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How to stay calm teaching sexual health in high school CALM

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Land Acknowledgement

We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Saulteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T'ina Nation and the Métis People of Alberta.

We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us.

We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

By the end of this session, you will be:



Familiar with human sexuality learning outcomes for CALM



Able to use lesson plans and resources on teachingsexualhealth.ca



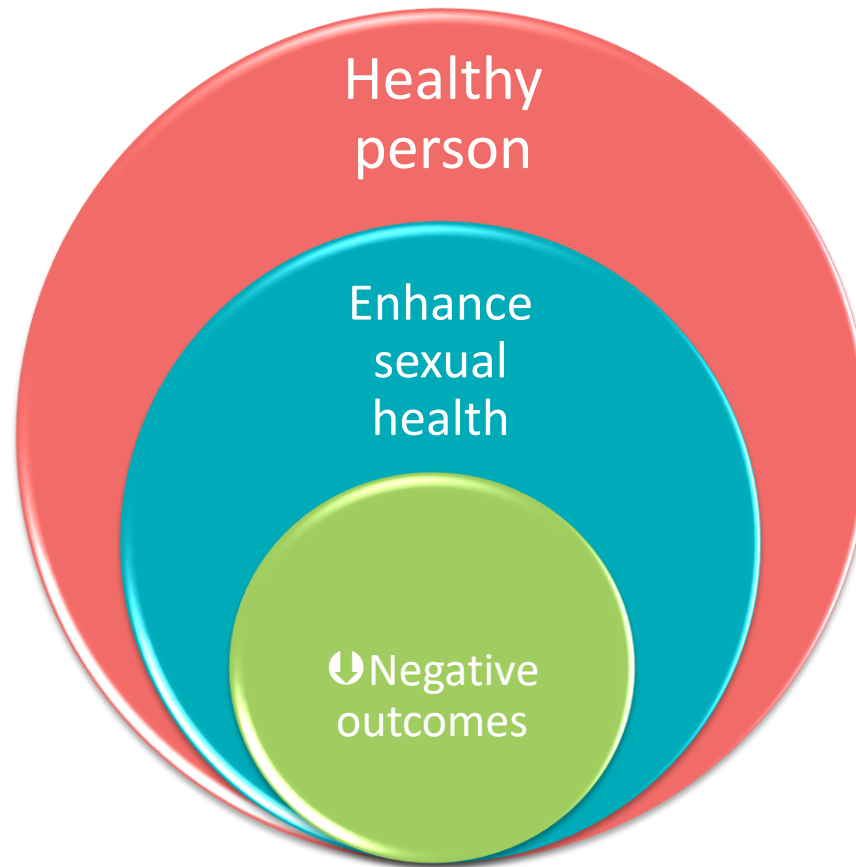
Excited to go out and teach sexual health with your students!

| Group Agreements

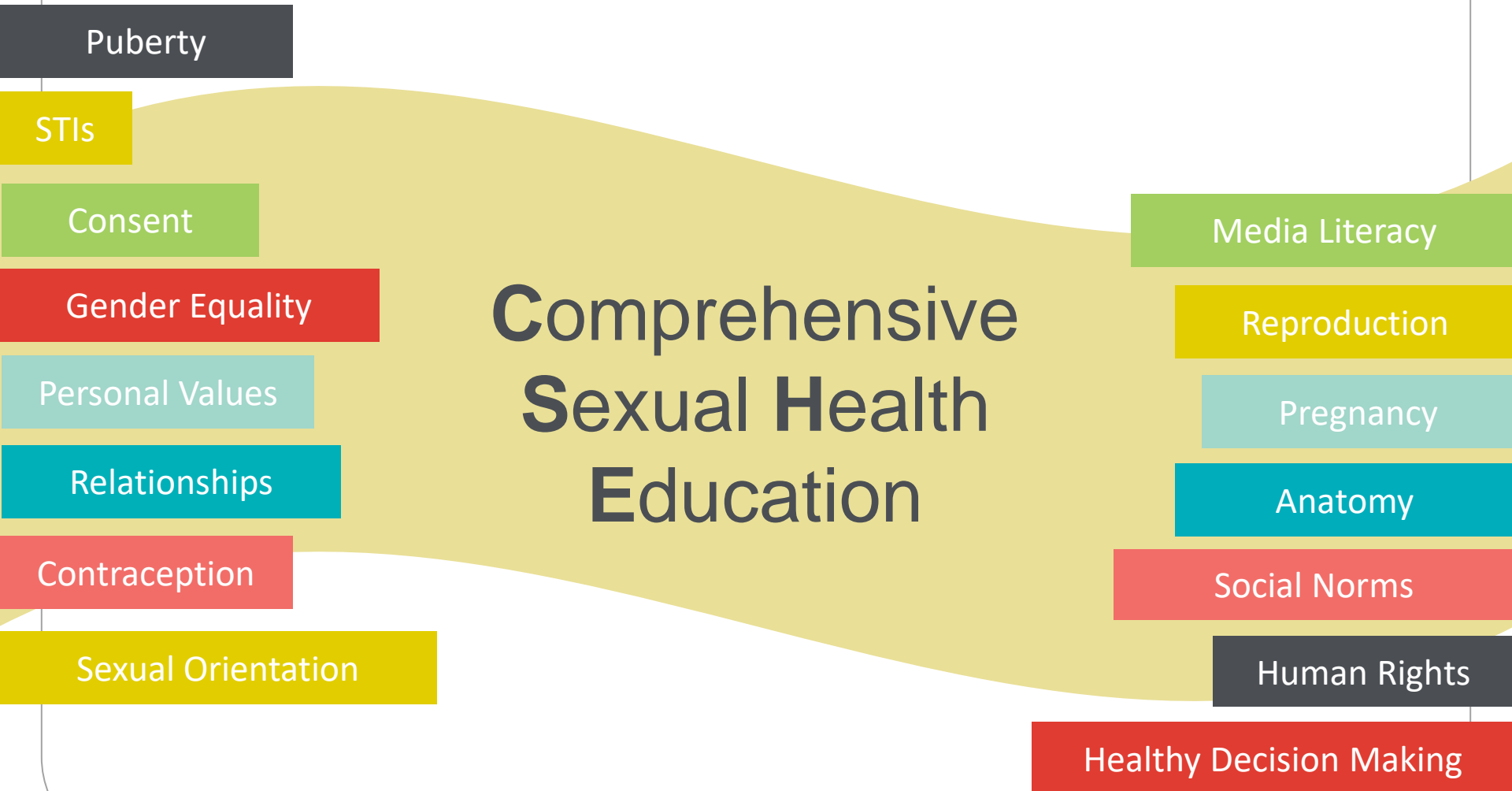


1. Turn Off Distractions
2. Ask Questions!
3. LOL
4. Maintain Privacy
5. Reserve the Right to
Change your Mind

The Goal of Sexual Health Education



How do we achieve the goal?



P11 Examine the relationship between commitment and intimacy in all its levels

P12 Examine aspects of healthy sexuality and responsible sexual behaviour

P11

Examine the relationship between commitment and intimacy in all its levels

- identify expectations and commitments in various relationships
- examine a range of behaviours for handling sexual involvement
- describe how personal values play a role in relationships
- explain the role of trust and ways to establish trust in a relationship
- develop strategies for dealing with jealousy



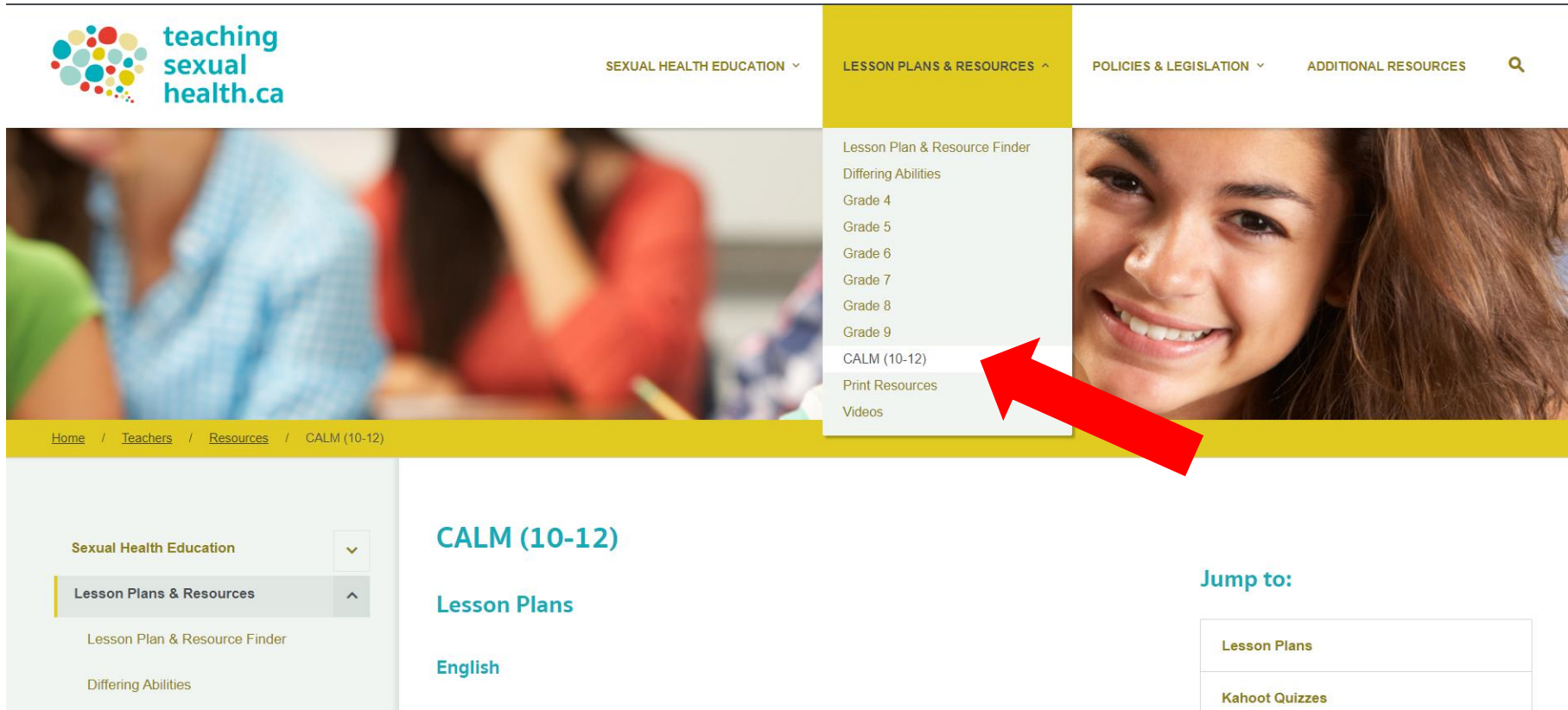
P12

Examine aspects of healthy sexuality and responsible sexual behaviour

- explain the ongoing responsibility for being sexually healthy
- examine a range of behaviours and choices regarding sexual expression
- describe sexually healthy actions and choices for one's body, including abstinence
- analyze strategies for choosing responsible and respectful sexual expression
- describe the ways in which personal values influence choices
- assess the consequences of being sexually active



How do we tackle all these topics?!



The screenshot shows the website for teachingsexualhealth.ca. The header includes the logo and navigation links: SEXUAL HEALTH EDUCATION, LESSON PLANS & RESOURCES (highlighted), POLICIES & LEGISLATION, and ADDITIONAL RESOURCES. A search icon is also present. Below the header, there are two large images: one of students in a classroom and one of a smiling woman. A red arrow points to the 'CALM (10-12)' link in the 'LESSON PLANS & RESOURCES' dropdown menu. The main content area shows the breadcrumb trail: Home / Teachers / Resources / CALM (10-12). On the left, there is a sidebar with a dropdown menu for 'Sexual Health Education' and 'Lesson Plans & Resources'. The main content area displays 'CALM (10-12)' and 'Lesson Plans' in large text, with 'English' below it. On the right, there is a 'Jump to:' section with links to 'Lesson Plans' and 'Kahoot Quizzes'.

teaching sexual health.ca

SEXUAL HEALTH EDUCATION ▾

LESSON PLANS & RESOURCES ▴

POLICIES & LEGISLATION ▾

ADDITIONAL RESOURCES

Lesson Plan & Resource Finder

Differing Abilities

Grade 4

Grade 5

Grade 6

Grade 7

Grade 8

Grade 9

CALM (10-12)

Print Resources

Videos

Home / Teachers / Resources / CALM (10-12)

Sexual Health Education ▾

Lesson Plans & Resources ▴

Lesson Plan & Resource Finder

Differing Abilities

CALM (10-12)

Lesson Plans

English

Jump to:

Lesson Plans

Kahoot Quizzes

CALM Relationships



Relation

TBBIs

Birth Co

gnancy
ptions

Learner Outcomes

P10 Examine various attitudes, values and behaviours for developing meaningful interpersonal relationships

- identify positive elements of relationships i.e., trust, integrity, respect, responsibility
- describe the skills, attitudes and behaviours for building, maintaining and enhancing healthy, positive relationships
- describe how roles and role expectations change with age, growth and changes in life
- develop strategies for identifying unhealthy relationships

P11 *Examine the relationship between commitment and intimacy in all its levels*

- *identify expectations and commitments in various relationships*
- *explain the role of trust and ways to establish trust in a relationship*
- *develop strategies for dealing with jealousy*

P14 Evaluate resources and support systems for each dimension of health and well-being for self and others

- identify support systems and resources for unhealthy relationships and strategies for contacting/using them

This lesson addresses all of the specific outcomes listed above. Instruction in human sexuality (***bolded and italicized*** outcomes) requires schools to provide notice to parents about the learning outcomes, topics and resources.

How To Use

This lesson plan contains numerous activities to achieve the learner outcomes above. You may choose to do some or all of the activities, based on the needs of your students and the time available. Some of the activities build on the ones that come before them, but all can be used alone.

For a quick lesson, combine activities A, B, F and G.

If you choose not to do all the activities, use your professional judgement to assess which outcomes you have covered and which may need additional activities.

CALM Lesson Plans

Relationships

Consent

STBBIs

Birth Control

Personal
Values

Pregnancy
Options

Sexual Health

CALM Lesson Plans

Relationships

Consent

STBBIs

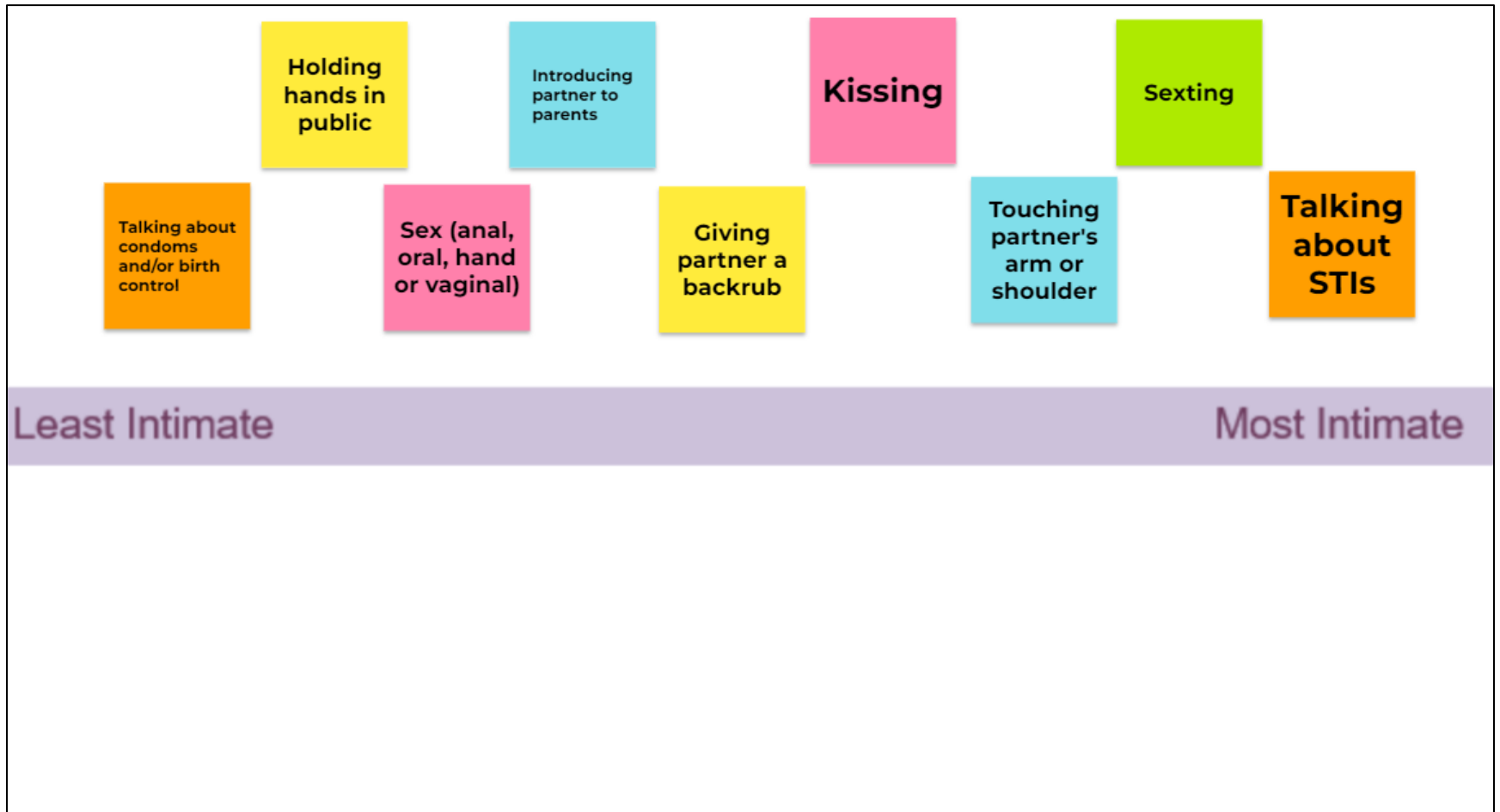
Birth Control

Personal
Values

Pregnancy
Options

Sexual Health

Levels of Intimacy Activity via Google Jamboard



CALM Lesson Plans

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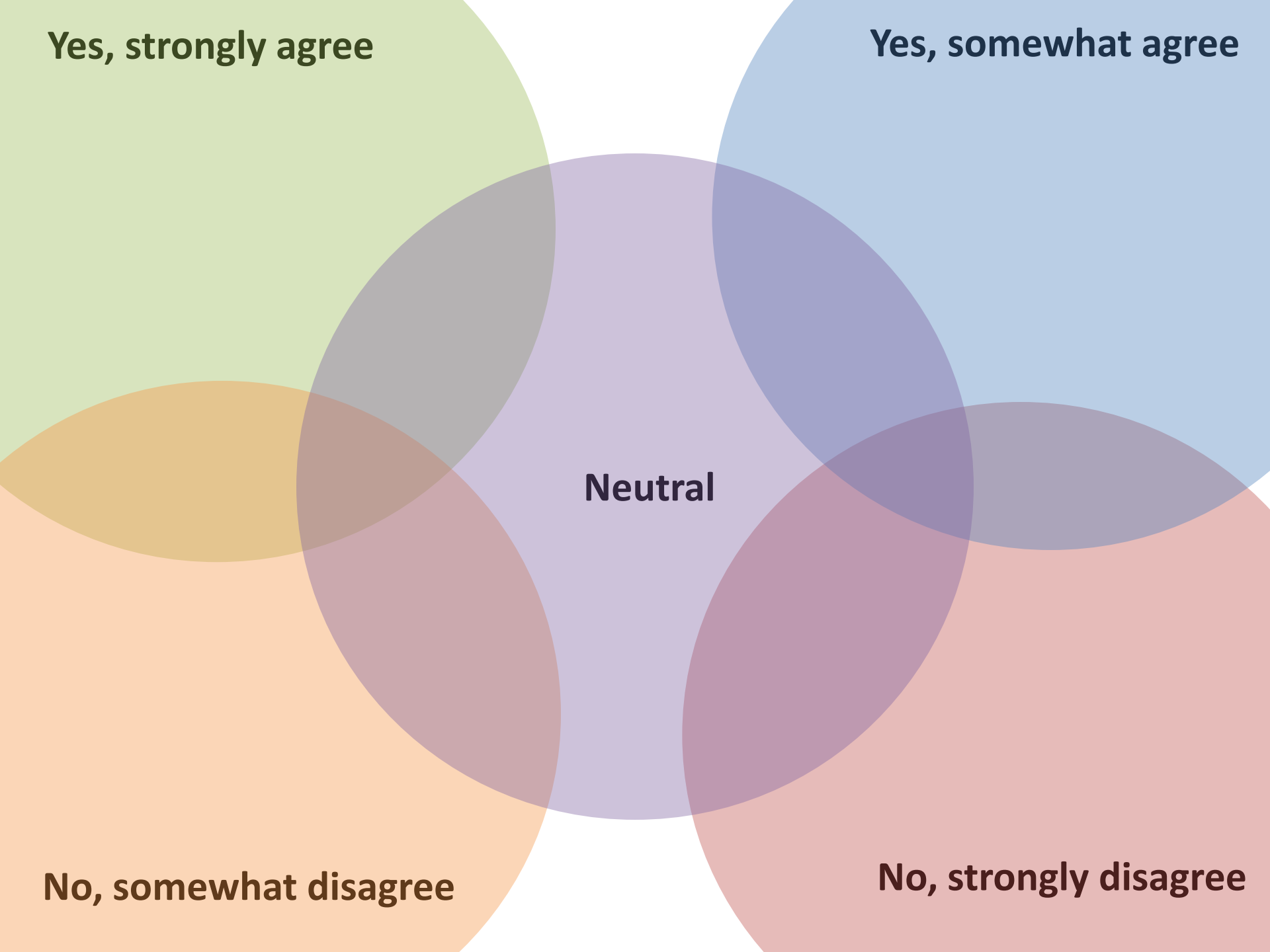
Yes, strongly agree

Yes, somewhat agree

Neutral

No, somewhat disagree

No, strongly disagree



CALM Lesson Plans

Name: _____

CALM Personal Values & Decision Making

An Important Decision

Mosi and Jaden have been dating for about three months. Mosi is happy when they are with Jaden. They laugh and have fun together. Mosi can tell that Jaden cares about them by the way Jaden smiles and listens when they talk. Things have become serious between Mosi and Jaden during the last month. They have been alone more and kiss a lot. They touch each other, and things have gotten pretty hot. Jaden has said they love Mosi and wants them to be together in every way.

Mosi would like to have sex with Jaden. But Mosi is concerned about getting an infection. Jaden says they can use condoms, but Mosi knows condoms are not 100% effective. Mosi would be stressed out. The other thing Mosi thinks about is how sex might change their relationship with Jaden. Some of the couples Mosi knows broke up after they had sex. Things just got too complicated.

Jaden would like to have sex with Mosi. Jaden has had sex before and enjoyed it. Jaden felt it brought them closer to their last partner, and wants that same closeness with Mosi. Jaden knows that Mosi is feeling unsure about taking their relationship to the next step. Jaden doesn't want to pressure Mosi into doing something they don't want to do, but Jaden is confident that they are both ready.

On the next page, choose either Mosi or Jaden and follow the steps of the model to show what decision they make.

Name: _____

CALM Personal Values & Decision Making

Our group chose (circle one): Mosi Jaden

1. Define the problem to be solved.
2. Generate at least 3 options and put them in the table below.
3. List the advantages and disadvantages of each option in the table below.

	Option 1	Option 2	Option 3
Choice			
Advantages			
Disadvantages			

4. After weighing all options, choose the best one. Write your choice here.
5. How do you feel about the decision?

CALM Lesson Plans

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Sexual Health

CALM Lesson Plans

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Sexual Health

Find Your Match Activity via Google Jamboard

Who can get the HPV vaccine for free?

What test can detect breast cancer?

What can cause a yeast infection?

What kind of cancer happens mostly to females?

Who should examine their testicles regularly?

What test can detect problems that may indicate ovarian cancer?

Who can provide a pelvic exam or STI test?

What is the most common type of cancer in young people with testicles?

What health benefits can condoms provide?

Testicular cancer

Reduce risk of STIs, reduce risk of cervical cancer by reducing HPV infections

Breast cancer

Being sexually active or age 21+; change in usual vaginal discharge

Mammogram

Pelvic exam

Anyone over 15 years old who has testicles

A family doc, a walk-in clinic, or a sexual and reproductive health clinic

All Alberta students

Best practices in CALM

- Teach facts, discuss and explore values
- Challenge cis/heteronormative language and thinking
- Remind students that consent is positive!
- Remember that scare tactics don't work

How much time should you allocate for sexual health?

- It will depend on your students' interests and needs - ask them what they want to learn!
- Relationships and consent should be a priority
- Pick and choose activities from various lesson plans
- Use your professional judgement – you know your students!



Finish with a Question Box



teachingsexualhealth.ca



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 →



Passionate about sexual health?

Locally developed courses in sexual health

| Thank you for coming!



**teaching
sexual
health.ca**

For more information, please contact
TSH@ahs.ca