

Integrating Comprehensive School Health in Grade 7

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.

Social & Physical Environment

- When I Was Your Age, Me vs. TV, Family Values, and Parent Interview require parental/adult support.
- Offer students appropriate pamphlets that outline sexual development, decision making and choosing abstinence.
- Display posters in your school that promote a healthy body image.

GRADE 7

Partnerships & 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 guest speakers such as the school guidance counsellor to conduct the puberty plays or other role play activities for developmentally delayed students.
- Invite a sexual health educator to talk about healthy body image or social influences on sexuality.

Teaching & Learning

- Use Alberta Education Program of Studies .
- Use the interactive activities such as role play, brainstorming, discussion, and media.

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