

Teaching with Confidence

The New Grade 4, 5 and 6
Sexual Health Curricula

October 16, 2023
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teachingsexualhealth.ca



Land Acknowledgement



Learning objectives

01

Gain knowledge of the benefits of comprehensive sexual health education

02

Familiarize yourself with NEW learning outcomes for human sexuality

03

Learn about the evidence-based resources on teachingsexualhealth.ca

Ground Rules



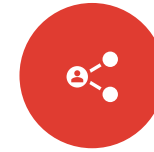
PUT AWAY
DISTRACTIONS



ASK
QUESTIONS
ANYTIME



LOL

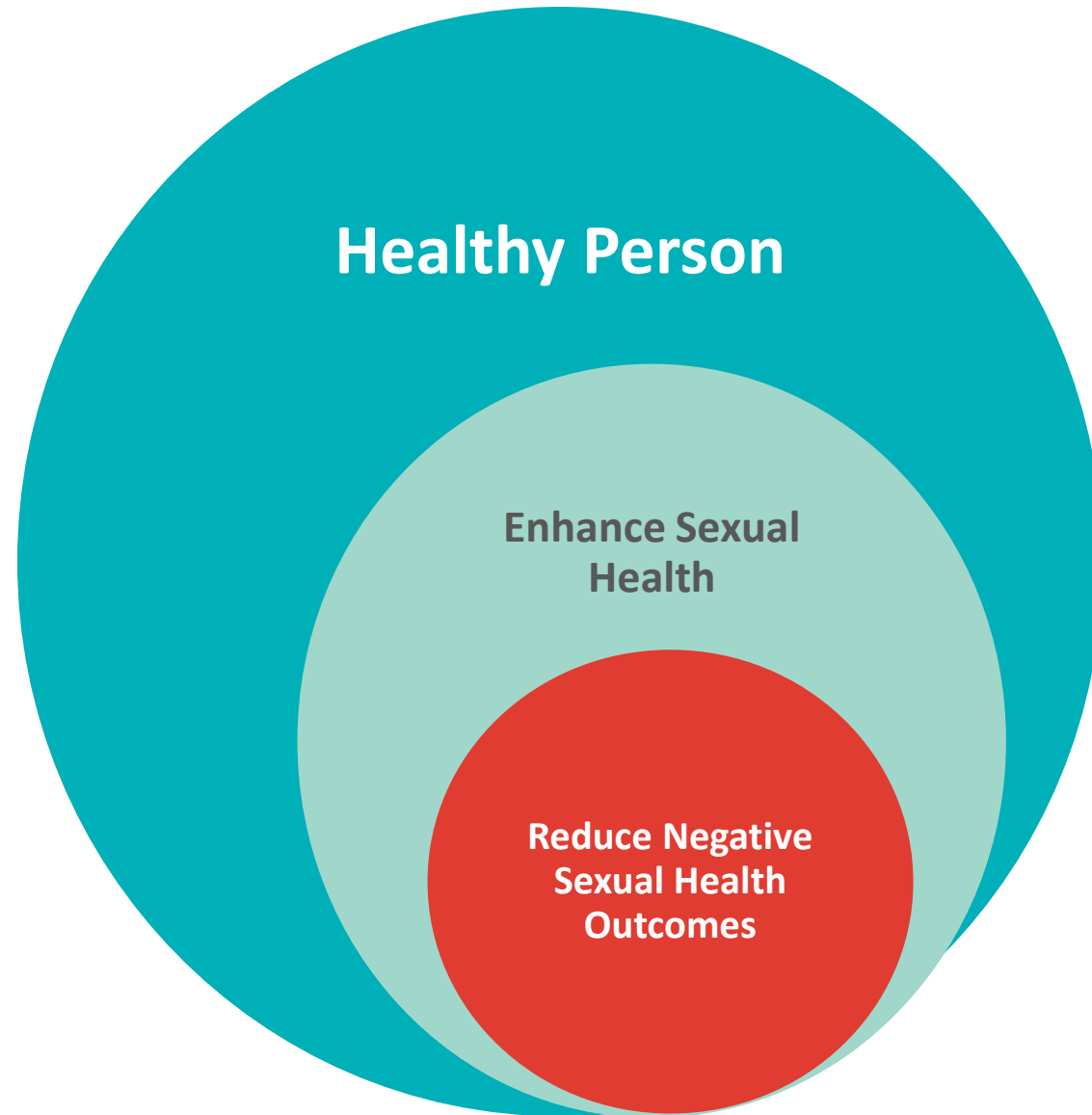


SHARE THE
AIRTIME

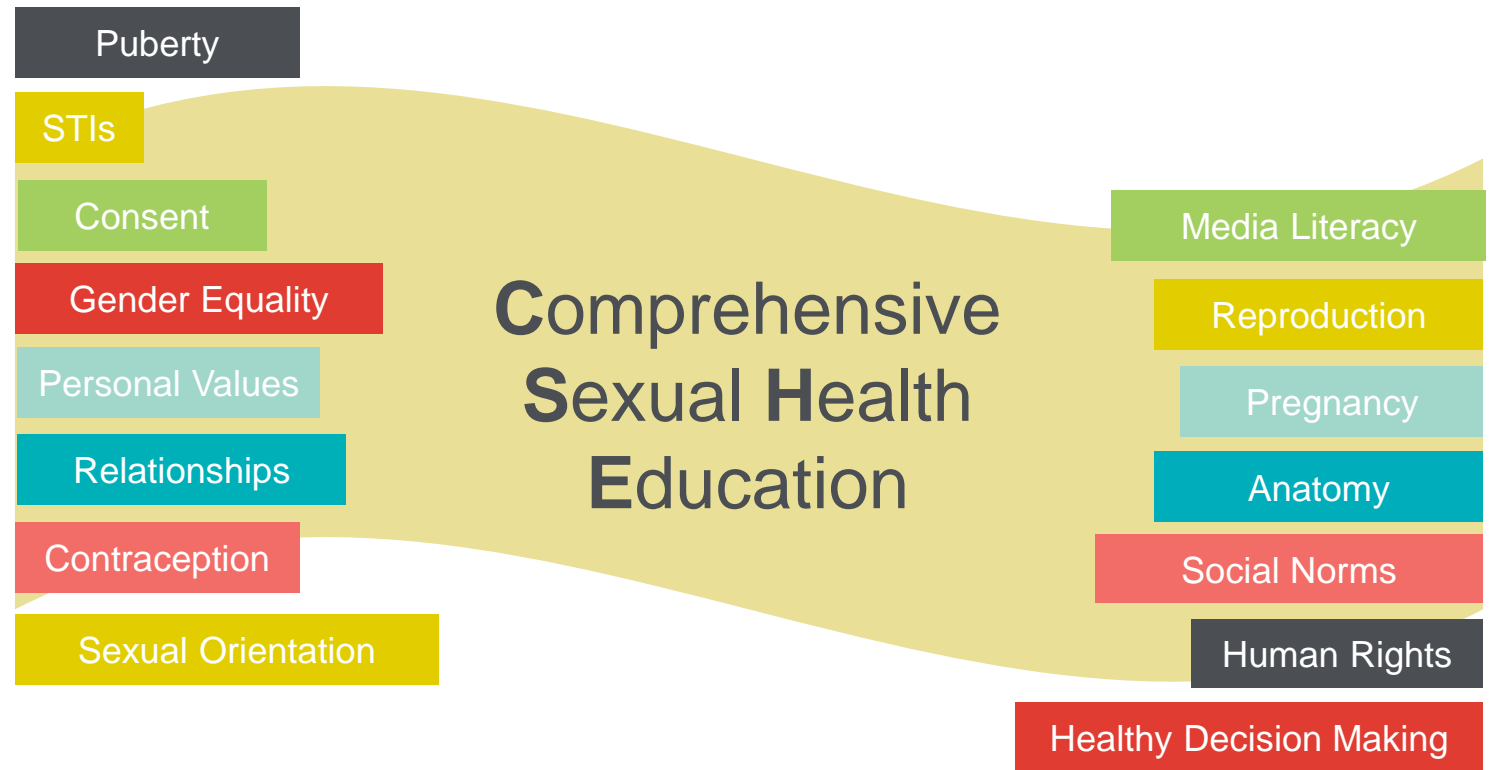


RESERVE THE
RIGHT TO
CHANGE YOUR
MIND

The Goal



How do we
achieve the
goal?



New Learning Outcomes

Grade 4 **Puberty**

- Students explain how development and puberty are connected.

Grade 5 **Reproduction**

- Students connect puberty to the capacity for human reproduction.

Grade 6 **Pregnancy**

- Students investigate human reproduction from fertilization to birth.



New Grade 4 Sexual Health Curriculum

Old Grade 4 Sexual Health Learning Outcome

Grade 4

Students will:

W-4.3 *describe physical, emotional and social changes that occur during puberty; e.g., menstruation, secondary sexual characteristics, changing identity and moods*

NEW Grade 4 Sexual Health Learning Outcome

Grade 4			
Organizing Idea	Growth and Development: Decision making that optimizes personal health and well-being is informed by understanding growth and development.		
Guiding Question	How is change reflected through development?		
Learning Outcome	Students explain how development and puberty are connected.		
	Knowledge	Understanding	Skills & Procedures
	<p>Puberty is a period of rapid growth and progression from childhood through adolescence to adulthood.</p> <p>Puberty marks the beginning of the life stage of adolescence.</p> <p>A growth spurt can be an indicator of the beginning of puberty.</p> <p>Puberty prepares the human body for reproduction.</p> <p>Puberty prepares people to function as adults, with healthy</p> <ul style="list-style-type: none"> bodies choices relationships thoughts emotions 	<p>Puberty can allow individuals to take on new roles and responsibilities and experience new learning opportunities.</p>	<p>Recognize that puberty marks the beginning of a new life stage as individuals move toward becoming mature adults.</p>
	<p>Differences in physical characteristics can occur during and after onset of puberty.</p> <p>The progression of puberty can be experienced in unique ways.</p> <p>Physical changes in puberty include</p> <ul style="list-style-type: none"> growth of body hair skin changes voice changes sperm production menstruation <p>Puberty can result in social-emotional changes, such as</p> <ul style="list-style-type: none"> increased intensity of feelings friendships becoming more important emphasis on body image wanting to fit in and be liked 	<p>Puberty is a process of maturation that includes physical and social-emotional changes.</p> <p>Awareness of changes that happen in puberty can support mental health and emotional well-being.</p>	<p>Describe changes that happen during puberty.</p>
	<p>Some cultures have different celebrations that recognize the transition into puberty.</p>	<p>Cultural traditions can mark the transition from childhood to adulthood.</p>	<p>Explore how transitions into puberty are acknowledged in different cultures.</p> <p>Recognize that First Nations, Métis, or Inuit entry into puberty can be accompanied by ceremony that supports the ongoing transition into adulthood.</p>
	<p>Adolescents may have questions about puberty and its associated changes.</p> <p>Puberty can be supported using credible sources, such as</p> <ul style="list-style-type: none"> parents and caregivers health professionals counsellors spiritual leaders Knowledge Keepers Elders 	<p>Sources of support are available for adolescents during puberty.</p>	<p>Identify credible sources in the community to support individuals through the changes that occur during puberty.</p>
	<p>Changes to hygiene practices include</p> <ul style="list-style-type: none"> using deodorant or antiperspirant showing or bathing more frequently changing clothes regularly 	<p>Puberty can require changes in personal hygiene practices.</p>	<p>Identify how personal hygiene practices may need to be modified as the body changes.</p>

New Grade 4 Sexual Health Curriculum

New Learning Outcome:

Students explain how development and puberty are connected.

What's the same?

- Puberty as a life stage
- Physical, emotional and social changes that happen during puberty
- Emphasis on commonality of changes vs boys and girls

What's been changed/added?


- Cultural celebrations and traditions that accompany puberty, in particular Indigenous ceremonies
- Where students can go to for support during puberty (parents, health professionals, Elders, community organizations)
- Puberty can support mental health and emotional wellbeing
- Puberty requires changes in hygiene practices




Grade 4: Puberty

Grade 5: Reproduction

Grade 6: Pregnancy



Key Messages & Best Practices for Grade 4 Sexual Health

- 
- Keep all kids together
 - Emphasize what all kids have in common instead of male/female differences
 - Social & emotional changes are harder
 - Menstruation is here

New Grade 5 Sexual Health Curriculum

New Learning Outcome:

Students connect puberty to the capacity for human reproduction.

What's the same?

- Components and functions of the reproductive system
- Changes to the reproductive system during puberty
- Sperm and egg production

What's been changed/added?



- Review of puberty concepts from grade 4
- Describing the process of menstruation, ovulation, sperm production
- General promotion of positive health practices (nutrition, physical activity, stress reduction)



Grade 4: Puberty

Grade 5: Reproduction

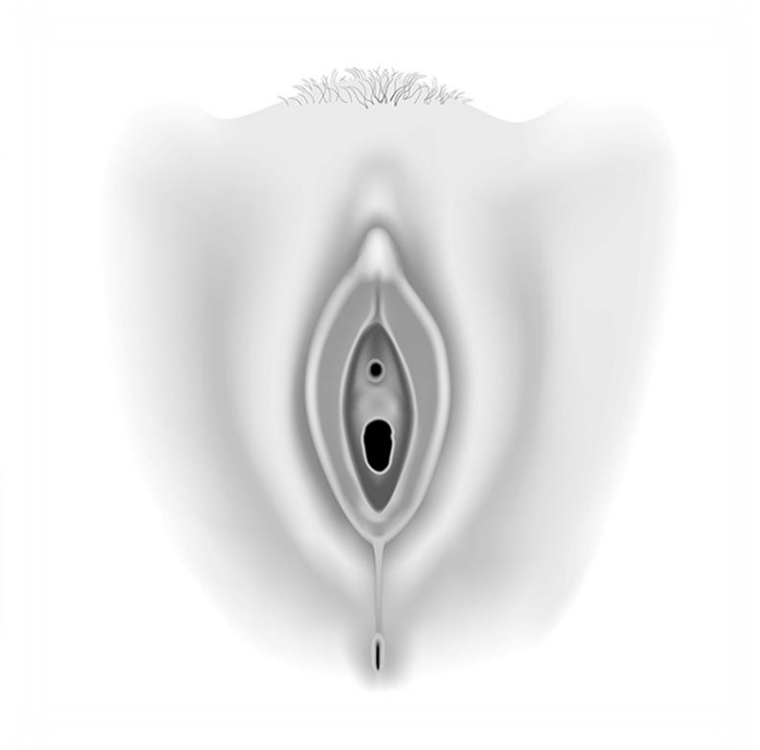
Grade 6: Pregnancy



Key Messages & Best Practices for Grade 5 Sexual Health

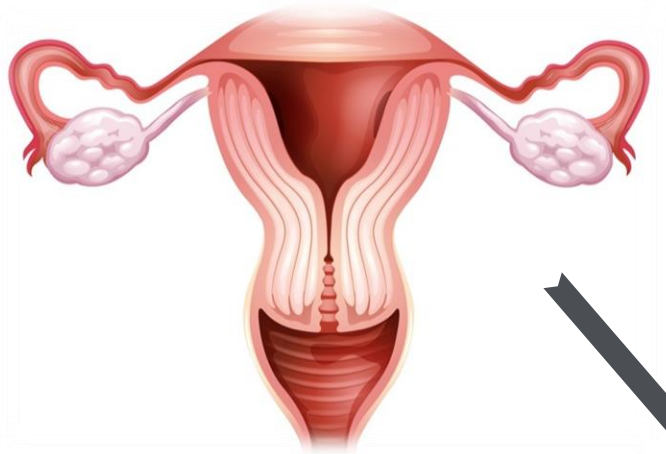
- Sex is more than just reproduction and isn't the only way babies are made
- Use inclusive and non-gendered language when discussing anatomy
- Use diagrams effectively and with context

External Genitals

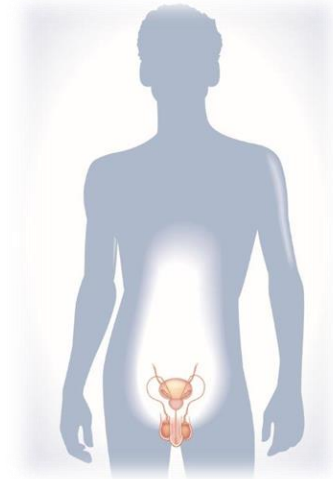
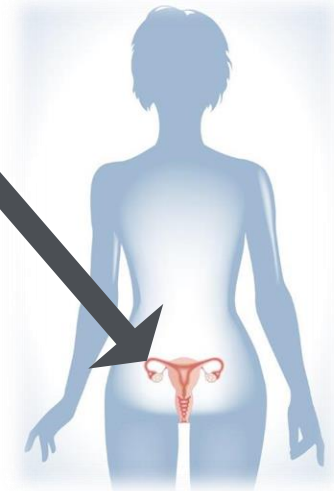




Reproductive Organs



Situate the diagram in
the body



Explain front vs side views



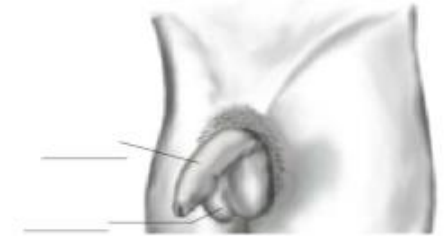
Example Lesson Plan



Name: _____

Grade 5 The Journey of a Sperm

Reproductive System



New Grade 6 Sexual Health Curriculum

New Learning Outcome:

Students investigate human reproduction from fertilization to birth

What's the same?

- Details of pregnancy and fetal development in each trimester

What's been changed/added?

- Birth control: risks, effectiveness
- STBBI prevention
- Any sexual activity always requires consent
- The right in Canada to decide if, when and how often to reproduce
- Sexual intercourse is explicitly mentioned
- Pregnancy can be confirmed by a test
- Concept of abstinence
- What are credible sources for reproductive health information
- Understanding diverse traditional, cultural and religious beliefs around reproductive health



Grade 4: Puberty

Grade 5: Reproduction

Grade 6: Pregnancy



Key Messages for Birth Control in Grade 6

- Birth control exists! It's available and students can choose to use it
- Condoms, pill/patch/ring and IUD

Birth Control Resources




- [Birth control kit](#)
- [Interactive birth control tool](#)
- Birth control health information sheets:
 - [Birth Control Quick Review](#)
 - [Birth Control Effectiveness Graph](#)
 - [Which Birth Control Methods Protect Against STIs?](#)
- [Grade 8](#) & [CALM](#) lesson plans

amaze

- [Amaze.org](#) video library

STBBIs





Key Messages for STBBIs in Grade 6

- Reduce stigma; normalize testing and treating
- Know what local resources (STI clinics) are available to students



STBBI Resources



- [Condom/vaginal condom/dental dam](#) videos
- [STI Health Information Sheets](#)
- [Interactive STI tool](#)
- [Grade 8](#) & [CALM](#) lesson plans



- [Amaze.org](#) video library



Key Messages for consent in Grade 6

- Consent is positive, healthy and fun
- Students know about consent- you are now just applying it in a sexual context

Consent Resources



- [Consent video](#)
- [Sexual Health Education > Information by Topic > Consent](#)
- [Grade 9](#) & [CALM](#) lesson plans

amaze

- [Amaze.org](#) video library



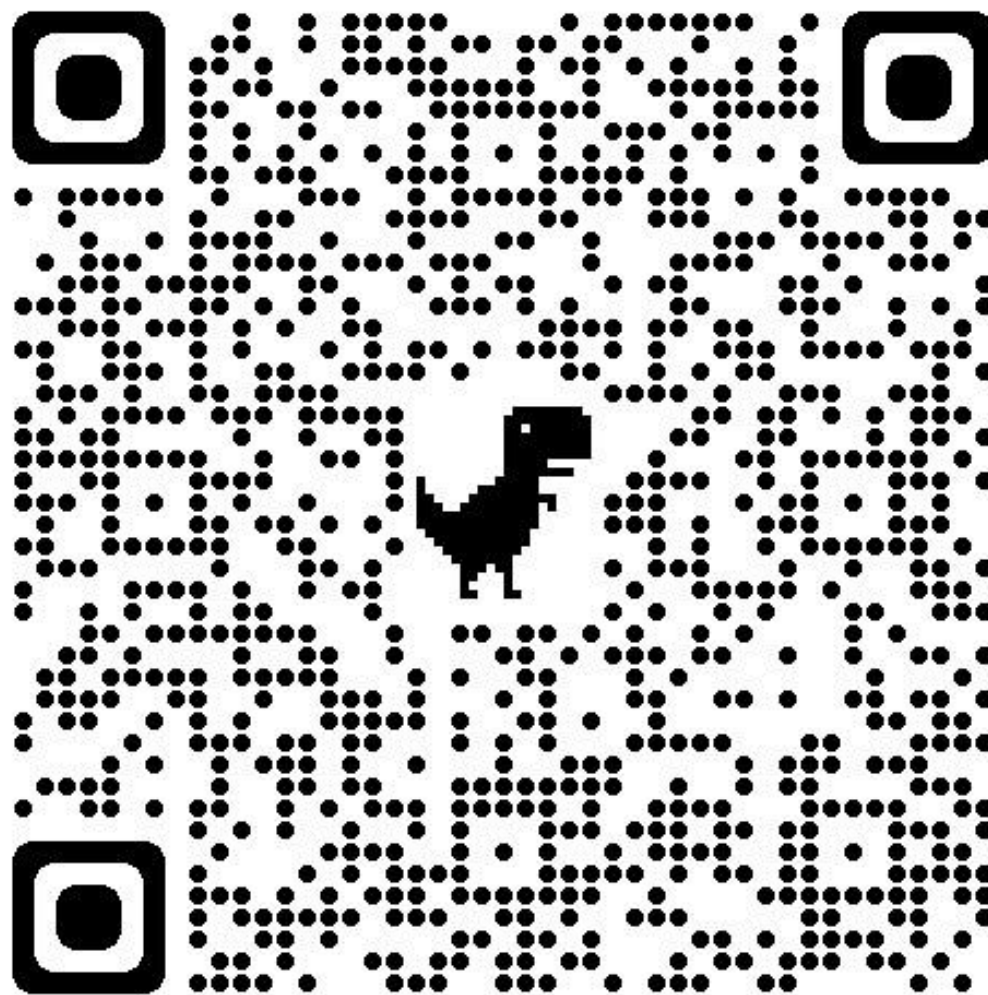
Key Messages & Best Practices for Grade 6 Sexual Health

- Scare tactics don't work!
- Consent is positive
- New topics are meant to be an introduction, not a deep dive
- Lots of new content in grade 6, but there are resources available to support you



Teaching Sexual Health Workshop

April/May 2024



Scan here to add your email address and get notified
when registration opens!



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.



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 →](#)

Teaching Sexual Health Resources



Questions?

Teaching Sexual Health

Fall 2023 Webinar Series



What is Comprehensive Sexual Health Education and Why Does it Matter?

Wednesday, October 11, 2023

4:00 – 5:00 PM

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

Monday, October 16, 2023

4:00 – 5:00 PM

Sex Ed for Today's Classrooms

Tuesday, October 24, 2023

4:00 – 5:00 PM

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

Thursday, October 26, 2023

4:00 – 5:00 PM

[Click here to register](#)

Thank you!



teaching
sexual
health.ca

For more information, please contact
TSH@ahs.ca

Teaching with Confidence

The New Grade 4, 5 and 6 Sexual Health Curricula

Ground Rules

[Ground Rules - Teachers | Teaching Sexual Health](#)
[The Safe Zone Project](#)

Alberta Curriculum

[Curriculum Overview - Teachers | Teaching Sexual Health](#)
[New LearnAlberta | Physical Education and Wellness](#)

Teaching Tools

[Instructional Methods - Teachers | Teaching Sexual Health](#)
[Inclusive Language - Teachers | Teaching Sexual Health](#)
[Using the Lesson Plans - Teachers | Teaching Sexual Health](#)

Teaching Sexual Health Lesson Plans

[Lesson Plan & Resource Finder - Teachers | Teaching Sexual Health](#)
[Grade 4 Lesson Plans | Teaching Sexual Health](#)
[Grade 5 Lesson Plans | Teaching Sexual Health](#)
[Grade 6 Lesson Plans | Teaching Sexual Health](#)

Birth Control Resources

[Birth Control Kid | Teaching Sexual Health](#)
[Interactive Birth Control Tool | Teaching Sexual Health](#)
Birth control health information sheets:

- [Birth Control Quick Review](#)
- [Birth Control Effectiveness Graph](#)
- [Which Birth Control Methods Protect Against STIs?](#)

[Grade 8 & CALM Lesson Plans | Teaching Sexual Health](#)
[Amaze.org](#) Video Library

STBBI Resources

[Condom / Vaginal Condom / Dental Dam Videos | Teaching Sexual Health](#)
[STI Health Information Sheets | Teaching Sexual Health](#)
[Interactive STI Tool | Teaching Sexual Health](#)
[Grade 8 & CALM Lesson Plans | Teaching Sexual Health](#)
[Amaze.org](#) Video Library

Consent Resources

[Consent Video | Teaching Sexual Health](#)

[Consent | Teaching Sexual Health](#)

[Grade 9 & CALM Lesson Plans | Teaching Sexual Health](#)

[Amaze.org](#) Video Library