



# *COMPREHENSIVE* SEXUAL HEALTH MADE EASY

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# SEX

- ▶ Broad term that can change with the following:
  - Experiences-visual, auditory, kinesthetic, spiritual, emotional etc.
  - Desires
  - Knowledge/Education-informed decisions
  - Engagement-people, places, things conscious and/or unconscious
  - Based on values, beliefs, comfort levels



#1

WHAT GRADES DO YOU TEACH?

# YOU AND SEXUAL HEALTH EDUCATION

- ▶ To what extent did you receive sexual health education?
- ▶ What is something you wished you learned or knew about as a student?
- ▶ Personal exercise: Can write/draw on a piece of paper \*Please do not post on the chat

When I say the following what are your first thoughts/feelings?

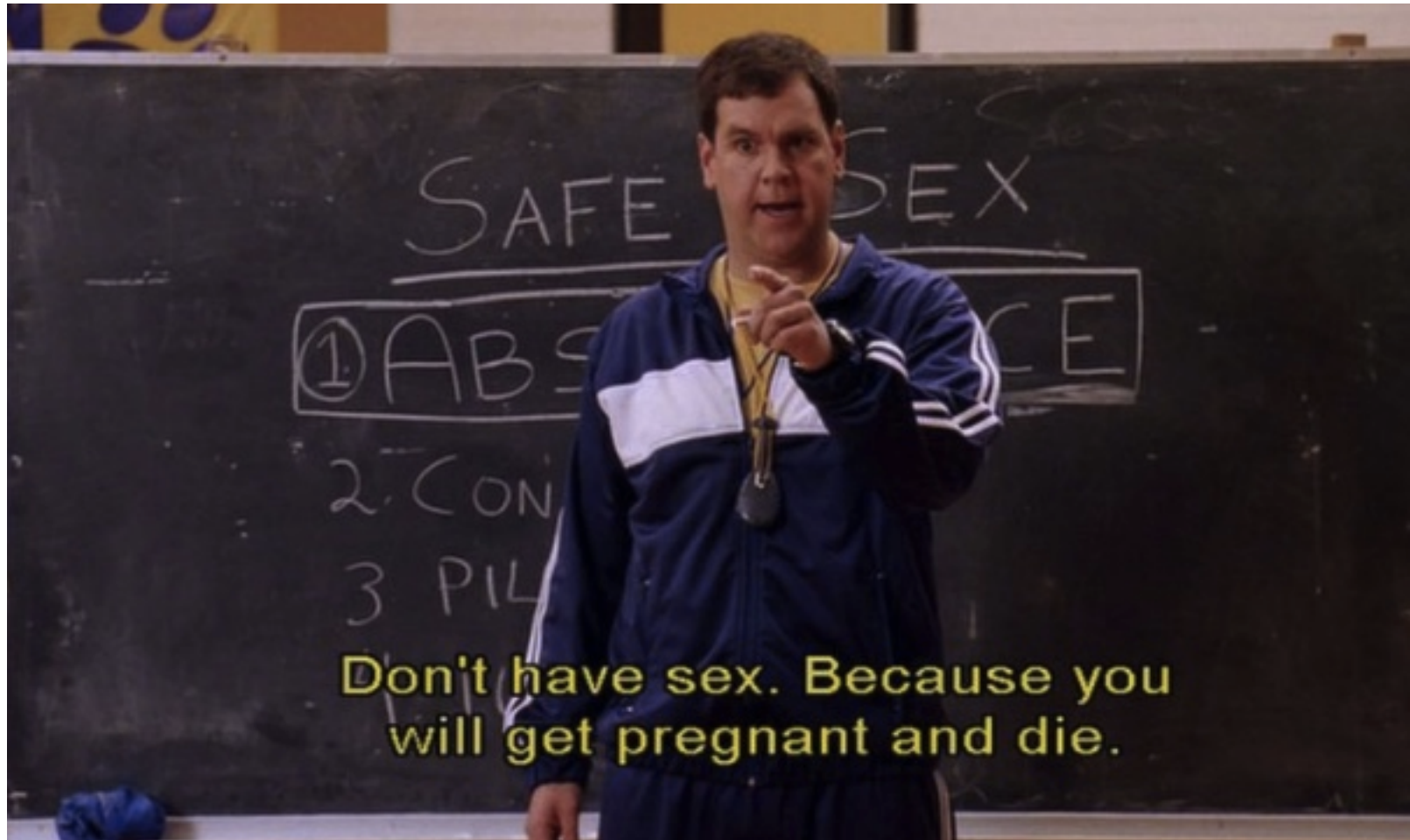
- Sexuality
- Consent
- Anal Sex
- ▶ Pay attention to how you felt when you saw the words, what came to mind? This is important moving forward as an educator teaching sexual health



*#2*

WHAT DO YOU FIND MOST DIFFICULT  
WHEN TEACHING SEXUAL HEALTH  
EDUCATION?

# SO WHAT IS MY ROLE AND RESPONSIBILITY AS AN EDUCATOR?



# ROLES AND RESPONSIBILITIES

- ▶ PROFESSIONAL

- Stick to the curriculum

- ▶ KNOWLEDGEABLE

- Role model proper terminology

- ▶ THINK CRITICALLY

- What are they really asking?

- ▶ OPEN MINDED

- Inclusive, respectful

- ▶ TRUSTWORTHY

- You are the askable adult



# SETTING THE CLASSROOM ENVIRONMENT

- ▶ No put downs-words, facial expressions, body language/sounds
- ▶ Respect each other
- ▶ No personal questions-stories
- ▶ It's okay to pass
- ▶ Questions are welcome-anonymous or not, create a question space (parking lot)
- ▶ Use correct terms
- ▶ Listen when others are speaking
- ▶ Respect personal boundaries
- ▶ We will be sensitive to diversity, and be careful about making careless remarks
- ▶ It's okay to have fun



*\*Teaching sexual health.ca*



# WHAT IS OUR GOAL FOR SEXUAL HEALTH EDUCATION?

- ▶ Understand the factors that contribute to healthy growth and development
- ▶ Make informed decisions and have strategies to solve problems for their personal health and well being
- ▶ Build healthy relationships by using effective communication and conflict resolutions skills
- ▶ Build self awareness and a sense of identity
- ▶ Build skills to keep them safe from harm (emotional, social, physical etc.)
- ▶ Build critical thinking skills



#3

WHICH AREA OF SEXUAL HEALTH  
EDUCATION WOULD YOU LIKE  
SUPPORT WITH?

# GRADES K-3 | CAN...

- ▶ Name the parts of the body both typical female and typical male
- ▶ Demonstrate and discuss appropriate and inappropriate ways of being touched
- ▶ Describe reliable health information sources
- ▶ Demonstrate and discuss practices that promote health and well being
- ▶ Apply strategies and skills to use in potentially hazardous, unsafe, abusive situations
- ▶ Identify my emotions and manage/express them in healthy ways
- ▶ Discuss the differences between a healthy relationship and an unhealthy relationship

# GRADES 4-6 I CAN...

- ▶ Demonstrate an understanding of and apply proper hygienic procedures for protecting own health and preventing the transmission of disease to others
- ▶ Demonstrate and discuss strategies for responding to bullying, discrimination and violence
- ▶ Describe and discuss puberty for all bodies, typical female and typical male bodies
- ▶ Apply skills (empathy, effective communication, active listening, boundaries) that support healthy relationships
- ▶ Describe potential hazards and understand how to stay safe at home, in the community and online
- ▶ Describe factors that support one's identity for healthy growth and living throughout life

# GRADES 7-9 I CAN...

- ▶ Describe and demonstrate healthy sexual decision making
- ▶ Describe, demonstrate and apply practices that reduce the risk of contracting STI's
- ▶ Locate and describe sources of health information
- ▶ Describe different types of healthy and unhealthy relationships
- ▶ List and describe ways to protect against STI transmission (contraceptives)
- ▶ Apply strategies to support my overall health and wellbeing
- ▶ Describe and understand my own personal boundaries
- ▶ Describe consent practices and strategies
- ▶ Describe the reproductive system and stages of life
- ▶ Identify intersecting factors that affect the development of a persons self concept, including their sexual orientation

# ANONYMOUS QUESTIONS FORMULA



- ▶ **NORMALIZE AND VALIDATE**

“Thanks for that great question!”

“Many students in Grade 4 wonder the same thing...”

- ▶ **CLARIFY**

Be sure you understand what is being asked. Rephrase, or ask what they think the answer is; gives you a sense of their knowledge and vocabulary.

- ▶ **ANSWER THE QUESTIONS HONESTLY**

Include facts. Maintain a matter-of-fact, neutral tone and expression. Keep it simple!

- ▶ **CHECK IN**

“Did that answer your question?” Use 1-800-SEX-SENSE for help!

# ANONYMOUS QUESTIONS

- ▶ NORMALIZE AND VALIDATE
  - ▶ CLARIFY
  - ▶ ANSWER THE QUESTIONS HONESTLY
  - ▶ CHECK IN
- ▶ Grade 1- "I like hugs, are hugs good touching?"
  - ▶ Grade 5- "Does anything bad happen during puberty?"
  - ▶ Grade 7- "How do you know someone likes you more than a friend?"
  - ▶ Grade 10- "My mom said the pill is bad because it causes blood clots, is this true?"



**#4**

**WHICH WOULD YOU PREFER IF WE  
OFFERED ANOTHER SEXUAL HEALTH  
EDUCATION WEBINAR?**



# FINAL COMMENTS

- ▶ Teaching respect for diversity and valuing everyone - every BODY
- ▶ Children have the right to an inclusive education free from discrimination
- ▶ Sexual Health Education is a part of the mandated curriculum set out by the Ministry of Education
- ▶ You are the professional, trusted, askable adult
- ▶ We are supporting our students overall wellbeing, health and safety
- ▶ Offering opportunities to make informed decisions with a comprehensive sexual health education curriculum
- ▶ Students are learning safe and healthy practices in loving oneself which offers the beauty of peace, kindness and care towards one's self and others

# RESOURCES

## GENERAL RESOURCES

- ▶ Canadian Guidelines for Sexual Health - <http://sieccan.org/sexual-health-education/>
- ▶ Options for Sexual Health - <https://www.optionsforsexualhealth.org/>
- ▶ Teaching Sexual Health - <https://teachingsexualhealth.ca/>
- ▶ Sex and U - <https://www.sexandu.ca/>
- ▶ Action Canada For Sexual Health and Rights - <https://www.actioncanadashr.org/>

# RESOURCES

## For Educators:

- ▶ The New Speaking of Sex: What your children need to know and when they need to know it. By Meg Hickling.
- ▶ The Transgender Child: A handbook for families and professionals. By Stephanie A. Brill.
- ▶ From Diapers to Dating: A parent's guide to raising sexually healthy children. By Debra W. Haffner.

## For K-3:

- ▶ Boys, Girls & Body Science: A first book about facts of life. By Meg Hickling.
- ▶ What's the big secret? : Talking about sex with girls and boys. By Laurie Krasny Brown.
- ▶ Who has what? : All about girls' bodies and boys' bodies. By Robie H. Harris.

# RESOURCES

## Grades K-3:

- ▶ It's NOT the Stork! A book about girls, boys, babies, bodies, families and friends. By Robie H. Harris.
- ▶ Amazing You! Getting smart about your private parts. By Gail Saltz.

## Grades 4-7:

- ▶ Hair in Funny Places. By Babette Cole. ISBN-13: 978-0099266266
- ▶ Puberty books written for younger girls and boys ages 8-11.
- ▶ On Your Mark, Get Set, Grow! A “what’s happening to my body?”By Lynda Madaras.
- ▶ It's Perfectly Normal: Changing bodies, growing up, sex, and sexual health. By Robie H. Harris.

# RESOURCES

## Secondary Level:

- ▶ S.E.X.: The all-you-need-to-know progressive sexuality guide to get you through high school and college. By Heather Corinna.
- ▶ Queer: The ultimate LGBT guide for teens. By Kathy Belge and Marke Bieschke.
- ▶ The Little Black Book for Girlz, a book on healthy sexuality. By St. Stephen's Community House.
- ▶ The Little Black Book for Guys: Guys talk about sex. By St. Stephen's Community House.
- ▶ Teen Health Source - <http://teenhealthsource.com/>
- ▶ Scarleteen - <https://www.scarleteen.com/>

# QUESTIONS?

- ▶ What is one thing you have learned and will put into practice after this webinar?
- ▶ What sexual health education resources have you been using currently, that have been beneficial when educating your students?



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