



teaching
sexual
health.ca

Grade 6

Learning Activity

Promoting Healthy Fetal Development

Learning Outcome

Students investigate human reproduction from fertilization to birth.

Promoting Healthy Fetal Development

Grade 6



Teaching Sexual Health

Finding Credible Sources of Reproductive Health Information

When it comes to reproductive health, it's important to get your information from credible sources. This includes the people that give accurate and trustworthy information like:

- Parents and caregivers
- Health professionals
- Teachers
- Spiritual leaders
- Knowledge Keepers and Elders

Sometimes you might hear about reproductive health information from other sources. Credible sources give you facts, not fear. They want you to feel safe and confident as you learn about your body and your health.

Write down three things you would look for to decide if a source has credible reproductive health information.



Promoting Healthy Fetal Development

Grade 6



Teaching Sexual Health

Let's think about some other sources of health information!

1. Look at this list.
2. Circle three you think are credible.
3. Underline two you are unsure about.

Family doctor

Friend your age

TikTok Influencer

Physical education teacher

Nurse

Grandparent

Government health website

Anonymous blog post

YouTube video from a healthcare provider

Knowledge keeper

Aunty

Adult cousin

Parent

Write why you think each of them are credible.

Source:

Is credible because:

Source:

Is credible because:

Source:

Is credible because:



Promoting Healthy Fetal Development

Grade 6



Teaching Sexual Health

Create an advertisement to encourage healthy fetal development.

1. Choose ONE format:

- ☐ Poster
- ☐ Infographic
- ☐ Series of 3 Instagram ads
- ☐ Video/TikTok
- ☐ Comic strip
- ☐ Podcast

2. Choose ONE audience:

- ☐ A pregnant person
- ☐ A partner of a pregnant person
- ☐ A family member of a pregnant person
- ☐ A Grade 6 student

3. Choose ONE or TWO topics:

- ☐ Things to avoid when pregnant
- ☐ What a pregnant person can do to promote healthy fetal development
- ☐ What another partner or family member can do to help a pregnant person to promote healthy fetal development

4. Plan it out: Sketch or script your idea before you start.

5. Create your final project: Get ready to share!



Promoting Healthy Fetal Development

Grade 6



Teaching Sexual Health

© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under the Creative Commons Attribution-Non Commercial-No Derivative 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. You are free to copy and distribute the work including in other media and formats for non-commercial purposes, as long as you attribute the work to Primary Care Alberta, do not adapt the work, and abide by the other license terms. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

