

# HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES TO SUPPORT SEXUAL HEALTH

## A comprehensive school framework for promoting healthy relationships and healthy sexuality, including safe online behaviours

CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<p><b><u>York Region Public Health</u></b></p> <ul style="list-style-type: none"> <li><b>Sexual health clinics</b> Information and appointment booking line 1-800-361-5653, select sexual health</li> </ul> <p>A sexual health Public health Nurse is available Monday to Friday from 8:30 am to 4:30 pm. Educators and school personnel are encouraged to refer students to clinics when needed. Educators can access support, book clinic tours and request resources including posters and tear offs from this line or by emailing <a href="mailto:shc@york.ca">shc@york.ca</a></p>	<p><b>Support professional learning for staff:</b></p> <ul style="list-style-type: none"> <li>Support professional development opportunities for staff. For example, offer sessions from OPHEA and/or YRDSB</li> </ul> <p><b>Promote peer-to-peer leadership opportunities:</b></p> <ul style="list-style-type: none"> <li>Support and educate student leaders to engage peers in activities that promote safe and healthy relationships</li> </ul> <p><b>Spread school-wide awareness:</b></p> <ul style="list-style-type: none"> <li>Post ‘Healthy Sexuality’ and/or ‘Healthy Relationships’ messages around your school</li> <li>Support student-lead creation of ‘Healthy Sexuality’ slogans</li> <li>Promote Gay – Straight Alliances (G.S.A.) or Equity clubs</li> </ul>	<ul style="list-style-type: none"> <li>Support a student voice that reflects the diversity of the student population</li> <li>Actively and regularly promote this voice in a designated space where students can ask questions and have discussions with school staff</li> <li>Advocate for programs and resources that support diversity and healthy relationships (e.g., clubs, intramural programs)</li> <li>Encourage students to participate and showcase their creativity in the <a href="#">Ready, Set, Create contest</a></li> <li>Advocate and support student inclusiveness and youth led and committees which allow students to contribute to decisions that affect student well-being</li> <li>Provide support for students related to exploring sexual health and relationships</li> </ul>	<ul style="list-style-type: none"> <li>Support staff and students collaboration to build a healthy and supportive environment that promotes and encourages self-esteem, self-efficacy and respect for others</li> <li>Encourage students to contribute ideas and discuss topics with peers related to promoting positive body image, self-confidence and sexual health</li> <li>Identify resources and supports available for students to discuss</li> <li>Display available York Region Public Health posters. For example, <a href="#">‘Is it time to put the brakes on your relationship?’</a> poster developed by York Region Public Health</li> <li>Create a school policy with guidelines reflecting Caring and Safe Schools policies and</li> </ul>	<ul style="list-style-type: none"> <li>Make sure processes are in place to establish partnerships and work with parents and community partners, like York Region Public Health, to provide information about teaching approaches and resources to support discussions related to human development and sexual health</li> </ul> <p><b>Parent resources:</b></p> <ul style="list-style-type: none"> <li>Read <a href="#">It's Easier Than You Think</a>, an excellent resource guiding parents and guardians in talking with your children about sexual health and wellbeing</li> <li><a href="#">Planned Parenthood</a> has excellent resources for parents with videos and tools to help discuss sexuality</li> <li><a href="#">Alberta Health Services: Teaching Sexual Health</a> provides parents with helpful information on how to talk to their kids and teens about sexual health</li> <li><a href="#">Peel Public Health</a> provides practical ways to discuss sexual health</li> </ul>

**Public Health**  
1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/healthyschools](http://york.ca/healthyschools)



# HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES TO SUPPORT [PROGRAM TITLE] – (SECONDARY OR ELEMENTARY) SCHOOLS

<ul style="list-style-type: none"> <li>• <b>Sexual health kits</b> York Region has provided most secondary schools with sexual health kits Access current <a href="#">sexual health fact sheets</a> on various sexual health topics Replenish your <b>sample supplies</b> by emailing <a href="mailto:shc@york.ca">shc@york.ca</a> or calling 1-800-361-5653, select sexual health Borrow <b>sexual health kits</b> from the YRDSB professional library. To order these kits, use the online booking system or email <a href="mailto:Media.Library.Resources@yrdsb.ca">Media.Library.Resources@yrdsb.ca</a></li> <li>• <a href="#">Sexual health curriculum support resources and classroom activities</a> have been developed to assist teachers in implementing the human development and sexual health components of the curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• Make healthy sexuality a part of the conversation at your school. Celebrate school-wide awareness events reflective of your school community or celebrate established ones such as:             <ul style="list-style-type: none"> <li>– <a href="#">HIV/AIDS Awareness – World AIDS Day</a></li> <li>– <a href="#">Day of PINK– Bullying Stops Here</a></li> <li>– <a href="#">National Sex and Reproductive Health Awareness Day</a></li> <li>– <a href="#">Sexual Assault Prevention Month – May</a></li> <li>– <a href="#">Pride Fest – June</a></li> <li>– <a href="#">AIDS Walk for Life</a></li> <li>– <a href="#">International day Against Homophobia</a></li> </ul> </li> </ul>		<p>procedures:</p> <ul style="list-style-type: none"> <li>• <a href="#">YRDSB – Equity and Inclusive Education</a></li> <li>• <a href="#">YRDSB – Fostering a safe, caring and inclusive environment</a></li> </ul> <p><i>An example of a component of high school mission and values statement,</i></p> <p>‘...values equity for all that embraces and celebrates the range of human diversity in our community, free from discrimination based on differences such as ethnicity, social class, ability, sexual orientation, gender, race and religion’ - Unionville High School</p>	<ul style="list-style-type: none"> <li>• <a href="#">The Ministry of Education</a> provides Curriculum support for parents for each grade</li> </ul> <p><b>Sex, internet and texting</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Planned Parenthood</a> has great resources under their tools section</li> <li>• <a href="#">Ministry of Education</a> has a quick facts sheet for online safety and sexting</li> <li>• <a href="#">Canadian Centre for Child Protection</a> offers a number of national programs, services and resources for educators, children and youth.</li> </ul> <p><b>Community Partners</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Domestic Abuse and Sexual Assault (DASA) Care Centre of York Region</a></li> <li>• <a href="#">Woman’s Health Network of York Region</a></li> <li>• <a href="#">Family Services of York Region</a></li> <li>• <a href="#">York Region Police</a></li> </ul>
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