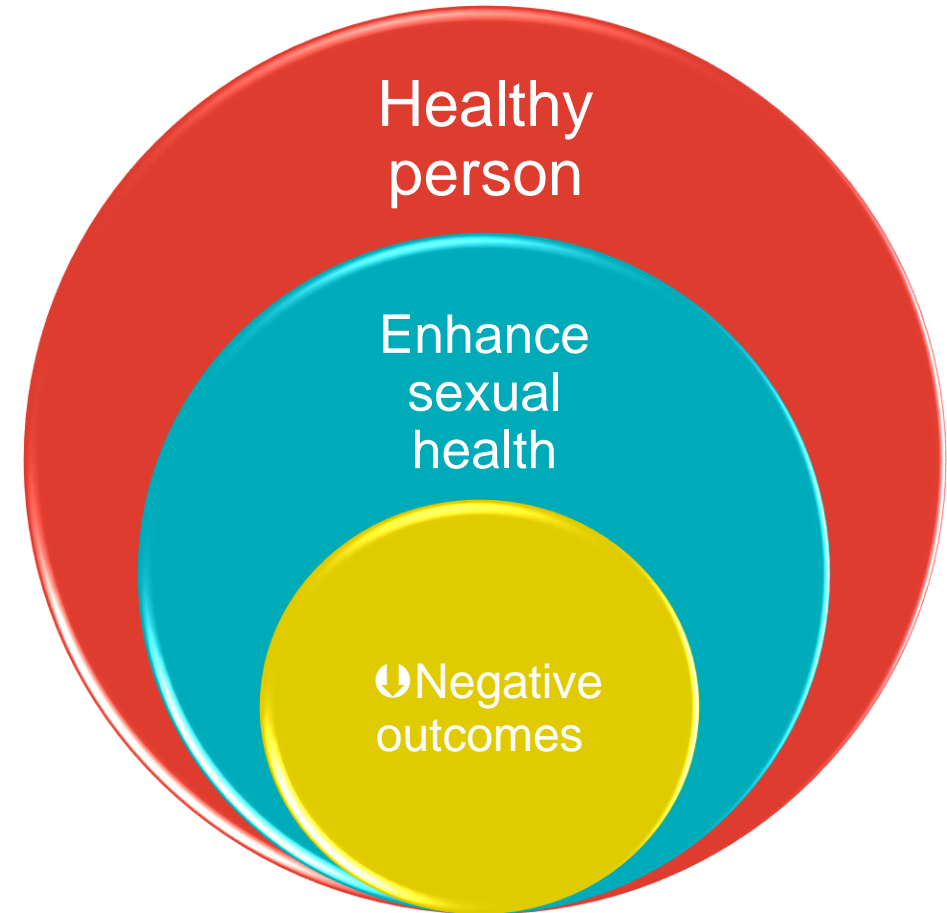
It aims to empower young people with knowledge, skills, attitudes and values to:

- realize their health, well-being and dignity.
- develop respectful social and sexual relationships.
- consider how their choices affect their own well-being and that of others.
- understand and ensure the protection of their rights throughout their lives.





The goal of sexual health education





The “what” of comprehensive sexual health education

These key concepts are taught both formally and informally.



The “how” of comprehensive sexual health education

CSHE is taught effectively when it is:

Scientifically accurate

Accessible to learners

Covering a broad range of topics

Based on a human-rights approach

Rooted in gender equality

A balance of prevention and promotion messages

Responsive to emerging topics

Taught by confident educators using curriculum

Inclusive of all lived experiences





True

False



**Teaching
comprehensive
sexual health
education
encourages sexual
activity**

There is strong and rigorous evidence on this
and it has repeatedly shown the opposite.

False



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Benefits of Comprehensive Sexual Health Education



Delayed onset of sexual activity



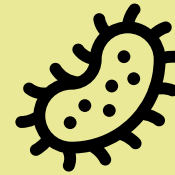
Increased contraception use



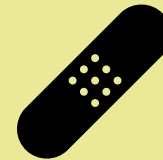
Reduced number of unintended pregnancies



Lower number of sexual partners



Reduced risk of sexually transmitted infections



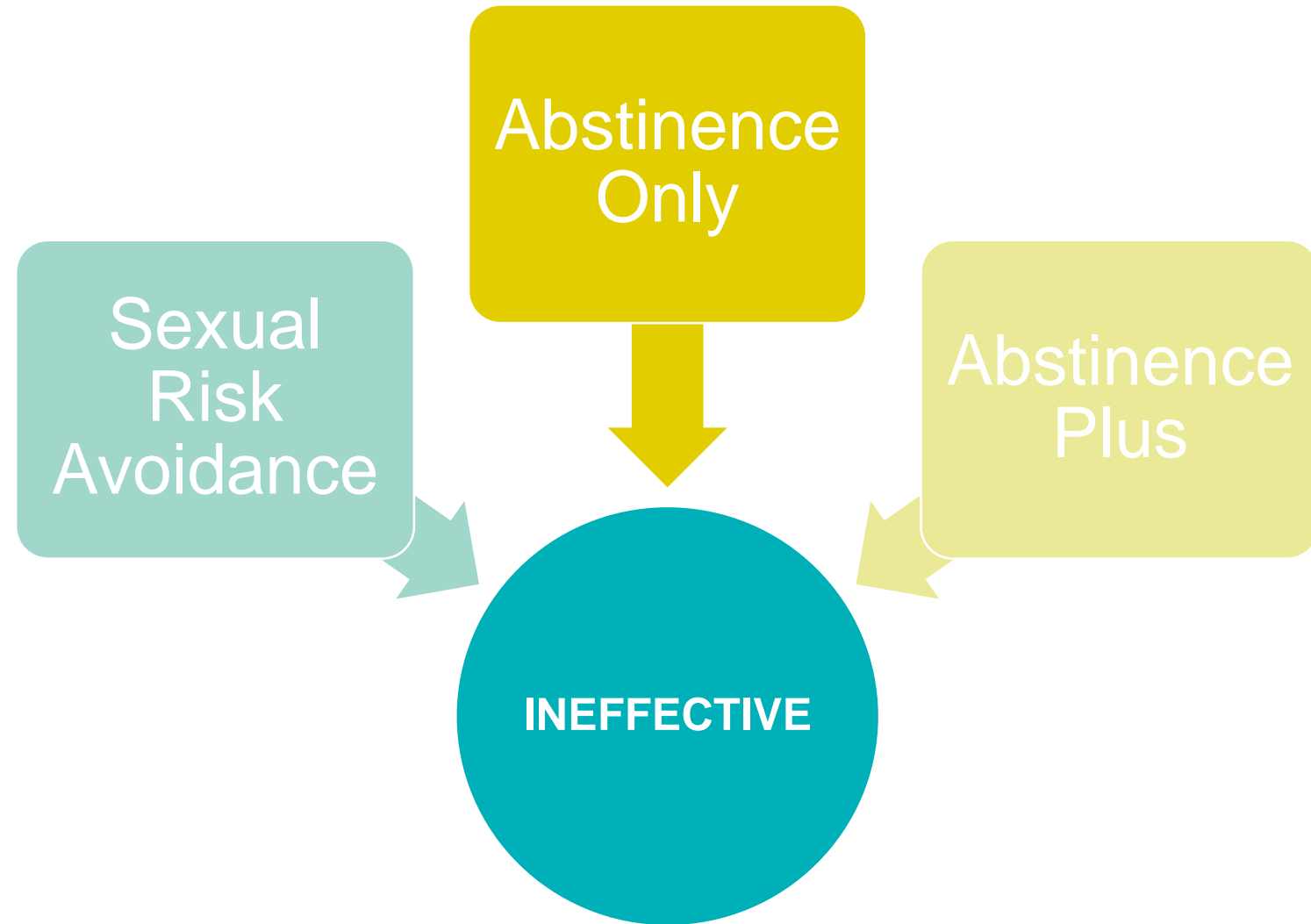
Prevention and reduction of gender and sexual violence



Empowerment around sexual and reproductive health



What about abstinence-only education?





True

False



**Students want to
learn about
sexual health in
school**



True

Research shows that students rank schools as the most useful/ valuable source of sexual health information.

**Students want to
learn about
sexual health in
school**



What do students want?

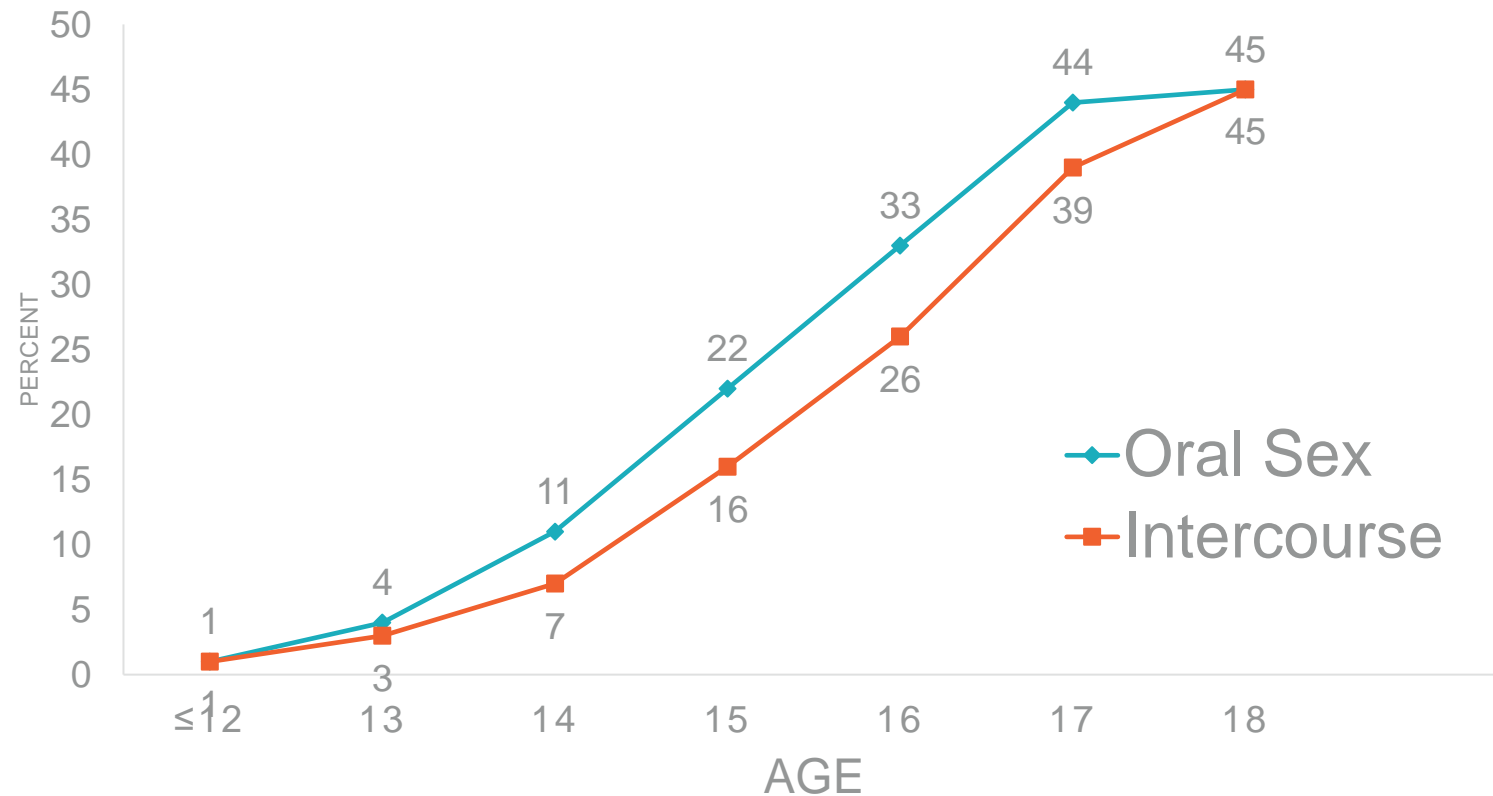
- More CSHE
- Broad topics
- Earlier
- Someone they trust
- By well-trained teachers



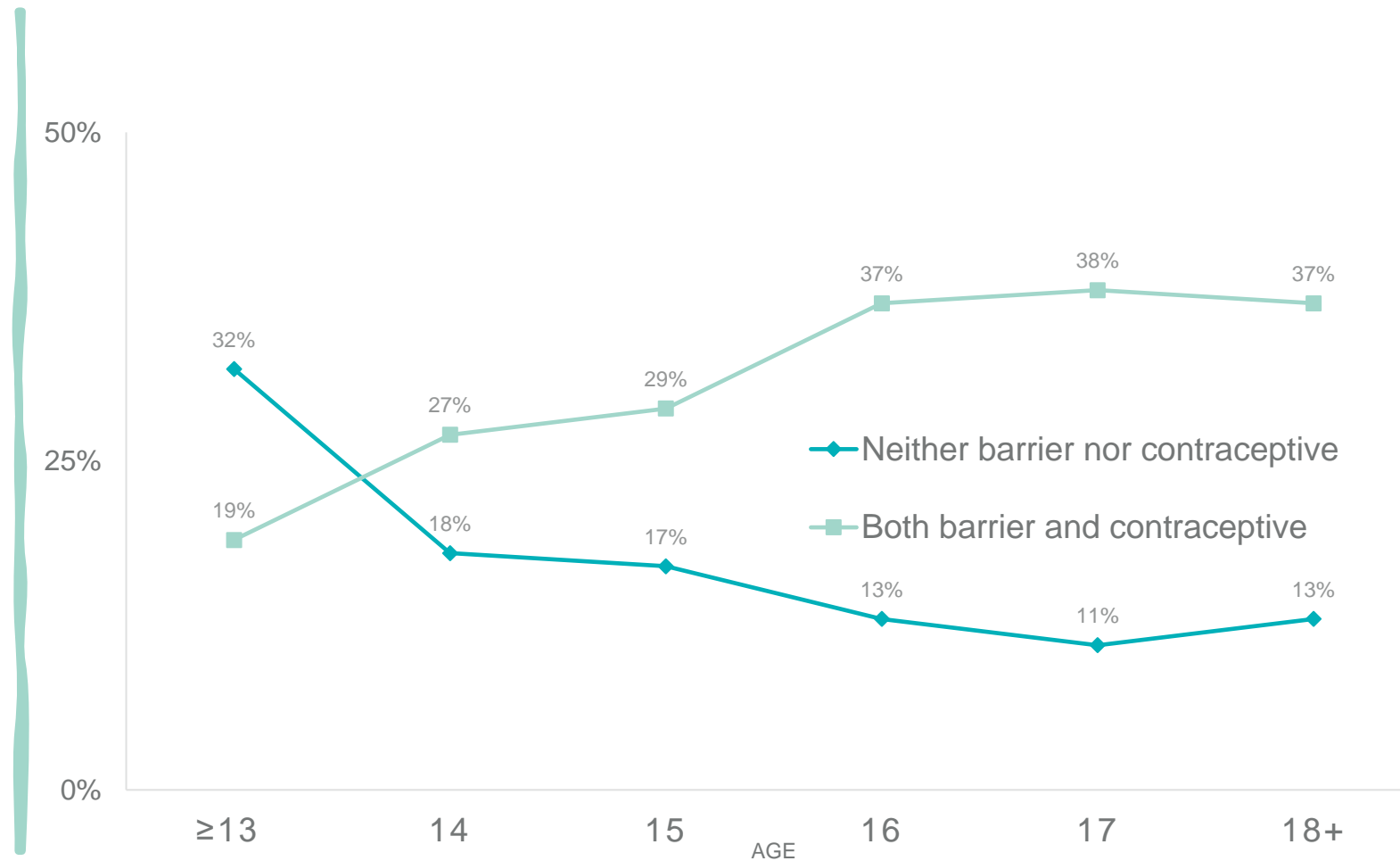
Youth sexual activity: Stats and trends



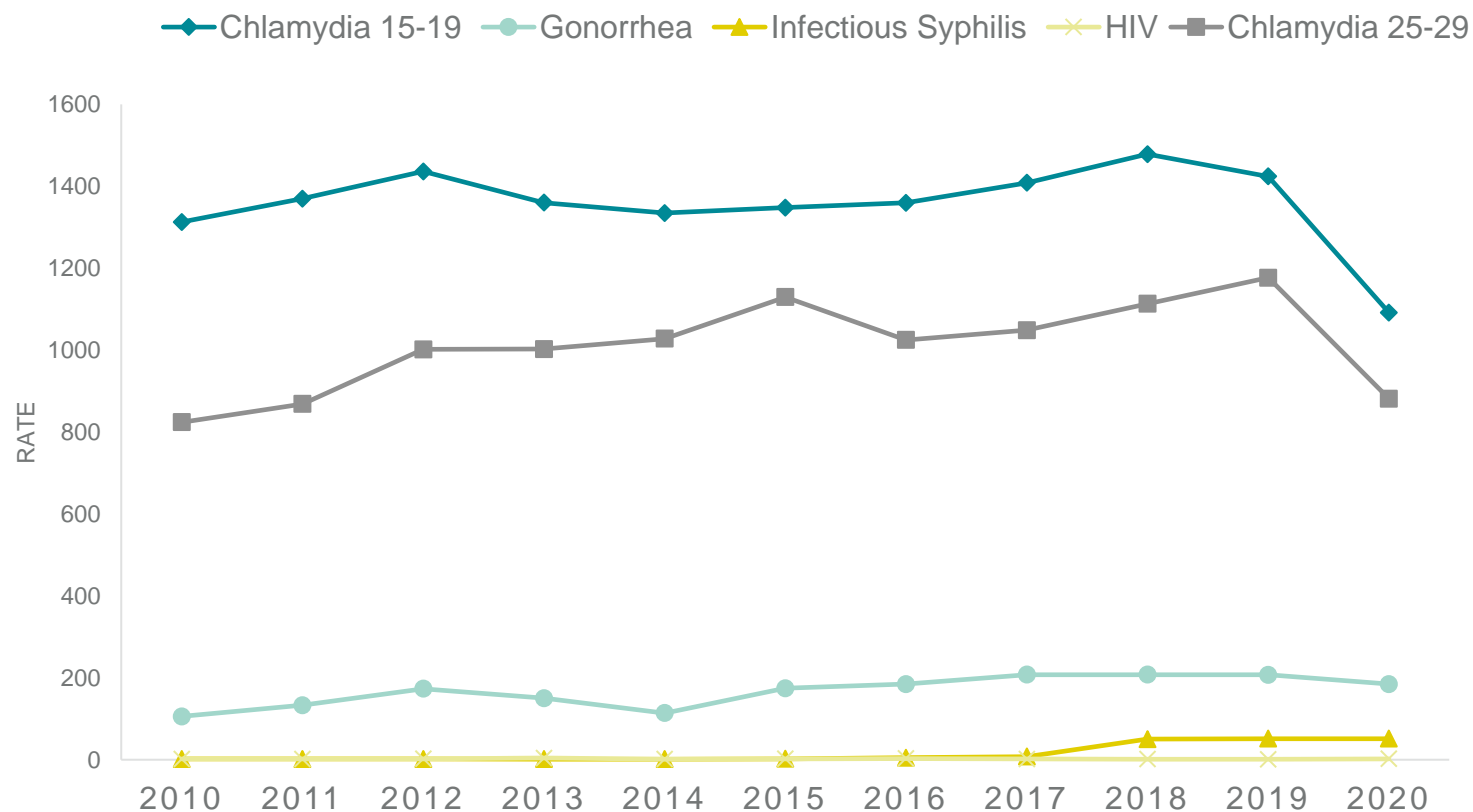
Sexual activity of 12 to 18 year-olds



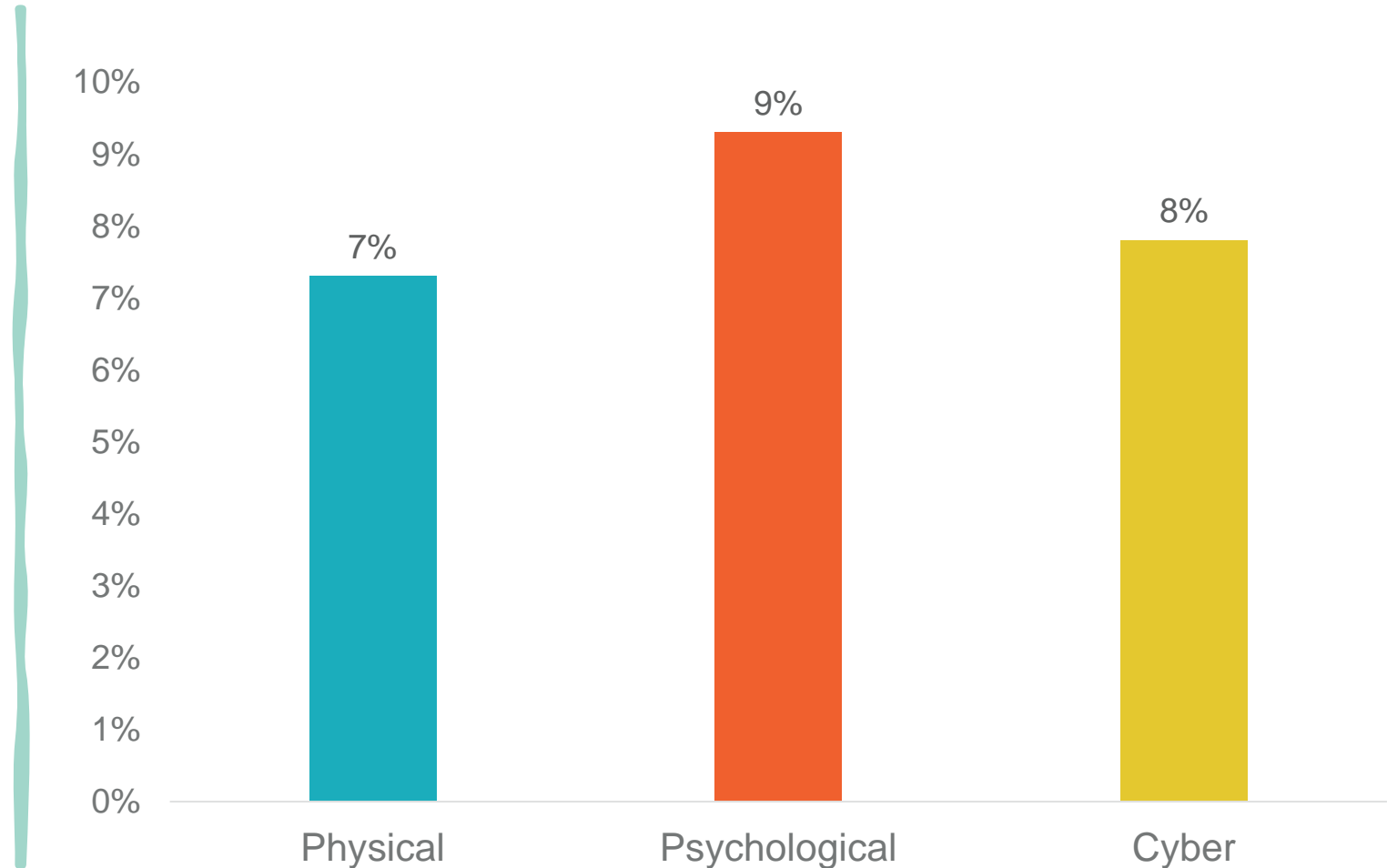
Safer sex: Dual method use



Alberta reportable STI rates, Teens



Perpetrated dating violence in the last 12 months



What's missing?

The rest of someone's sexual health: consent, values, decision-making skills...

- Harder to measure
- Harder to teach?
- Just as important!





What do parents want?

Parents want sexual health to be in schools!



Notifying Parents



Schools to provide parents with notice where courses of study, educational programs or instructional materials, or instruction or exercises, include subject matter that deals primarily and explicitly with religion or human sexuality.

Where a parent makes a written request, a student shall be exempt, without academic penalty, from such instruction, course of study, educational program or use of instructional material.





Welcoming, Caring, Respectful and Safe Learning Environments

Students are entitled to welcoming, caring, respectful and safe learning environments that respect diversity and nurture a sense of belonging and a positive sense of self.

Education Act



Teaching Sexual Health

Parents & Teachers: Be Proactive. Be Prepared.



For Teachers

The teacher portal provides teachers and educators with evidence-based sexual health information, lesson plans, tools and resources.

[GET STARTED →](#)

For Parents

As a parent, it's never too early or too late to talk to your child, or learn more yourself. The parent portal is here to help.

[GET STARTED →](#)



Summary

- Comprehensive Sexual Health Education works!
- Students are having sex (whether or not we talk about it!)
- Parents are partners





Upcoming Webinars

Monday, October 16

Teaching with Confidence: The New Grade 4, 5 and 6 Sexual Health Curricula

Tuesday, October 24

Sex Ed for Today's Classrooms

Thursday, October 26

Funny, Awkward, Shocking? How to Answer Questions in Sexual Health Class

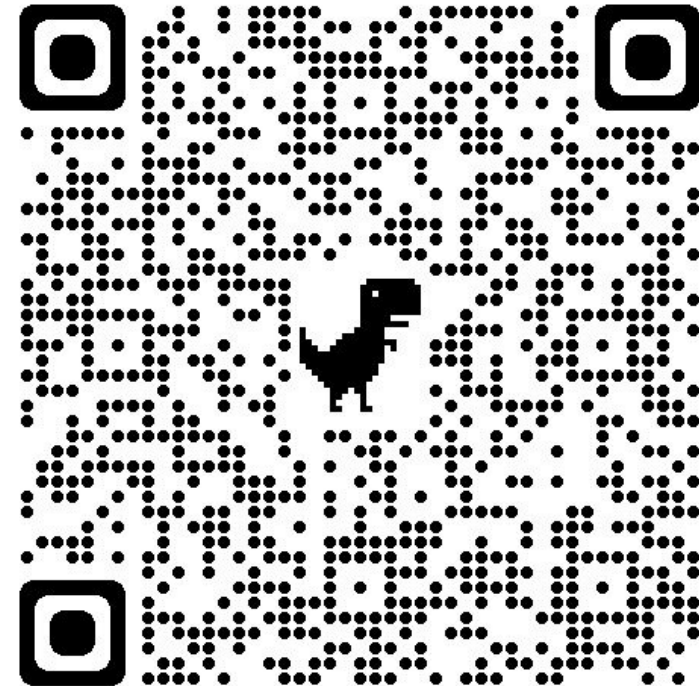
4:00-5:00pm via Zoom



Upcoming Workshop

Teaching Sexual Health 101

Free 3-week asynchronous
workshop in Spring 2024



Scan QR code to get more details!



teaching
sexual
health.ca

Thank you!

For more information, please contact

TSH@ahs.ca