

# Comprehensive Sexual Health Education: What It Is and Why It Matters

# Land Acknowledgement



Check out the website: [www.Native-Land.ca](http://www.Native-Land.ca)

# Ground Rules

- Put away distractions
- Ask questions anytime
- LOL
- Share the airtime
- Reserve the right to change your mind

# Learning Objectives



Understand how comprehensive sexual health education impacts student health and wellness

Appreciate how sexual activity relates to the sexual health needs of students

Communicate effectively with parents about teaching sexual health

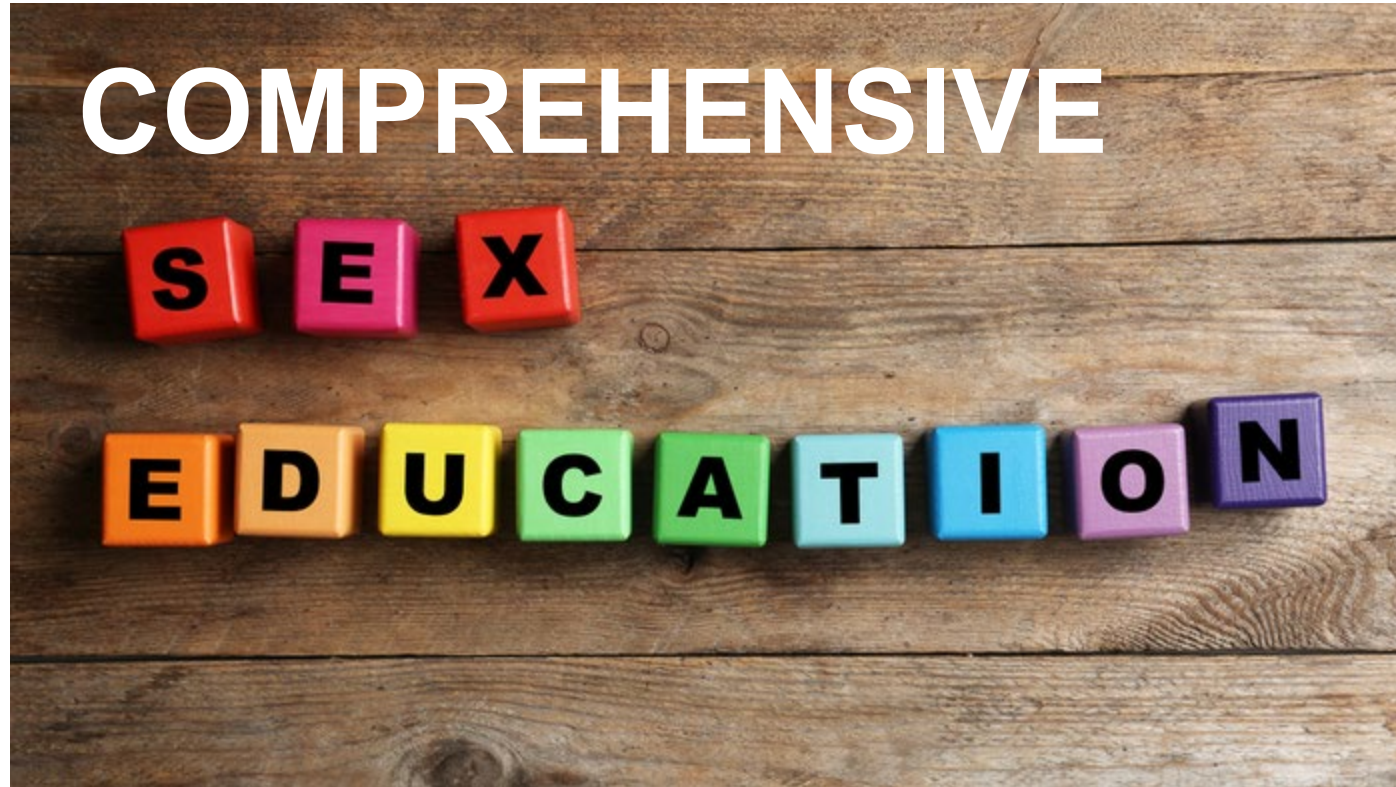


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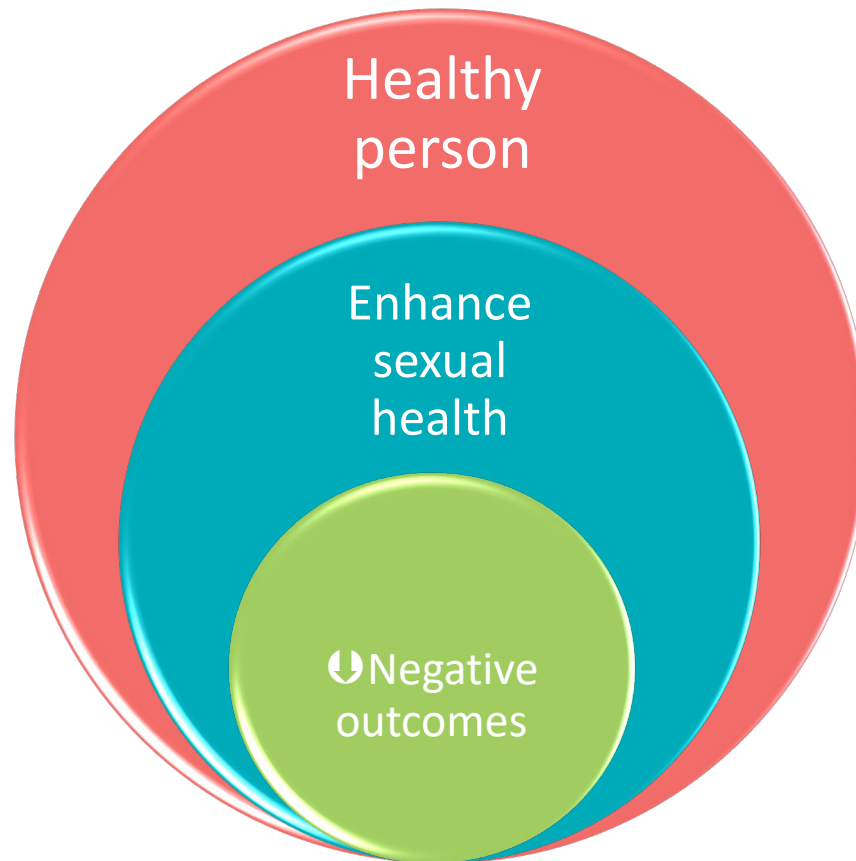


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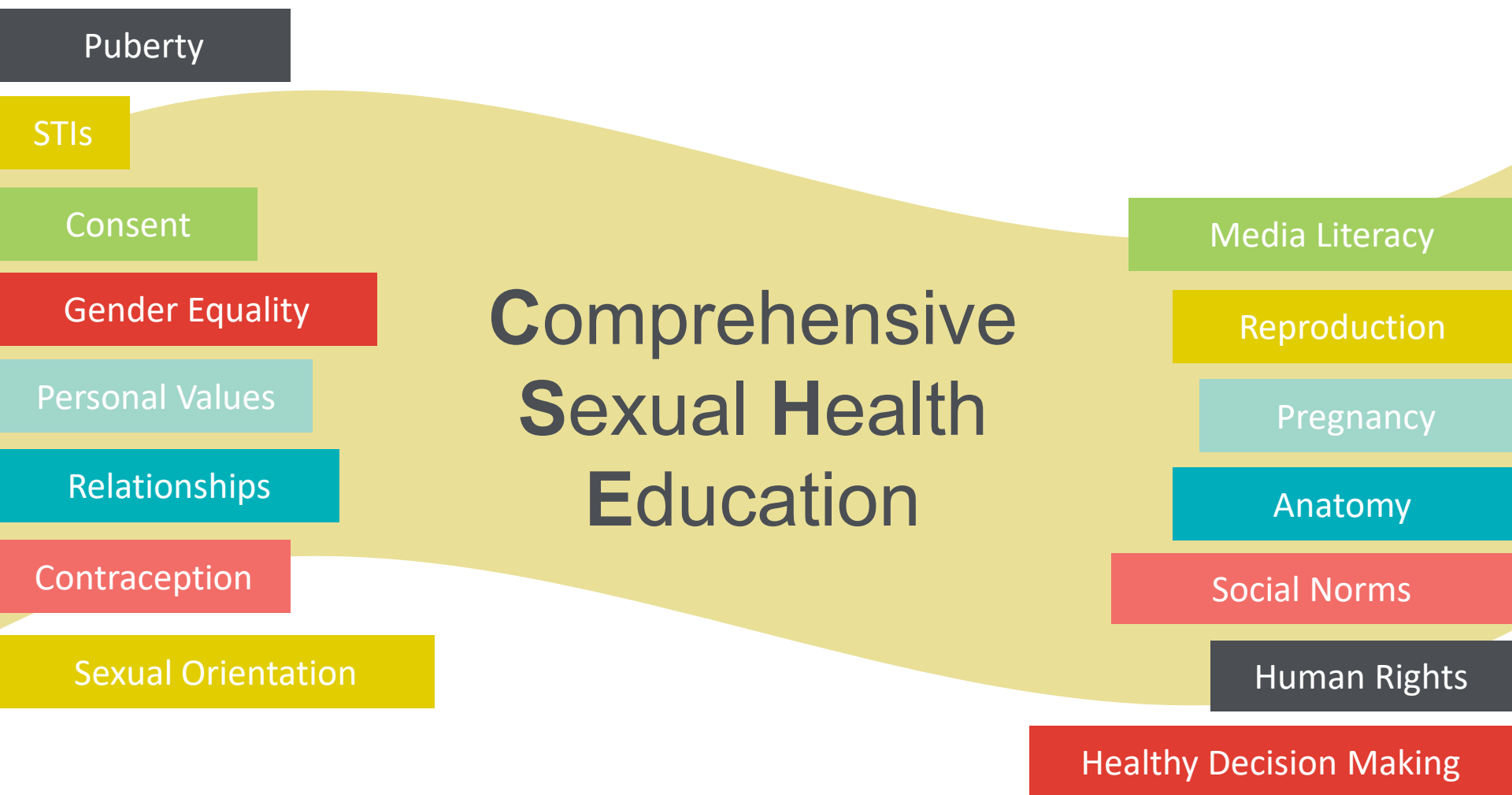
# What is it?



# The Goal of Sexual Health Education



# How do we achieve the goal?



# Effective CSHE

- Sexual **health** education
- Broader concept of sexuality, not just biology
- A person's sexual health includes their physical, mental, emotional and social well-being in relation to their sexuality





# What works?

Focus on  
relationships,  
communication &  
boundaries

Evidence-  
based  
information

Teacher modelling  
and student  
practicing of skills &  
boundaries

Adequate  
time

Sexual health is taught  
as part of overall health

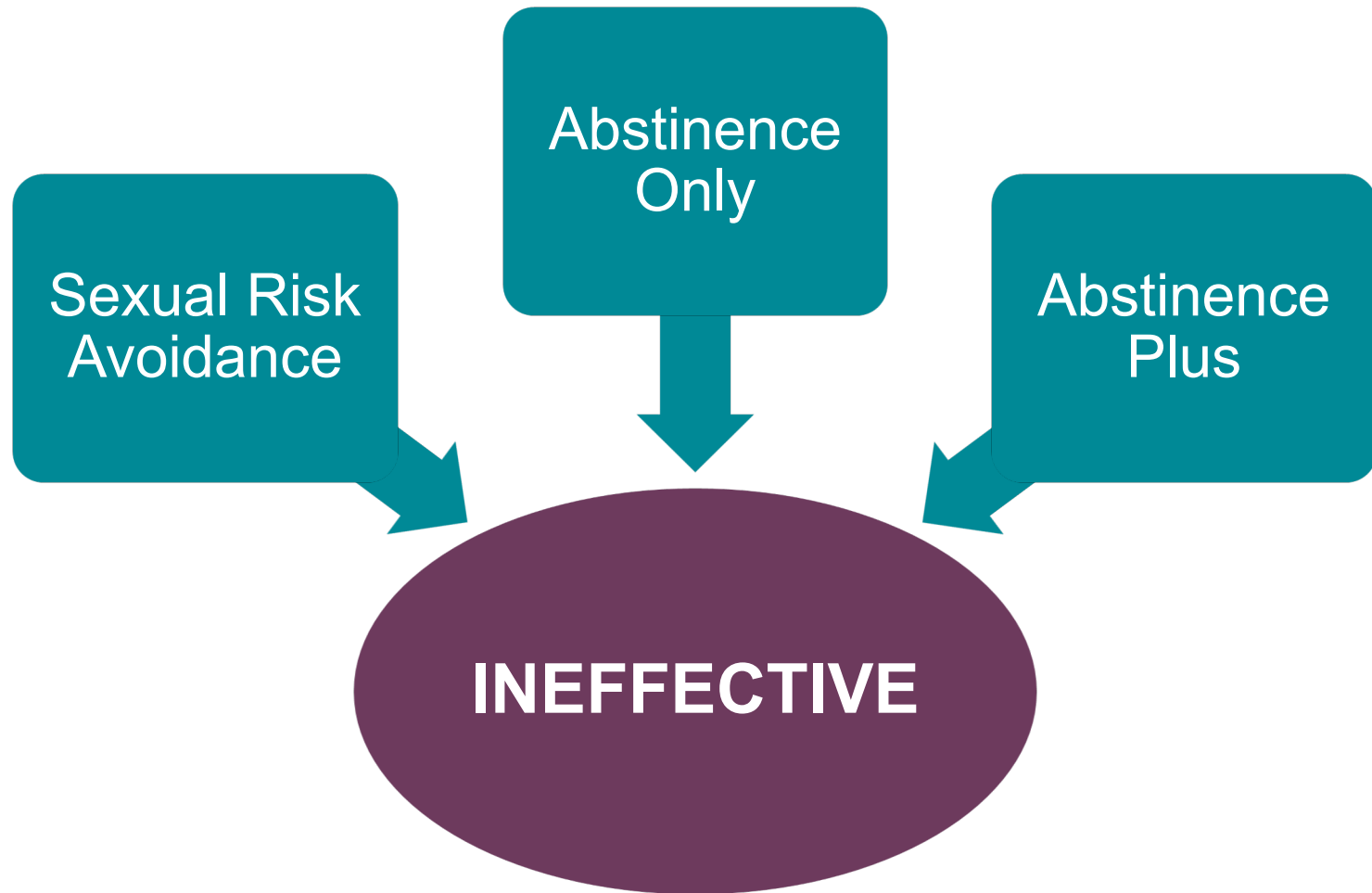
Safe &  
inclusive  
practice

Confident, non-judgmental, and  
comfortable teachers

# Does CSHE encourage sexual activity?

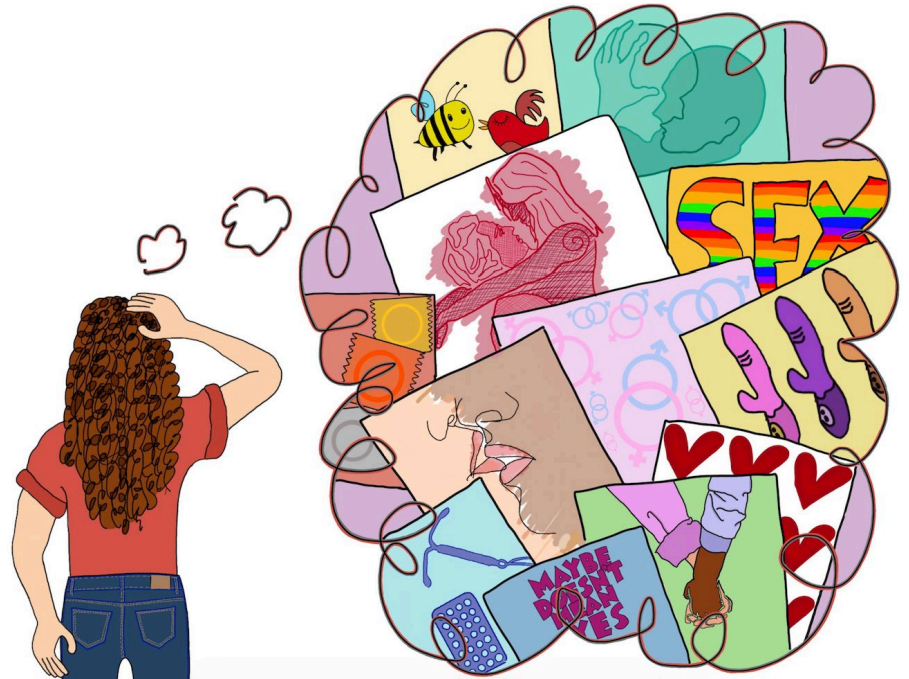
**NOPE**

# What about abstinence-only education?



# What do students want?

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



# What do parents want?

Parents want sexual health education  
to be in schools!



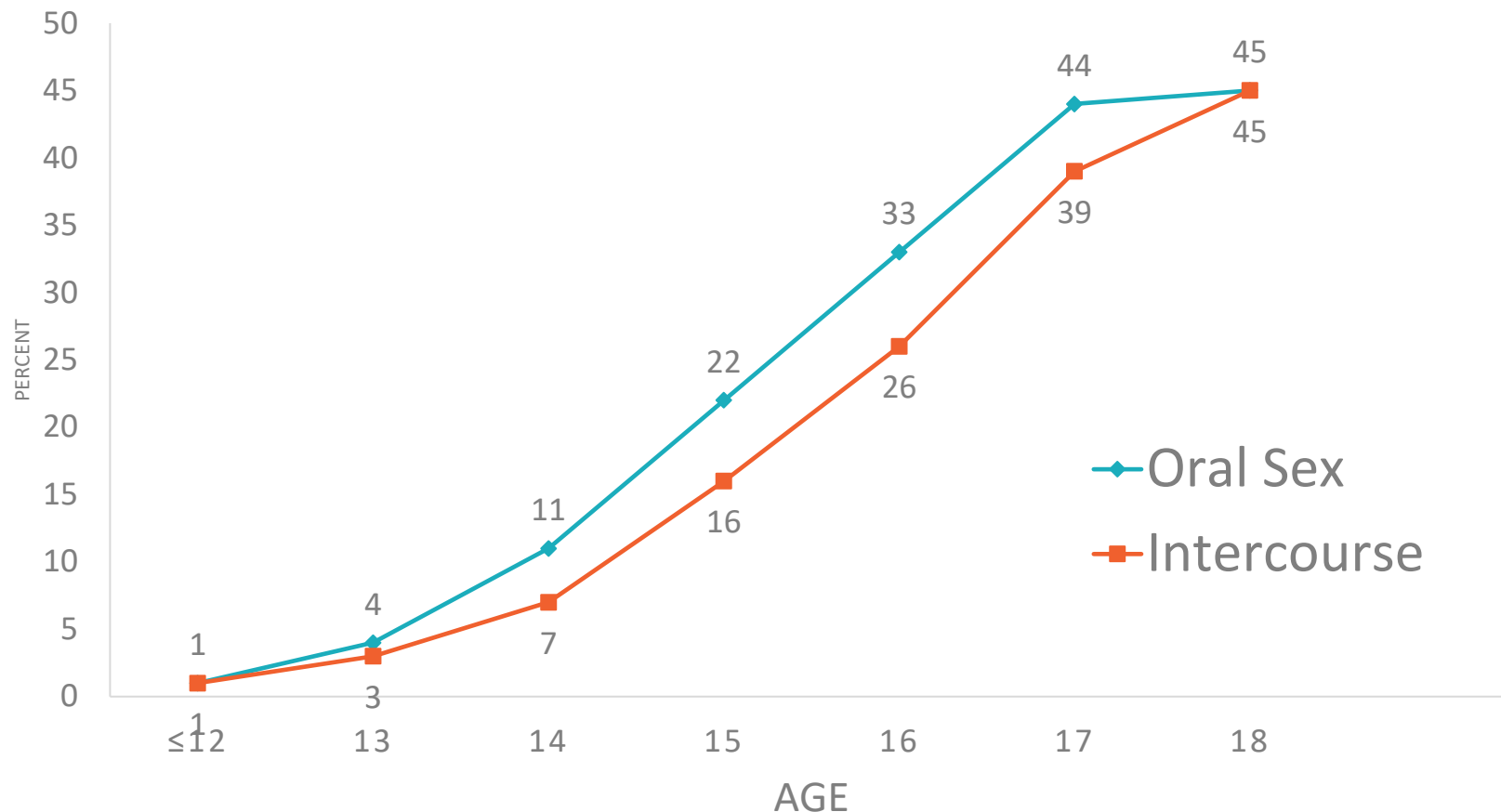
# Sexual Health of our Students



Are students having sex? Safer sex?  
When and how?

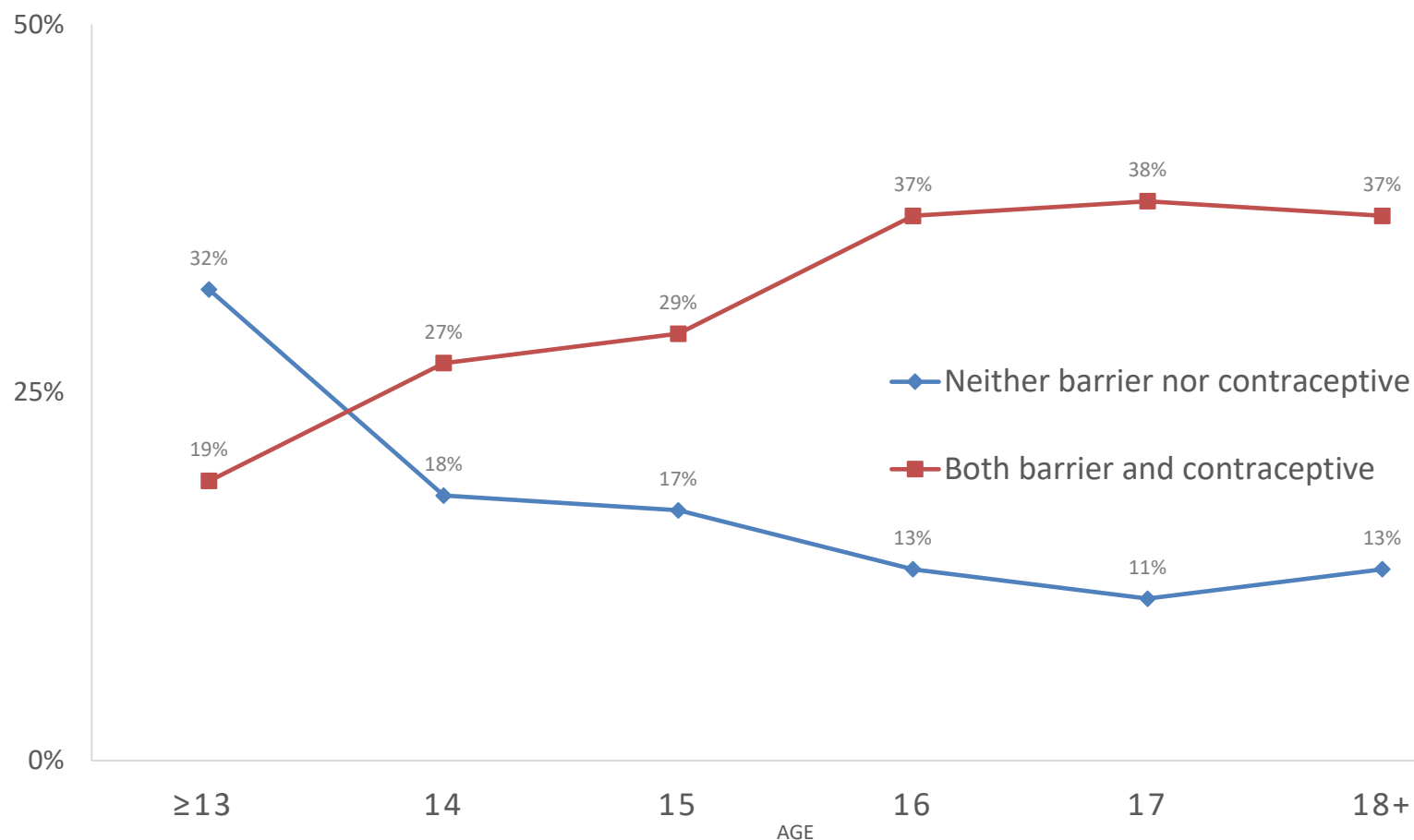
# Sexual Activity

## Sexual Activity of 12 to 18 Year-Olds



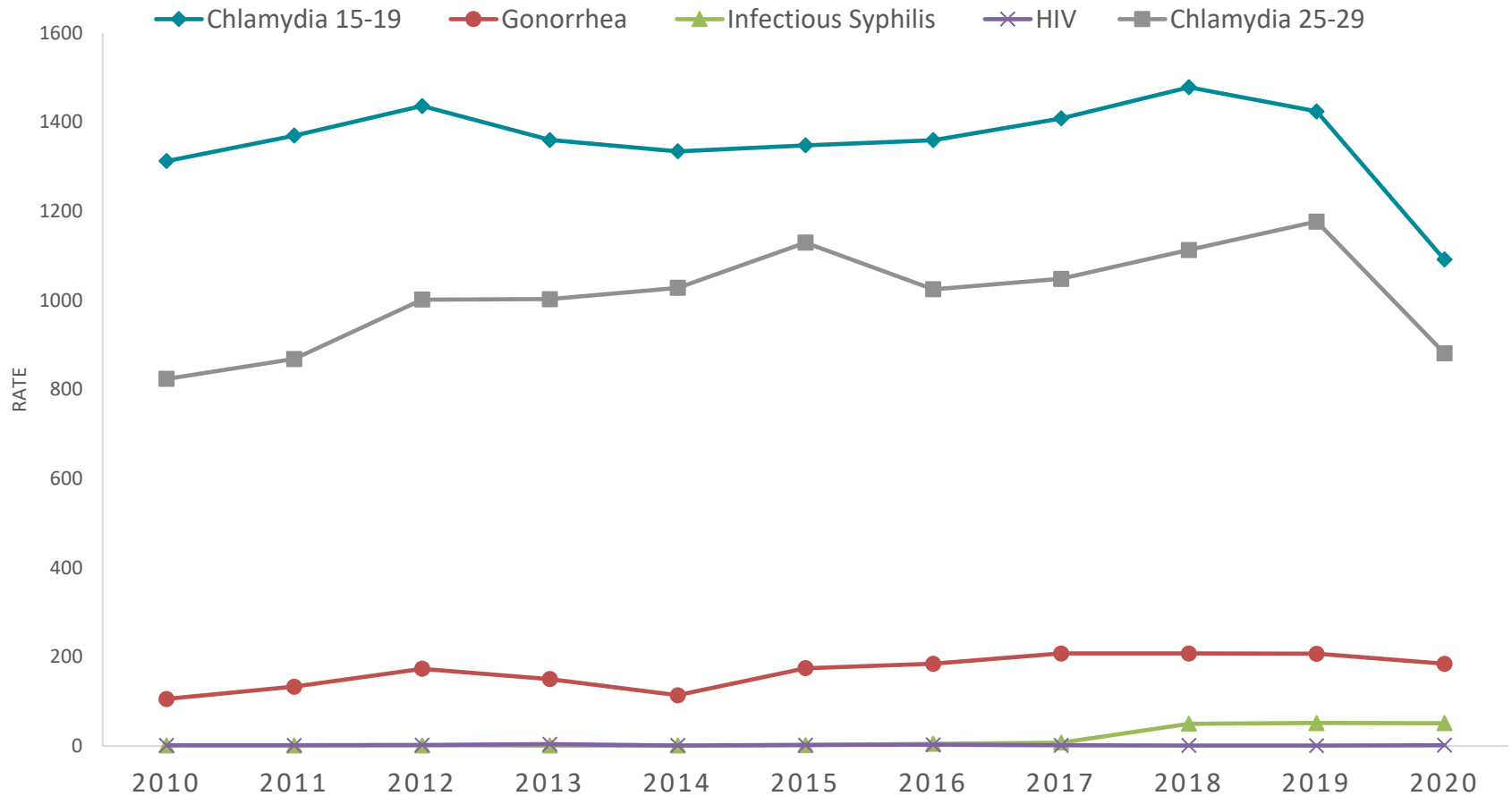
# Safer Sex

## Dual Method Use



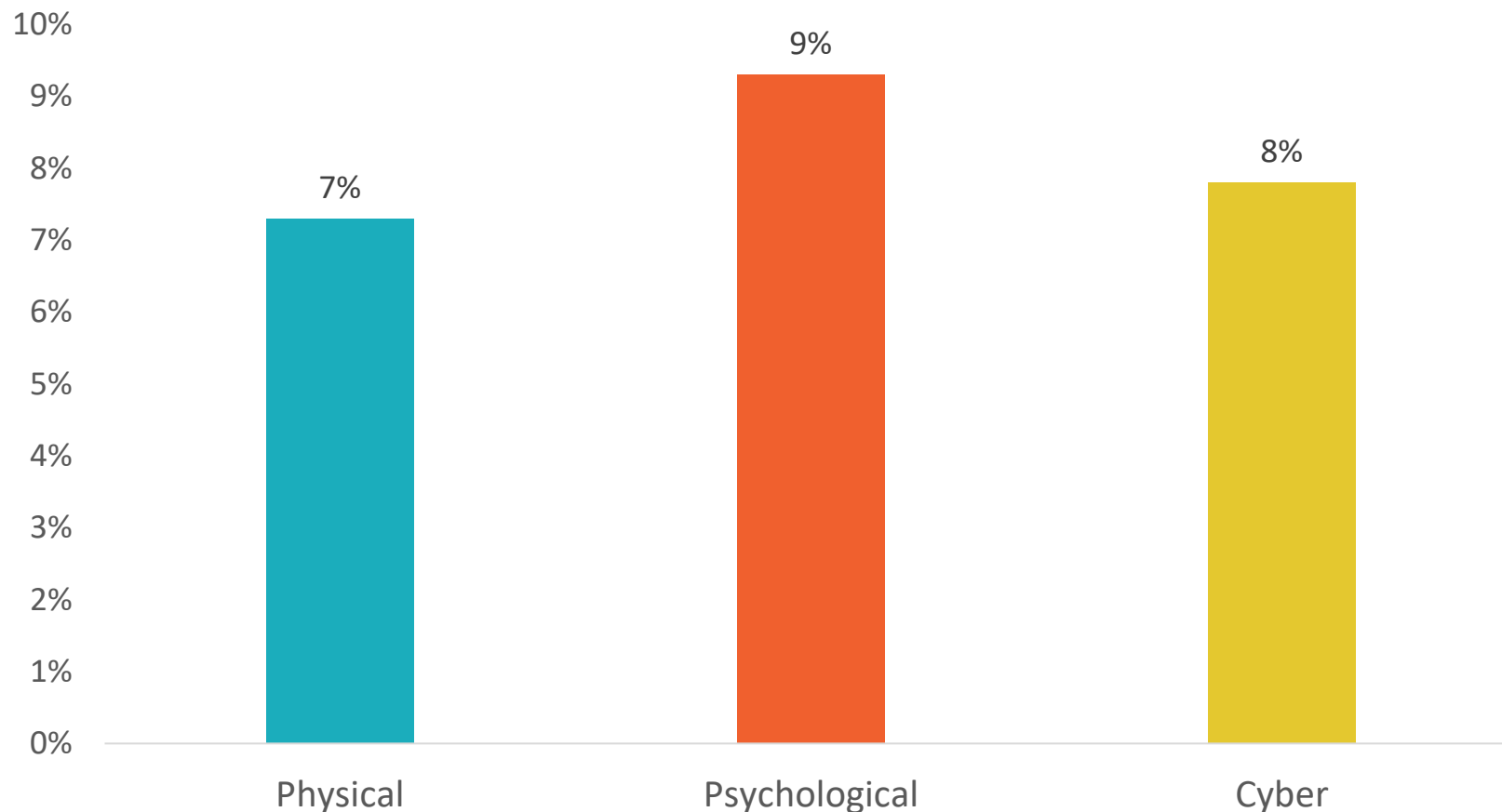


## Alberta Reportable STI Rates, Teens



# Dating Violence

## Perpetrated Dating Violence in last 12 months



# What is missing?



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

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

Puberty

STIs

Consent

Gender Equality

Personal Values

Relationships

Contraception

Sexual Orientation

# Comprehensive Sexual Health Education

Media Literacy

Reproduction

Pregnancy

Anatomy

Social Norms

Human Rights

Healthy Decision Making

# Parent Notification

## 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.

A sample notice form can be found in Appendix 4 of the  
[Guide to Education | Alberta.ca](#)



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# Education Act

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.**



# Parent Communication

What has worked in your school/community to increase participation in CSHE?





# Parent Portal

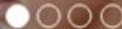


[INFORMATION BY AGE](#) ▾ [INFORMATION BY TOPIC](#) ▾ [TEACHING YOUR CHILD](#) ▾ [RESOURCES](#) ▾



## Welcome, Parents!

Providing you with the knowledge and confidence to talk comfortably with your child or teen about sexual health.



[Home](#) / [Parents](#)



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# Summary



- CSHE works
- Students are having sex
- Parents are partners

# Upcoming Sessions

- April 20 **Funny, Awkward, Shocking? How to Answer Questions in Sexual Health Class**
- April 24 **Teaching with Confidence: The New Grade 4 and 5 Sexual Health Curricula**
- April 26 **Teaching Junior High Sexual Health: The Good, the Bad and the Oily**
- May 1 **Teaching the New Grade 6 Sexual Health Like a Rockstar!**
- May 3 **How to Stay Calm Teaching Sexual Health in High School CALM**
- May 9 **Beyond the Banana: Info, Tools, and Resources to Teach About Birth Control and STBBIs**
- May 11 **Porn, Sexting and Consent: Sex Ed for Today's Classrooms**

| Thank you for coming!



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For more information, please contact  
**TSH@ahs.ca**

# Comprehensive Sexual Health Education: What it Is and Why it Matters

Resource List

## GroundRules

[Ground Rules - Teachers | Teaching Sexual Health](#)

[The Safe Zone Project](#)

## Comprehensive Sexual Health Education

[SIECCAN Canadian Guidelines for Sexual Health Education](#)

[Sex-Ed | Action Canada for Sexual Health and Rights \(actioncanadashr.org\)](#)

[Additional Resources - Teachers | Teaching Sexual Health](#)

## Sexual Health and Sexual Activity of Students

[Youth Sexuality: Stats and Trends](#)

[Alberta Reportable STI Rates](#)

[Youth Dating Violence by the Numbers - Youth Dating Violence \(prevnet.ca\)](#)

[Balance and Connection in BC: The Health and Well-being of our Youth](#) [Interactive](#)

[Health Data Application \(gov.ab.ca\)](#)

[The Health of Canadian Youth: Findings from the health behaviour in school-aged children study - Canada.ca](#)

## Parent Notification

[Notifying Parents - Teachers | Teaching Sexual Health](#)

[Guide to Education | Alberta.ca](#)

[Education Act - Open Government \(alberta.ca\)](#)