

# Integrating Comprehensive School Health in Grade 4

In grade 4, integrating the topic of puberty into other subjects can enhance sexual health education.

Examples include:

- Exploring stories about becoming an adolescent in Language Arts.
- Studying issues of hygiene in Science.
- Researching ways that other cultures and religions celebrate puberty in Social Studies.

Make sure you visit [Teaching Tools](#) to become more familiar with best practices in teaching sexual health.

## Healthy School Policy

- Create school policies regarding respect for diverse issues and encourage positive hygiene.
- Understand how the Alberta Human Rights Act requires parental consent.

## Partnerships & Services

- *Dear Chris* activity encourages students to identify various support systems.
- *Then, Now and Beyond* encourages students to examine participation in school and community
- Be aware of diverse issues and refer students to appropriate support systems as needed.
- Invite guest speakers such as the school guidance counsellor or a sexual health educator to conduct puberty kit exercises for developmentally delayed students or talk about the celebration of puberty in other cultures/religions.

## Social & Physical Environment

- *Ask an Adult, Puberty Changes* and *Advice Corner* require parental support.
- Students are encouraged to identify support people who can provide support throughout puberty.
- *The Me To Be* collages can be displayed in the classroom.
- Invite parents and community members to attend a sexual health information session prior to beginning sexual health instruction. See *Prepare Parents and the Community*.
- Offer students appropriate pamphlets that outline puberty change.
- Display posters in your school that celebrate puberty.

## Teaching & Learning

- Ensure instruction reflects the diversity that exists in your classrooms.
- Use Alberta Education Program of Studies.
- Use the interactive activities such as role-play, brainstorming, discussion, and digital media.

GRADE 4

Adapted from: Alberta Health Services (2012). *Comprehensive School Health: An Evidence-Based Approach for Creating Healthy School Communities*.