

Resources – Growth and Development

Some of the following resources can be found in the school board Library/Resource Center, school library or by contacting companies directly.

1. The Always Changing Program

A curriculum-linked resource designed to teach students in grade 5/6 about growth and development, puberty, personal hygiene and self esteem. It is available in English and French.

- A free video and Instructor's Guide
- Free booklets for girls, boys and parents
- Free product samples

Contact: Always Changing Program
Address: 20 Torbay Road, Markham, Ontario, L3R 1G6
Fax: 1-800-420-3616
Email: alwayschanging_vibrantfaces@ptm-health.com

2. Tambrands Teaching Kit

This free program provides a video (Kids to Kids: Talking About Puberty) which features boys and girls talking about their experiences with puberty and illustrated explanations of male and female anatomy and the menstrual cycle. Also provided is a teacher's guide to supplement the curriculum, reproducible black-line masters, activity sheets, a wall chart of the female reproductive system and product samples of tampons. Available in each elementary school library or can be borrowed from York Region Health Services.

3. The Vibrant Faces Program

This program is designed to promote a healthy and active lifestyle to adolescent females in Grades 7 and 8. The program addresses issues such as perceived incompetence, self-esteem, body image, puberty and motivation. It is provided free of charge to schools and is available in English and French. It contains:

- A Teacher/Leaders Event Guide
- Student Guidebooks
- Free product samples

Contact: Vibrant Faces Program
Address: 20 Torbay Road, Markham, Ontario, L3R 1G6
Fax: 1-800-420-3616
Email: alwayschanging_vibrantfaces@ptm-health.com

4. Express Yourself Safely – Safe Tattooing and Body Piercing

A curriculum-linked harm reduction program aimed at increasing the awareness of youth of strategies to reduce the risks associated with tattooing and body piercing.

York Region Health Services – Health Connection

1-800-361-5653

5. Healthy Sexuality - Choices Not Chances

This resource kit provides educators with ready to use information, materials and hands-on examples of birth control methods and protection devices related to healthy sexuality as outlined in *The Ontario Curriculum Grades 1 – 10, Health and Physical Education, 1998*.

It includes resource materials (teacher/student resource charts, fact sheets and pamphlets). The kit also includes examples of birth control methods and protection devices for STIs. Available in the resource library at YRDSB and online at www.york.ca/healthyschools

6. F. L. A. S. H. (Family Life And Sexual Health)

Jane Stongle M.Ed., copyright 1991/ 2007, Seattle & King County Department of Public Health.

F.L.A.S.H. is a comprehensive online sexuality curriculum. It is designed for students in grades 5-12 and secondary special education. It addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles. Free downloadable lesson plans for all grades.

<http://www.metrokc.gov/health/famplan/flash/>

7. Websites – statistics, information, fact sheets, activities, resources and lesson plans.

Society of Obstetricians and Gynaecologists of Canada
SIECCAN
Canadian Health Network

www.sexualityandu.ca

www.sieccan.org

www.canadian-health-network.ca

For more information call: York Region Health Services
Health Connection at 1 (800) 361-5653 or
www.york.ca/healthyschools

