

Elementary School Program

PART I: PARENTS' WORKSHOP (via live Zoom, 6:30pm-8:00pm)

- Reasons why we need to talk to children about sexual health at a young age,
- 5 stages of sexual development children progress through on their way to becoming sexually mature adults,
- What children should know at each stage, with specific examples of ways to explain body parts and processes,
- How to provide information to children in a way they will understand and remember (and minimize embarrassment for the parent!),
- How to effectively answer the questions children ask,
- How to reduce risk of child sexual abuse,
- What will be covered in Body Science sessions for students.

Time for open discussion and questions will be included. Parents' workshop can also be held in the morning, just after student drop-off.

PART II: STUDENT WORKSHOPS DURING SCHOOL DAY

Kindergarten and Grade 1 workshop (30 minutes)

- review of three private parts of the body: mouth, breasts, and genitals,
- that they have ownership of their bodies (basics of consent),
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus),
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse,
- that the baby grows in the uterus (not the stomach),
- that the baby is usually born through the vagina,
- that families are formed in different ways and are all unique,
- not to pick up condoms or needles.



Grades 2 and 3 workshop (40 minutes)

Everything previous grades have learned plus:

- The basics about periods (menstruation) and wet dreams (nocturnal emissions) as clean and healthy processes

Grades 4 and 5 sessions (60 minutes)

Everything previous grades have learned plus:

- the responsibilities that come with the decision to be in a sexual relationship,
- basic information about sexually transmitted infections (STIs),
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect,
- that homophobic and transphobic language, jokes, and attitudes are unacceptable,
- all about physical and emotional changes at puberty,
- basic assertiveness skills.

Grades 6 and 7 sessions (75 minutes)

Everything the previous age group has learned plus:

- smart decision making regarding social media, including discussion of cyber-bullying, sexting, and selfies, how to think critically about pornography,
- more about sexual consent in the context of relationships,
- how to think critically about gender stereotypes,
- factors contributing to a healthy relationship,
- factors to consider when exploring emotional readiness for a sexual relationship,
- the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy,
- that most teens are not sexually active,
- about condoms and emergency contraception (EC) use,
- the importance of taking responsibility of one's health (for example, testicular self-examinations),
- and where to go for confidential support.

