

## **York Region Healthy Sexuality Program for schools Curriculum Resources and Support**

The Healthy Sexuality Program for schools includes information ([factsheets and pamphlets](#)), [curriculum resources and services](#) to promote healthy relationships and sexual health to youth in York Region.

### **1. Healthy Sexuality Resource Kit for Schools (formerly called ‘Birth Control Kit’)**

The resource kits for elementary or secondary schools provides Grades 7 to 12 educators with ready to use information and samples of birth control methods and protection devices related to healthy sexuality as outlined in the Ontario curriculum.

The samples in this kit are for in class demonstration purposes only. They are not to be handed out to students as they are past their expiry date or samples. The kit also provides information and resources related to the prevention, detection and treatment of sexually transmitted infections.

These kits (complete or parts) are available through York Region Sexual Health Program. Here are the some of the documents needed for your binder:

[General Information](#)  
[Contents List](#)  
[Binder Cover](#)  
[Spine](#)  
[Label for Kit](#)

Ordering Information:

- To order **components or complete kits**, send an email to [SHC@york.ca](mailto:SHC@york.ca) or call **1-800-361-5653 – sexual health line**
- To replace or obtain any **written documents**, fact sheets or pamphlets, please visit [www.york.ca/sexualhealth](http://www.york.ca/sexualhealth)
- To obtain Society of Obstetricians and Gynecologists of Canada products or resources, please visit <http://sexualityandu.ca/en/order-materials> or call 1-800-561-2416
- To view other Healthy Sexuality Resources and Curriculum supports available, please visit [www.york.ca/sexualhealth](http://www.york.ca/sexualhealth)

If you have any questions or comments, please call York Region *Health Connection* at **1-800-361-5653** and select **sexual health line** or TTY 1-866-252 9933 or send an email to [SHC@york.ca](mailto:SHC@york.ca)

The York Region District School Board media resource library will loan teachers the Healthy Sexuality Resource Kits for Schools.

## **2. Clinic Information Sheets**

Tear off sheets with information and locations of York Region Sexual Health Clinic services.

## **3. Healthy Sexuality DVD and School Resource**

A 7 minute [DVD](#) highlighting the York Region Sexual Health Clinic services and a [school resource package](#) including a self-reflection student resource, teacher/facilitator resource, student and teacher feedback forms.

Key topics include relationships, abstinence, STIs and decision making related to sexual health.

## **4. Clinic tours**

One hour tours of the [Sexual Health Clinics](#) are available. Book a tour by contacting the York Region *Health Connection* at 1- 800-361-5653, TTY 1-866-252-9933 (select sexual health).

## **5. Presentations**

- **York Region’s Sexual Health Clinics** (Grades 9-12). Public health nurses will visit classes for approximately 15 minutes to provide information on the sexual health services available to youth, including sexual health clinics, sexual health information and appointment line and our website. It is preferable for the nurse to visit several classes during the one visit. (Note: this does not include a lesson on contraception or STIs.)
  - **Sexual Orientation and Gender Identity.** Workshops, small group discussions and presentations are available to raise awareness and sensitivity and to help create inclusive environments. These presentations can be tailored to available time and interests. The topics and strategies that can be covered include a youth speaker, statistics, the Ontario Human Rights Code, interactive games and activities. Teachers or parent groups can also learn about the stages of coming out for youth and parents.
- 6. Public Health Nurses** are available for consultation and support on issues related to promoting sexual health in schools.

For more information or to ask for the resources or services, call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 (select sexual health) or visit [www.york.ca/sexualhealth](http://www.york.ca/sexualhealth).

## **Other Curriculum Resources**

Elementary:

Grade 1 – 8 Growth and Development

Ontario Physical Health and Education Association (OPHEA)

<http://www.ophea.net/programs-services/health-physical-education-hpe/hpe-curriculum>

There are eight individual resources – one for each grade. With over 1,000 lesson plans (approximately 130 per grade), the resources provide a high quality and comprehensive approach to implementing H&PE as a foundational component of healthy schools and communities. The resources are organized into two main sections that are consistent with the 2010 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living. As in the curriculum, activities that address living skills are integrated throughout.

Sexualityandu, [www.sexualityandu.ca/teachers](http://www.sexualityandu.ca/teachers), strategies and lesson plans, online student assignments and activities, The Society of Obstetricians and Gynecologists of Canada.

Classroom power point presentations on Puberty, STIs and contraception and student web quests for grades 4 to 6 and 7 to 9.

#### Grade 5 – 8 Growth and Development

*Always Changing* – a school based program for Grade 5 and 6

<http://www.phecanada.ca/programs/always-changing/vibrant-faces>

or <http://www.ophea.net/programs-services/more-resources/always-changing>

- A Changing Videotape for girls and boys - provides an age appropriate overview of growth and development at puberty. Includes three viewing versions (girl only, boy only and co-ed)
- Teacher's Guide - offers background information about puberty (for both girls and boys), teaching activities as well as reproducible student worksheets.
- On-line Resources
- Supplemental activities and quizzes
- Parent's permission letter supporting this program
- Student Materials:
  - Workbook - provides basic facts about puberty including ideas about menstrual protection products, how to talk to parents as well as personal hygiene
  - Product samples Packs. (Each female student receives one sample of: Always Clean Regular Pads, Always Slender Ultra Thin Pads and Always Thin Pantliners. Each male student receives one Old Spice product sample\* (\*while supplies last)

*Vibrant Faces* (Grade 7 and 8 girls only) <http://www.phecanada.ca/programs/always-changing/vibrant-faces>

or <http://www.ophea.net/programs-services/more-resources/vibrant-faces>

- Teacher's Guide - provides curriculum based lesson plans and themed activities addressing the physical, nutritional and emotional health of adolescent females as well as valuable health, hygiene and body care content.
- On-line Resources
- Supplemental activities and quizzes

- Parent's permission letter supporting this program
- Student Materials:
  - Workbook - provides guidelines for adolescent females to assist in the development of active, healthy lifestyles skills. Topics include becoming physically active, developing healthy eating habits, how to care for their bodies and how to achieve a healthy body/self image.
  - Product Sample (Each student receives one sample of Always Infinity Pads and Always Ultra thin Slender Pads, three Always thin Pantliners, two Tampax Pearl Tampons, one Tampac Compak Pearl Tampon and one Secret Antiperspirant/Deodorant)

Secondary:

(Healthy Living) Grade 9 and 10 Healthy Growth and Sexuality (1999) and Grade 11 and 12 Healthy Growth and Sexuality (2000)

Background Resources

- *Canadian Guidelines for Sexual Health Education 2008*, Public Health Agency of Canada [http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/cgshe\\_1e-eng.php](http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/cgshe_1e-eng.php)
- *Beyond the Basic: A Sourcebook on Sexual and Reproductive Health Education*, Canadian Federation for Sexual Health [http://www.cfsh.ca/Resources/Educational\\_and\\_Training\\_tools/](http://www.cfsh.ca/Resources/Educational_and_Training_tools/)
- *Sexual Health Education in the schools: Questions & Answers*, 2010, Sex Information and Education Council of Canada (SIECCAN) [www.sieccan.org](http://www.sieccan.org)

Practical Classroom Resources:

- Ontario Physical Health and Education Association (OPHEA) H&PE Curriculum Support Documents (Grades 9 & 10) to support the implementation of H&PE. The Support Documents (often called the H&PE Binders) include lesson plans, daily physical activity ideas, and black line masters. Materials for Grades 11 and 12 are also available <http://www.ophea.net/programs-services/health-physical-education-hpe/hpe-curriculum>
- *Youth Talk Back*, Youth and Teacher's Guide, Canadian Federation for Sexual Health [http://www.cfsh.ca/Resources/Educational\\_and\\_Training\\_tools/](http://www.cfsh.ca/Resources/Educational_and_Training_tools/)
- *The Fourth R, Skill-based lessons on violence prevention and promoting healthy relationships*, CAMH Centre for Prevention Science [www.youthrelationships.org](http://www.youthrelationships.org)
- *Sexualityandu.ca, TEACHERS, strategies and lesson plans, online student assignments and activities*, The Society of Obstetricians and Gynaecologists of Canada [www.sexualityandu.ca](http://www.sexualityandu.ca)
- *I heard it 'round the Internet: Sexual health education and authenticating online information lesson plan and resource*, Media Awareness Network [http://media-awareness.ca/english/resources/educational/lessons/elementary/internet/sex\\_health\\_e\\_d.cfm](http://media-awareness.ca/english/resources/educational/lessons/elementary/internet/sex_health_e_d.cfm)
- *Adolescent Sexual Health Education, An Activity Sourcebook*, Springer Publishing Company <http://www.springerpub.com/Search/Adolescent%20sexual%20health%20education>

- *Model Programs for Adolescent Sexual Health, Evidence-based HIV,STI and Pregnancy Prevention Interventions*, Springer Publishing Company (good resource for grade 11 – 12's)  
<http://www.springerpub.com/Search/Adolescent%20sexual%20health%20education>

*Healthy Sexuality – Sample Action Plan Activities for Secondary Schools* – great tool for a whole school approach to Healthy Sexuality