

# Integrating Comprehensive School Health in Grade 8

Make sure you visit *Teaching Tools* to become more familiar with best practices in teaching sexual health.

## Healthy School Policy

- Create school policies regarding sexual assault disclosures.
- Understand how the Alberta Human Rights Act requires parental consent.

## Social & Physical Environment

- *Feeling good at Home* requires parental/adult support.
- Students are encouraged to identify support people who can provide help in decisions surrounding contraception, STI and awareness around abuse.
- *Risky Behaviour* cards and the *Contraceptives Methods Chart* can be made into posters and displayed around the classroom.
- Offer students appropriate pamphlets that outline methods of contraception, STI and on information regarding abuse.
- Display posters in your school that promote a healthy body image.

GRADE 8

## Partnerships & Services

- *Health Services Detective* encourages students to identify community services.
- Various activities encourage students to identify various support systems and build skills toward accessing support.
- Be aware of diverse issues and refer students to appropriate support systems as needed.
- Invite a sexual health educator to support your lesson about the various methods of contraception or STI.

## Teaching & Learning

- Use Alberta Education Program of Studies.
- Use the interactive activities such as the *Personal Worth* role play, the *STI Autograph game*, brainstorming, and discussion.

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