GVSD 61 Sexual Health Education Resource Guide:

Kindergarten - Grade 8 (2026)

This resource list has been curated by Greater Victoria School District in partnership with Island Health.

SD61 and Island Health do not take responsibility for the resources contributed and/or accuracy of all material contained in these contributed resources. Using any resources requires your own professional assessment.

Updated - October 2026

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- Island Sexual Health Text Line
- Activity Kits
- Understanding Sexuality & Sexual Health
- Additional Teaching Resources
  - Interactive Tools
  - Recommended Book List
  - External Programs & Presenters

French Immersion Resources

Conversation & Messaging Guides for Educators

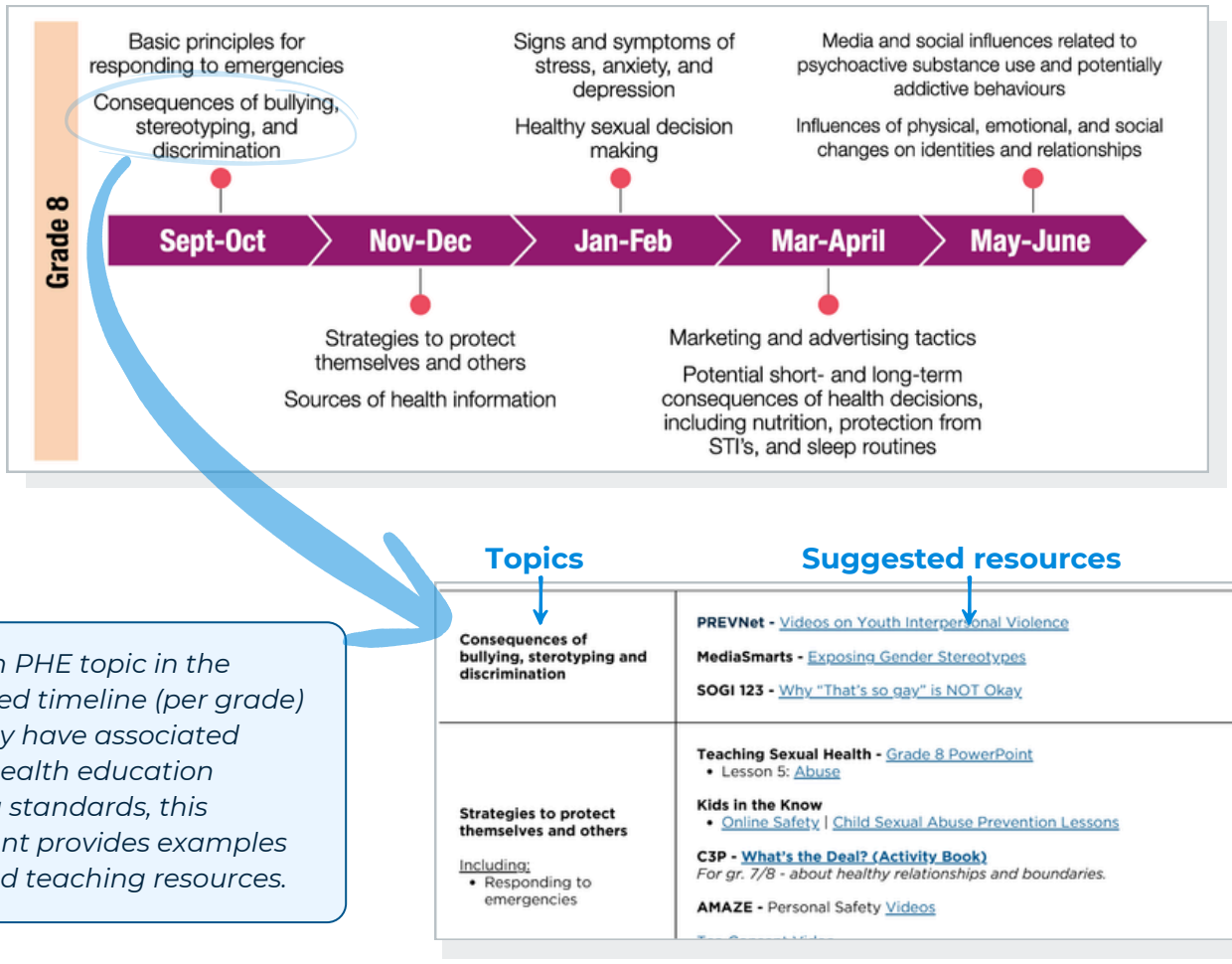
Further Professional Learning

Additional Parent / Caregiver Resources

How to use this resource

The B.C. Ministry of Education & Childcare **Supporting Student Health Guide (2022)** includes "K-Grade 10 Suggested Topics" (related to the B.C. Physical & Health Education [PHE] Curriculum) to cover throughout the year.

Example of suggested topics & timeline from the Supporting Student Health Guide - BC Curriculum



For each PHE topic in the suggested timeline (per grade) that may have associated sexual health education learning standards, this document provides examples of related teaching resources.

Age-appropriate sexual health topics have also been highlighted for each grade.

This guide helps educators find FREE, ready-to-use resources that support teaching the B.C. PHE sexual health learning standards. The guide is intended to support professional judgment and does not include every available resource.

WE WANT YOUR FEEDBACK

Have feedback, notice a broken link, want to suggest a resource?
We'd love to hear from you! Please e-mail mmoore@sd61.bc.ca and cc: healthyschools@islandhealth.ca

Acronym Glossary

CSHE	Comprehensive Sexual Health Education
PHE	Physical and Health Education
SIECCAN	Sex Information and Education Council of Canada
SOGI	Sexual Orientation and Gender Identity
STBBI	Sexually Transmitted and Blood-Borne Infection
STI	Sexually Transmitted Infection

Points of Practice: Teaching Sexual Health Education

We encourage all educators to review the Supporting Student Health Guide especially pp. 4-8 as there are helpful suggestions for teaching health topics. These include: **getting started, how to handle disclosures, notes on language, daily classroom practices, follow up and resources**.

Each topic in the guide also has considerations and how to respond to the unexpected in your classroom.

It is also important to recognize that sexuality and sexual health are intertwined with social, emotional, physical, mental and spiritual well-being. Therefore, by teaching PHE curriculum **you are already teaching many components of sexual health education**.

You may also want to review the following to support your practice:

B.C. Physical and Health Education Curricular Competencies

curriculum.gov.bc.ca/curriculum/physical-health-education

Educators should be familiar with the Sexual Health Education Curricular Competencies under the PHE curriculum. This will ensure that teachers are meeting the sexual health curriculum for each year.

Better to Know: Comprehensive Sexual Health Education

Note: While this resource follows the BC PHE Curriculum, it is based in the Yukon. Some of the support services are only applicable to Yukon residents. For BC-specific supports, please refer to Sources of Health Info.

- Kindergarten to Grade 12 - Read pp. 3-15 to understand the importance of Comprehensive Sexual Health Education (CSHE), **guidelines for teaching CSHE** and utilizing an Anonymous Question Box.
- Comprehensive sexual health education overview

Island Health PHE Recommended Resources

Best Practices for Educators: Teaching About Sexual Health

Self-reflection:

- Is there a topic I feel less confident in teaching?
- If so, which resources and colleagues are available to support my learning?

Communications to Parents/Guardians

Consider including the following information in communications to parents and guardians at the start of each school year:

- □ Outline the B.C. PHE curriculum topics you will cover this school year
- □ Share date/timeline
- □ Include recommended parent and guardian resources
- □ Provide educator contact information
- □ Encourage questions

See the next page for a sample letter.

Sample Letter to Parents/Guardians

Dear Parents/Guardians,

Sexual and mental health is part of the PHE (Physical and Health Education) curriculum. When students know information about their body, they are empowered to make healthy decisions. As our province has moved to a more holistic approach to health, knowing how our bodies and minds develop is vital to children keeping themselves healthy and safe.

Students will be learning about their bodies as they develop both physically and emotionally. This learning will take place in a safe space. Throughout the year, students will be learning a variety of topics. Please see below for a rough guideline for the year's learning. All information shared will be from the Grade **(X)** curriculum, which you can view online at: https://curriculum.gov.bc.ca/curriculum/physical-health-education

- September – October: (list topics to be covered)
- (continue for the rest of the year)...

Parents and guardians are essential partners in the sexual health education of their children. The Canadian Guidelines for Sexual Health Education indicate that schools should focus on teaching facts, and not specific values. It is important for parents and guardians to follow up with students and share their family values. Here are some things you can do at home:

- Ask students if they have any questions about what they are learning.
- Share family values related to sexual health topics.
- Review sexual health education resources together (see below for recommendations).
- Complete any follow-up activities together that the school sends home.

If you have questions about any of the topics covered in Health, I would be happy to discuss this further. I look forward to all the learning we will be doing together this year.

External sexual health education resources:

For parents & guardians and students:
- Videos at AMAZE – amaze.org
- (list grade / age-specific resources)

For parents & guardians:
- (list grade / age-specific resources)

Adapted from Supporting Student Health Guide - BC Curriculum, Better to Know: Comprehensive Sexual Health Education and SIECCAN Canadian Guidelines for Sexual Health

Scope & Sequence + Curriculum Resources

Examples of lesson plans or teaching materials have been directly provided to support learning of each PHE topic listed and associated sexual health education learning standards. If you would like to refer back to the resource's homepage to look for additional materials, most of the resources listed in each grade scope & sequence have largely been drawn from the following:

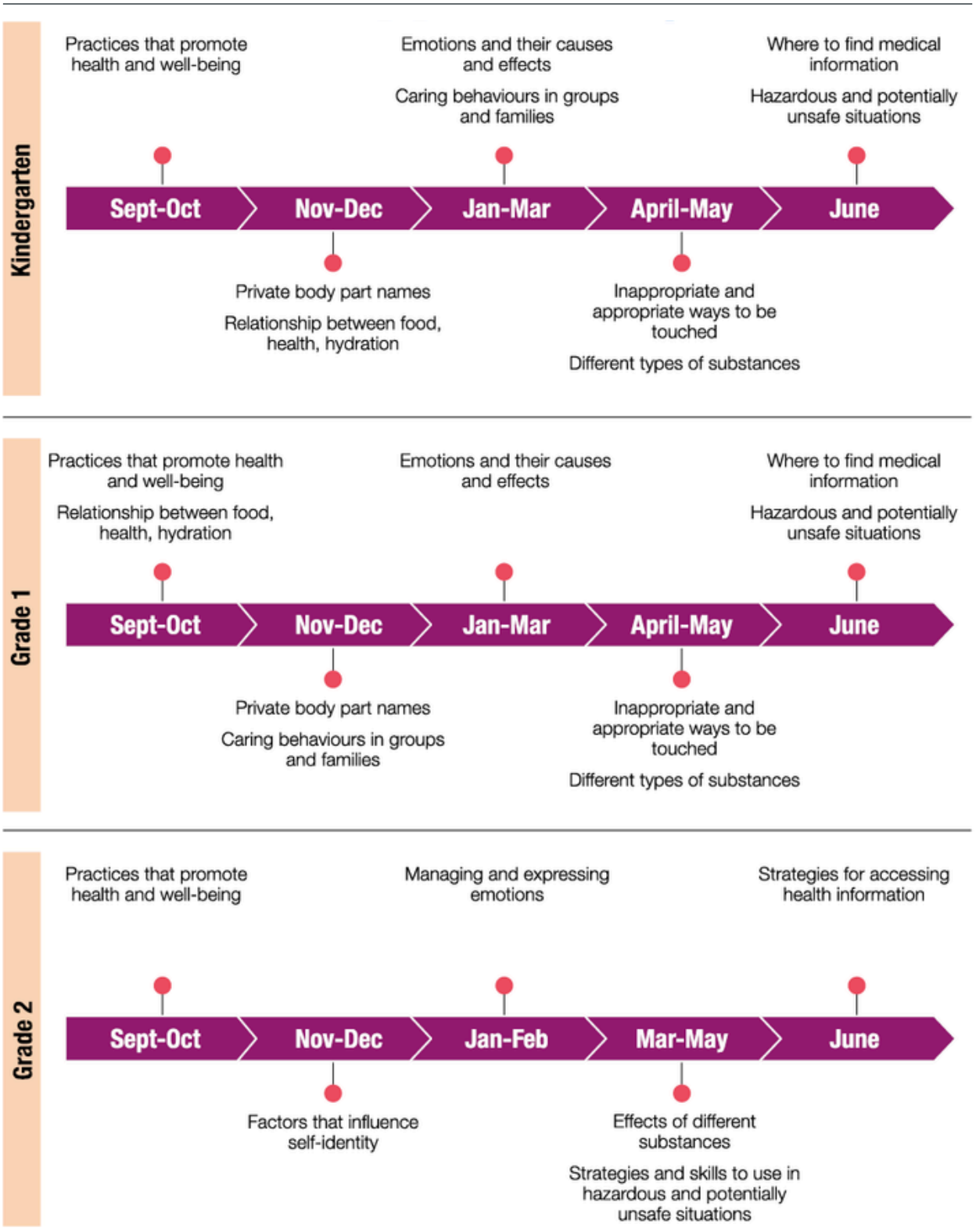
	Location
AMAZE	United States
Being Me Being Us	BC
Better to Know: Comprehensive Sexual Health Education (CSHE)	Yukon
Common Sense Media	United States
Canadian Centre for Child Protection (C3P)	Canada
Elementary Mental Health Literacy	Alberta
Everyday Anxiety Strategies for Educators (EASE)	BC
Kids in the Know	Canada
Media Smarts	Canada
National Eating Disorder Information Centre (NEDIC)	Canada
Sex Ed Toolkit	Quebec
SOGI 123	Canada
Teaching Sexual Health	Alberta

The resources were chosen based on the following criteria:

- Alignment with the BC PHE curriculum, with a particular focus on Health curriculum
- Consistent with evidence-based practices in effective health education
- Available at no or low cost
- Originating from BC or Canada, though high-quality resources from other regions are also included if they meet the above criteria

There are many more curriculum resources available. Explore SIECCAN (Sex Information & Education Council of Canada) and visit their "Promising Practices Portal" to access comprehensive, up-to-date Canadian sexual health resources and educational materials.

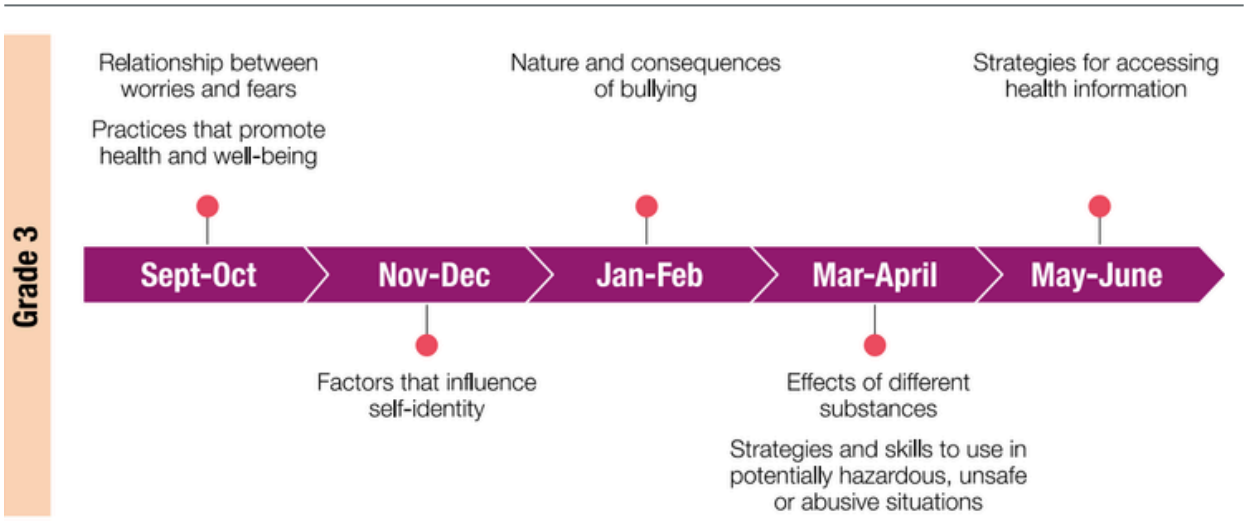
PHE K-2 Topics & Suggested Timeline:



From the [Supporting Student Health Guide]

Kindergarten to Grade 3 - Introduction

PHE 3 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for K-3 include:

- Body parts, body boundaries and personal safety
- Body image, self-esteem and caring for one's body
- Where babies come from and the many ways a family is made
- Healthy, caring, respectful behaviours and relationships
- Managing emotions and conflict resolution
- Trusted adults and seeking help

Grade 2/3:
- Puberty basics
- Digestive / reproductive systems

For detailed CSHE topic areas: SIECCAN Benchmarks for K-3

EDUCATOR CONSIDERATIONS

Review Points of Practice

Invite families to be partners by explaining that the K-3 curriculum is about **abuse prevention**.

Consider connecting with your school librarian to review suitable storybooks that may support teaching the above topics.

Kindergarten to Grade 3 - Resources (1/2)

Practices that promote health & well-being Including: • caring & respectful behaviours	**Fraser Health** - Healthy Relationships - Elementary Video **Educate2Empower** • Boundary Setting Poster & Activity Pack • BIG WORDS for Little People • Key Body Safety Phrases **Every Day Speech** - Being a Good Sport *Play skills can support relationship-building/friendship skills* **Do Bugs Need Drugs** - Wash your Hands Lesson Plans *Learning about germs builds the foundation for understanding sexually transmitted infections in future grades. Handwashing and hygiene promotes health and supports care and respect for one's body.* The Island Health Healthy Schools Team in Greater Victoria has a Glo Germ handwashing teaching kit available for loan to SD61 elementary schools. Contact healthyschools@islandhealth.ca to arrange borrowing the kit.
Factors that influence self-identity Including: • physical, emotional and social changes as students grow older • personal skills, interests and preferences	**What Makes a Baby Storytime** *read by Cory Silveryberg (author)* **SOGI 123** - What is a Family? *Cross-curricular link: Social Studies Curriculum - honouring diversity* • *e.g. diverse families, cultures, backgrounds, traditions, values, personal & family history etc.)*
Nature and consequences of bullying	**UVIC WITS for Schools (Primary Program) -** wits.uvic.ca *Free - you just need to register* **Gender Spectrum** - What Can I Say? (in a nice way)
Emotion management **Relationship between worries and fears**	**EASE** (Healthy Minds BC) - Kindergarten - Grade 3 **C3P** - Big Feelings Come and Go Storybook *The digital storybook (PDF and read-along video) is free and* ***available in multiple languages.***

Kindergarten to Grade 3 - Resources (2/2)

Private body part names **Strategies and skills to use in potentially hazardous, unsafe or abusive situations** Including: • identifying and accessing sources of support for disclosing uncomfortable experiences • appropriate & inappropriate ways of being touched	**Better to Know - CSHE: Kindergarten to Grade 3** • Body Parts and Safe Touch Video & Teaching Guide • Grades K to 3 (pp. 28-52) **Consent for Kids Video** **Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons • 7 Root Safety Strategies Sheet **C3P** • Personal Safety Sheet *Digital storybooks (PDF and read-along video) are free* • Teatree's Keep and Speak Secrets • Baxter Bunny brings his Buddies • Hooty Knows • Tulee Means Business • Cosmo Trusts His Instincts • Makoons' Keep and Speak Secrets • Billy and Basmah Bring a Buddy Along *For gr. 3*: Safety Rocks Activity Book

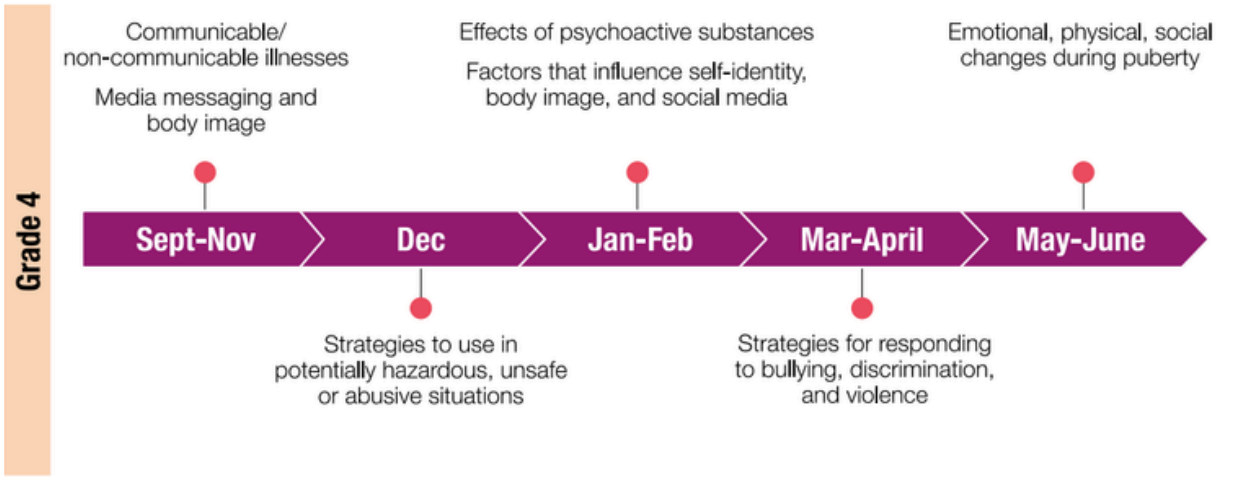
PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** - For Parents
  - 5 and 6 Year Olds
  - 7, 8 and 9 Year Olds
- **AMAZE Junior** for parents/guardians and their children ages 4-9
- **Canadian Centre for Childhood Protection** (C3P) - My First Safety Book
  - Safety planning information for parents/guardians of children ages 4-7 years. *Physical and digital versions are available for free.*
- **Kids in the Know** - Child Development Safety Sheet (5-7 years)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 6-8 year old about personal safety

Also check out the General Parent/Caregiver Resources

Grade 4 - Introduction

PHE 4 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for Grade 4/5 include:

Everything from previous grades
(in more detail)

- Consent
- Puberty changes (physical, emotional, social)
- Self-care and hygiene
- Basic info about reproduction & sexually transmitted infections
- Media influences on body image, relationships & online safety
- People have different values re: relationships, family & sexuality

For detailed CSHE topic areas: SIECCAN Benchmarks for Grades 4/5

EDUCATOR CONSIDERATIONS

Visit **Better to Know - CSHE: Grade 4** (pp. 5-18) to review the rationale, guidelines & summary of PHE 4 learning standards related to teaching CSHE.

- Start with **"Lesson 1: Getting Started with Comprehensive Sexual Health Education"** (pp. 20-31).

Review Points of Practice

Better to Know: Wellness Guide (Gr. 4-7)
This student guide was developed by Yukon health professionals to explain the changes to expect during puberty and how to take care of yourself.

Grade 4 - Resources (1/2)

Media messaging and body images	**Better to Know - CSHE: Grade 4** • Lesson 9: Media & Stereotyping (pp. 122-128) **MediaSmarts -** The Anatomy of Cool **Being Me Being Us -** Media Literacy and Body Image
Strategies to use in potentially hazardous, unsafe or abusive situations Including: • avoidance or assertiveness strategies	**Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons • 7 Root Safety Strategies Safety Sheet • Zoe & Molly Online - *online safety website for gr. 3 / 4 students* **C3P - Safety Rocks (Activity Book)** *For gr. 3/4 - to help them learn about emotions, habits and everyday safety strategies* **Better to Know - CSHE: Grade 4** • Lesson 2: Private Parts and Safe Touch (pp. 32-53) • Lesson 7: Personal Space & Physical Boundaries (pp. 101-112) • Lesson 8: Personal Boundaries (pp. 113-121) **Protect Yourself Rules** - Grades 4-6 Video *Contains 7 lessons to help students learn what to do if confronted with unsafe or abusive behaviours & situations; and that it is not their fault.*
Factors that influence self-identity, body image and social media	**Better to Know - CSHE: Grade 4** • Lesson 6: Self-esteem (pp. 92-100) **Elementary Mental Health Literacy** **Teaching Sexual Health - Grade 4 Learning Activities** • Who am I and Who am I becoming? • My Future Self Collage **Being Me Being Us** • The Mirror Inside: Understanding Self-Concept and Body Image • Words and Thoughts Matter • Body Talk **NEDIC - Beyond Images: Grade 4** • Lesson 1: Banishing Body Talk • Lesson 2: My True Colours • Lesson 3: Friendship & Self-Esteem

Grade 4 - Resources (2/2)

Strategies for responding to bullying, discrimination and violence	**Better to Know - CSHE: Grade 4** • Lesson 10: Online Communication & Cyberbullying (pp. 129-135) **3Rs Curriculum** - Lesson 3: Taking a Stand Against Bullying **NEDIC - Beyond Images: Grade 4** • Lesson 4: Friendship & Taking a Stand
Physical, emotional, and social changes during puberty	**Teaching Sexual Health - Grade 4 Learning Activities** • **Social, Emotional, Physical Puberty Changes** • **Puberty Kit**  • *Additional:* Celebrating Growing Up | Ask an Adult Advice Corner | Dear Chen Letter Writing **Better to Know - CSHE: Grade 4** • Lesson 3: Puberty Changes that Everyone Experiences (pp. 55-62) • Lesson 4: Puberty Changes for Different Bodies (pp. 63-85) • Lesson 5: Puberty Changes & Reproduction (pp. 86-91) **AMAZE** - Early Puberty: All the Changes Video

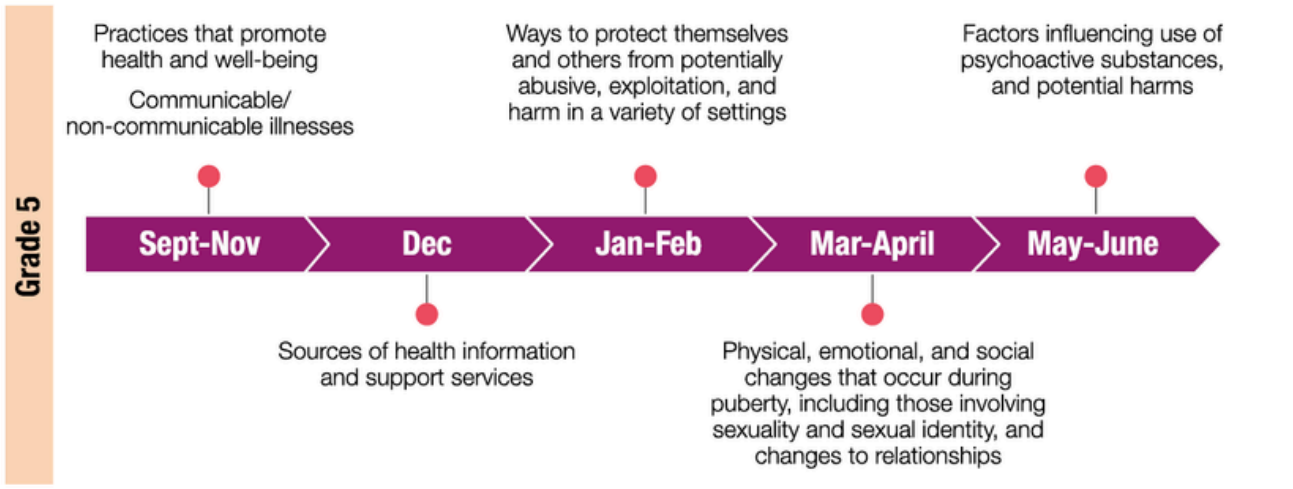
PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** (For Parents) - 10, 11 and 12 Year Olds
- **Kids in the Know** - Child Development Safety Sheet (8-9 Years)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 9-10 year old about personal safety

Also check out the General Parent/Caregiver Resources

Grade 5 - Introduction

PHE 5 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for Grade 4/5 include:

Everything from previous grades
(in more detail)

- Consent
- Puberty changes (physical, emotional, social)
- Self-care and hygiene
- Basic info about reproduction & sexually transmitted infections
- Media influences on body image, relationships & online safety
- People have different values re: relationships, family & sexuality

For detailed CSHE topic areas: SIECCAN Benchmarks for Grades 4/5

EDUCATOR CONSIDERATIONS

Visit **Better to Know - CSHE: Grade 5** (pp. 5-18) to review the rationale, guidelines & summary of PHE 5 learning standards related to CSHE.

- Start with **"Lesson 1: Getting Started with Comprehensive Sexual Health Education"** (pp. 19-31).

Review Points of Practice

Better to Know: Wellness Guide (Gr. 4-7)
This student guide was developed by Yukon health professionals to explain the changes to expect during puberty and how to take care of yourself.

Grade 5 - Resources (1/2)

Practices that promote health & wellbeing & prevent communicable / non-communicable illnesses	**Better to Know - CSHE: Grade 5** • Lesson 1: Getting Started with Comprehensive Sexual Health Education (pp. 20-31) • Lesson 6: Self-esteem (pp. 92-99) **AMAZE -** Healthy Relationships Video | Lesson Plan **Elementary Mental Health Literacy**
Sources of health information	Explore Sources of Health Info on p. 28
Ways to protect themselves & others from potentially abusive, exploitation and harm in a variety of settings Including strategies for: • responding to discrimination • developing & maintaining healthy relationships • promote a safe & caring environment	**Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons • Instinct Scenarios • If I Asked to Go **C3P** - **Be Smart, Strong and Safe (Activity Book)** *For gr. 5/6 - to develop an understanding of how our feelings are connected to our actions; healthy and unhealthy behaviours; how to set boundaries; and how to talk to a safe adult when something makes them feel uncomfortable.* **Better to Know - CSHE: Grade 5** • Lesson 2: Private Parts and Safe Touch (pp. 32-53) • Lesson 7: Making Decision (pp. 100-106) • Lesson 10: Critically Analyzing Media (pp. 119-126) • Lesson 11: The Curiosity Gap and Clickbait on the Internet (pp. 129-135) **My Body Safety Rules video** - 5 things every child should know **Sex Ed Toolkit** • Lesson 1: **Setting Boundaries & Dealing with Sexual Harassment** ◦ My Boundaries Handout ◦ Sexual Harassment Myths & Facts Activity **SOGI 123** • Questioning Gender Stereotypes • Gender Identity & Media Stereotypes • Gender Self-Portrait **Common Sense Media** - Communicating Personal Boundaries *Includes digital boundaries. Free - you just need to register.*

Grade 5 - Resources (2/2)

Physical, emotional, and social changes that occur during puberty and adolescence, including those involving sexuality and sexual identity, and changes to relationships	**Better to Know - CSHE: Grade 5** • Lesson 3: Puberty Changes that Everyone Experiences (pp. 54-62) • Lesson 4: Puberty Changes for Different Bodies (pp. 63-85) • Lesson 5: Puberty Changes and Reproduction (pp. 86-91) • Lesson 8: Friendships, Interests and Values (pp. 107-111) • Lesson 9: Conflict Resolution (pp. 112-118) **Teaching Sexual Health** - Grade 5 Presentation • Lesson 1: Puberty Review • Lesson 2: The Journey of an Egg • Lesson 3: The Journey of a Sperm • Lesson 4: Reproduction • Student Workbook 

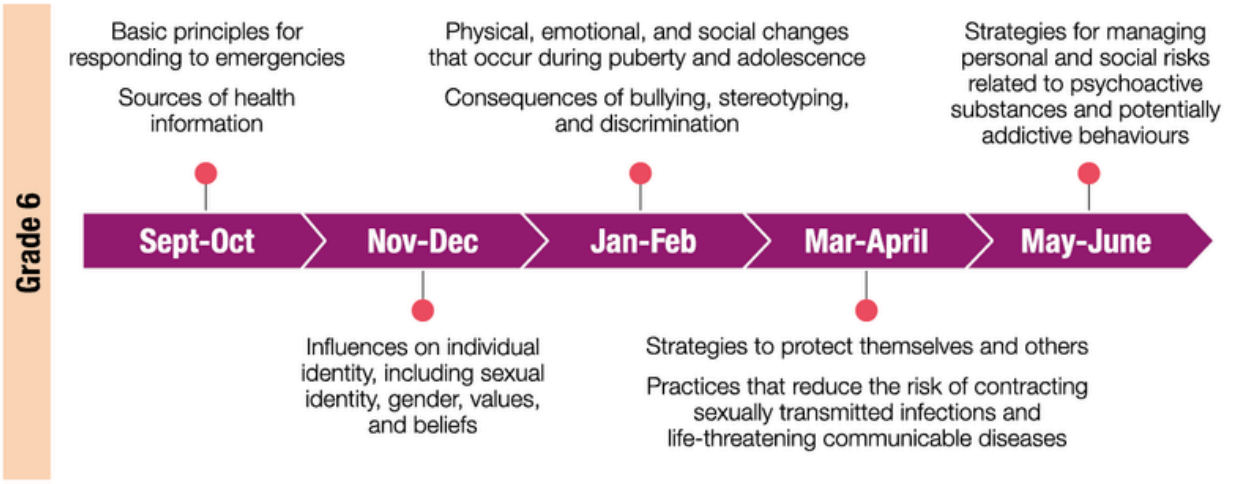
PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** - 10, 11 and 12 Year Olds
- **Kids in the Know** - Child Development Safety Sheet (10-11 Years Old)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 9-10 year old about personal safety

Also check out the General Parent/Caregiver Resources

Grade 6 - Introduction

PHE 6 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for Grade 6-8 include:

Everything from previous grades
(in more detail)

- Consent & autonomy - including laws surrounding it
- More details about puberty, reproduction & STIs
- Skills - handle rejection, ending interpersonal relationships
- Sexual decision making
- Taking responsibility for one's health
- Recognize and respond to unhealthy & abusive relationships and situations (including online harms)

For detailed CSHE topic areas: SIECCAN Benchmarks for Grades 6-8

EDUCATOR CONSIDERATIONS

Visit **Better to Know - CSHE: Grade 6** (pp. 5-17) to review the rationale, guidelines and summary of PHE 6 learning standards related to teaching sexual health education.

- Start with **"Lesson 1: Getting Started with Comprehensive Sexual Health Education"** (pp. 19-30).

Review Points of Practice

Better to Know: Wellness Guide (Gr. 4-7)
This student guide was developed by Yukon health professionals to explain the changes to expect during puberty and how to take care of yourself.

Grade 6 - Resources (1/2)

Sources of health info	**AMAZE -** Finding an Adult you can Trust Video **Elementary Mental Health Literacy** Explore Sources of Health Info on p. 28
Influences on individual identity, including sexual identity, gender, values and beliefs	**Better to Know - CSHE: Grade 6** • Lesson 9: Gender identity, sexual orientation and sex assigned at birth (pp. 96-105) **Sex Ed Toolkit** • Lesson 2: **Introducing Gender Identity** ◦ Every Body Tool ◦ Harmful Stereotypes Worksheet ◦ Gender Match Game & Answer Key • Lesson 3: **Sexuality, Stereotypes and Social Norms Lesson Plan** ◦ Scenarios Handout ◦ Heart Cut Out ◦ Sexuality Match Game & Answer Key **Being Me Being Us** • Body Talk: The Inside & Outside of Being Me • The Mirror Inside (scroll down for gr. 6/7 adaptation) • Media Literacy and Body Image (scroll down for gr. 6/7 adaptation)
Physical, emotional, and social changes that occur during puberty and adolescence	**Better to Know - CSHE: Grade 6** • Lesson 2: Puberty Changes that Everyone Experiences (pp. 31-39) • Lesson 3: Puberty Changes for Different Bodies (pp. 40-57) • Lesson 4: Puberty Changes and Reproduction (pp. 63-68) **Teaching Sexual Health** - Grade 6 Presentation • Lesson 1: Sex, Reproduction and Consent ◦ Consent Role Plays • Lesson 2: Birth control and STBBIS • Lesson 3: Growing a Baby • Student Workbook *Consider using an Activity Kit* **Sex Ed Toolkit** • Lesson: The Role of Puberty in Emotional and Romantic Life ◦ Handout: Puberty Myths and Facts **AMAZE -** Emotional Health Toolkit

Grade 6 - Resources (2/2)

Strategies to protect themselves and others Including: • Responding to emergencies needhelpnow.ca erasereportit.gov.bc.ca	**Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons • Assertive Skills **C3P** - **Be Smart, Strong and Safe (Activity Book)** *For gr. 5/6 - to develop an understanding of how our feelings are connected to our actions; healthy and unhealthy behaviours; how to set boundaries; and how to talk to a safe adult when something makes them feel uncomfortable.* **Better to Know - CSHE: Grade 6** • Lesson 6: Self-Esteem (pp. 76-83) • Lesson 7: Values and Friendships (pp. 84-89) • Lesson 8: Assertive Communication (pp. 90-95) • Lesson 10: Don't Feed the Phish (pp. 106-115) • Lesson 11: Safely Chatting Online (pp. 119-126) **Common Sense Media** • Sharing & Online Disinhibition • What are Online Harms
Practices that reduce the risk of contracting STIs and life threatening communicable diseases	**Better to Know - CSHE: Grade 6** • Lesson 5: Sexually Transmitted Infection (pp. 69-75) **Kids Boost Immunity** - How to Handle your Vaccines Like a Champ *Create a free account to access free presentation and lessons. Includes an explanation of the Human Papilloma Virus (HPV), an STI that can also cause some cancers, and how the HPV vaccine provides protection.* • *Note: The HPV vaccine is routinely recommended for gr. 6 students. See HealthLinkBC File Grade 6 Immunizations in BC* • *SIECCAN Poster - What you Need to Know about HPV (youth)*

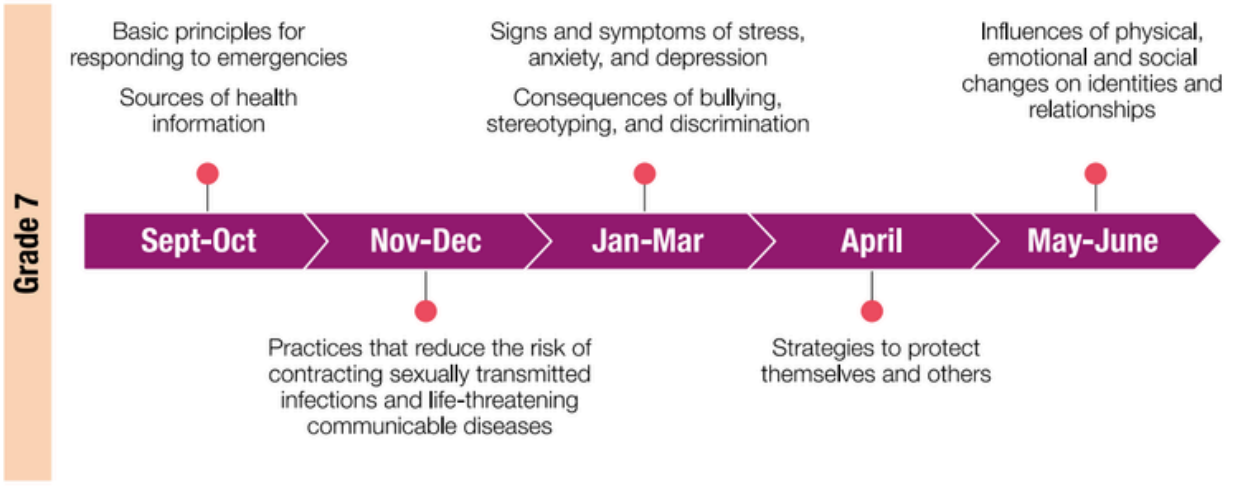
PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** - 10, 11 and 12 Year Olds
- **Kids in the Know**
  - Child Development Safety Sheet (10-11 Years Old)
  - Child Development Safety Sheet (11-12 years)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 11+ year old about personal safety

Also check out the General Parent/Caregiver Resources

Grade 7 - Introduction

PHE 7 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for Grade 6-8 include:

Everything from previous grades
(in more detail)

- Consent & autonomy - including laws surrounding it
- More details about puberty, reproduction & STIs
- Skills - handle rejection, ending interpersonal relationships
- Sexual decision making
- Taking responsibility for one's health
- Recognize and respond to unhealthy & abusive relationships and situations (including online harms)

For detailed CSHE topic areas: SIECCAN Benchmarks for Grades 6-8

EDUCATOR CONSIDERATIONS

Visit **Better to Know - CSHE: Grade 7** (pp. 5-17) to review the rationale, guidelines and summary of PHE 6 learning standards related to teaching sexual health education.

- Start with **"Lesson 1: Getting Started with Comprehensive Sexual Health Education"** (pp. 19-30).

Review Points of Practice

Better to Know: Wellness Guide (Gr. 4-7)
This student guide was developed by Yukon health professionals to explain the changes to expect during puberty and how to take care of yourself.

Grade 7 - Resources (1/2)

Sources of health info	**MediaSmarts -** I Heard It 'Round the Internet Explore Sources of Health Info on p. 28
Practices that reduce the risk of contracting STIs and life-threatening communicable diseases	**Better to Know - CSHE: Grade 7** • Lesson 5: Sexually Transmitted Infections (pp. 69-75) Go to Activity Kits > Contraception ("Birth Control") Kit • Using an External Condom • Using an Internal (Vaginal) Condom
Consequences of bullying, stereotyping and discrimination	**PREVNet -** Videos on Youth Interpersonal Violence **Better to Know - CSHE: Grade 7** • Lesson 8: Gender Identity, Sexual Orientation and Sex Assigned at Birth (pp. 95-104) **Teaching Sexual Health** - Grade 7 • Gender, Body Image & Social Influences **MediaSmarts** • Lesson: Gender Stereotypes & Body Image • **Impact! How to Make a Difference When You Witness Bullying Online**
Strategies to protect themselves and others Including: • Responding to emergencies needhelpnow.ca erasereportit.gov.bc.ca	**Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons **C3P - What's the Deal? (Activity Book)** *For gr. 7/8 - about healthy relationships and boundaries.* **AMAZE** - How to get out of an Unhealthy Relationship Video **Better to Know - CSHE: Grade 7** • Lesson 6: Healthy vs Unhealthy Lifestyle and Self-Care (pp. 76-83) • Lesson 7: Developing Healthy Self-Concept (pp. 84-94) • Lesson: 9: Body Image and the Media (pp. 105-111) • Lesson 10: Sexual Health Education and Authenticating Online Information (pp. 112-121) **Common Sense Media** • Parasocial Relationships • Boundaries & Consent - *including in our digital lives*

Grade 7 - Resources 2/2

Influences of physical, emotional and social changes on identities and relationships	**Better to Know - CSHE: Grade 7** • Lesson 2: Puberty Changes that Everyone Experiences (pp. 31-39) • Lesson 3: Puberty Changes for Different Bodies (pp. 40-62) • Lesson 4: Puberty Changes and Reproduction (pp. 63-68) **Teaching Sexual Health** - Grade 7 Presentation • Lesson 1: Puberty Review • Lesson 2: Reproduction • Lesson 4: Abstinence • Lesson 5: Decision Making 

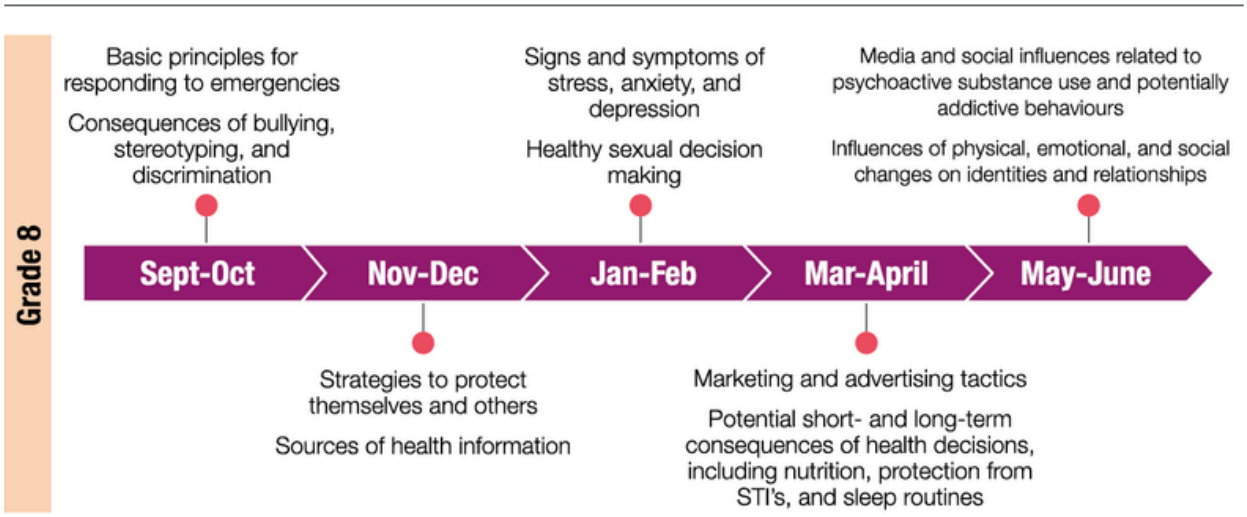
PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** - 10, 11 and 12 Year Olds
- **Kids in the Know** - Child Development Safety Sheet (11-12 years)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 11+ year old about personal safety

Also check out the General Parent/Caregiver Resources

Grade 8 - Introduction

PHE 8 Topics & Suggested Timeline:



From the Supporting Student Health Guide

Sexual health topics for Grade 6-8 include:

Everything from previous grades
(in more detail)

- Consent & autonomy - including laws surrounding it
- More details about puberty, reproduction & STIs
- Skills - handle rejection, ending interpersonal relationships
- Sexual decision making
- Taking responsibility for one's health
- Recognize and respond to unhealthy & abusive relationships and situations (including online harms)

For detailed CSHE topic areas: SIECCAN Benchmarks for Grades 6-8

EDUCATOR CONSIDERATIONS

If students have never had a sexual health lesson before, visit:
Better to Know - CSHE: Kindergarten to Grade 12 and start with the lesson **"Grades 4 to 7: Puberty Changes and Reproduction"** (pp. 53-86)

Review Points of Practice

Better to Know (Website for Grades 8-12 students)
This website was developed by Yukon health professionals for Grades 8-12 students to answer questions related to sexual health and sexuality.

Grade 8 - Resources (1/2)

Consequences of bullying, sterotyping and discrimination	**PREVNet -** Videos on Youth Interpersonal Violence **MediaSmarts -** Exposing Gender Stereotypes **SOGI 123 -** Why "That's so gay" is NOT Okay
Strategies to protect themselves and others Including: • Responding to emergencies needhelpnow.ca erasereportit.gov.bc.ca	**Teaching Sexual Health -** Grade 8 PowerPoint • Lesson 5: Abuse **Kids in the Know** • Online Safety | Child Sexual Abuse Prevention Lessons **C3P - What's the Deal? (Activity Book)** *For gr. 7/8 - about healthy relationships and boundaries.* **AMAZE -** Personal Safety Videos Tea Consent Video **Common Sense Media** • Social Norms & Tech • AI Chatbots & Friendship • The Pressure to Sext
Sources of health info	**MediaSmarts -** I Heard It 'Round the Internet **Better to Know (Student Website)** Explore Sources of Health Info on p. 28
Healthy sexual decision making	**Better to Know - CSHE: Kindergarten to Grade 12** • Grades 8-12 - Sexual Decision-Making (pp. 95-131) ◦ *Objective 1: Reproductive Anatomy (pp. 95-105)* ◦ *Objective 2: Physical Health & Sexual Activity (pp. 106-112)* ◦ *Objective 3: Emotional Health & Consent (pp. 113-131)* **Teaching Sexual Health** - Grade 8 PowerPoint • Birth Control - Lesson • Lesson 4: Responsibilities & Choices **AMAZE** Sexual Decision Making Toolkit 

Gr. 8 - Resources (2/2)

Short & longer-term consequences of health decisions (protection from STI's)	**Teaching Sexual Health** - Grade 8 • Lesson 2: STBBIs **Better to Know - CSHE: Grade 7** • Lesson 5: Sexually Transmitted Infections (pp. 69-75) *Reliable sources of health info on STIs:* • www.sexandu.ca/stis/ • smartsexresource.com/sexually-transmitted-infections/
Influences of physical, emotional and social changes on identities and relationships	**Better to Know - CSHE: Grade 7** • Lesson 2: Puberty Changes that Everyone Experiences (pp. 31-39) • Lesson 3: Puberty Changes for Different Bodies (pp. 40-62) • Lesson 4: Puberty Changes and Reproduction (pp. 63-68) **Teaching Sexual Health** - Grade 8 • Lesson 1: Going through Puberty **AMAZE** • What is Sexuality? - Handout • Gender Identity & Sexual Orientation Videos

PARENT / CAREGIVER RESOURCES

- **Teaching Sexual Health** - 13, 14 and 15 Year Olds
- **Kids in the Know** - Child Development Safety Sheet (13-15 years)
- **Second Step** - How-To Guide: Hot Chocolate Talk
  - A guide for parents/guardians to talk to their 11+ year old about personal safety

Also check out the General Parent/Caregiver Resources

Sources of Health Info and Support Services

Please note that the following resources have been curated with a focus on supporting children & youth. Many of the resources are not solely intended for youth and may include information relevant to adults, including parents/caregivers and school staff.

Websites

There are many sources of health information related to sexuality and sexual health. Here are a few reliable websites.

		Location
SexAndU.ca	**Sex & U** - The Society of Obstetricians and Gynecologists of Canada youth site provides accurate, credible and up-to-date information on topics related to sex, sexuality and reproductive health.	Canada
SmartSexResource.ca	**Smart Sex Resources** - A service provided by the BC Centre for Disease Control offers comprehensive sexual health education resources and information on services in BC.	BC
OptionsForSexualHealth.org	**Options for Sexual Health** - Offers sexual health care, information, and education from a feminist, pro-choice perspective.	BC
sieccan.org	**Sex Information and Education Council of Canada (SIECCAN)** - Works with educators, health professionals, community organizations, governments and other partners to promote the sexual and reproductive health of Canadians.	Canada
Amaze.org	**AMAZE** - takes the awkward out of sex ed. Real info in fun, animated videos with all the answers you want to know about your body and relationships.	United States
ActionCanadaSHR.org	**Action Canada for Sexual Health & Rights** - is a voice for sexual health and rights in Canada and globally	Canada
HealthLinkBC.ca	**HealthLink BC** - Provides reliable non-emergency health information and advice in BC.	BC
gov.bc.ca/gov/content/erase	**erase = expect respect & a safe education** - helps students, adults, and school staff build safe, caring and inclusive school communities.	BC
KidsHelpPhone.ca	**Kids Help Phone** - Young people can get information about how their thoughts, feelings and behaviours are connected and what they can do to care for their well-being.	Canada

FYI

The 2023 B.C. Adolescent Health Survey conducted by McCreary Centre Society indicates that B.C. youth in Grade 7-12 who wanted reliable information about sexual health commonly approached parents/caregivers, peers and online resources. **38% didn't know where to go.**

Sources of Health Info & Support Services

Text, Phone and Web Services for Health Information

Got questions related to sexual health? These services can provide information and resources.

		Text	Web Chat	E-mail	Phone
Island Sexual Health	**250-812-9374** Text line that provides answers to basic sexual health questions.	✓			
Sex Sense	***optionsforsexualhealth.org/sex-sense*** | **1-800-739-7367** Experts offer info and resources on sexuality and sexual health.			✓	✓
Kids Help Phone	***KidsHelpPhone.ca*** | **text CONNECT to 686868** Get support on your phone or computer any time, about anything, via text or web message.	✓	✓		✓
HealthLink BC	**8-1-1** Call for non-emergency health information and services.				✓
TransCare BC	***TransCareBC.ca*** **| 1-866-999-1514** Health navigators can help identify health care system pathways for gender-affirming care			✓	✓

Local Health Services

Refer to website for current hours of operation and for additional information on services.

The Clinic @ Island Sexual Health	**Location: 3960 Quadra Street, Victoria | Phone: 250-592-3479** Offers inclusive, pro-choice, sex positive services and client-centred sexual health care for people of all genders, orientations, abilities, and ages in Greater Victoria, B.C.
Foundry Victoria	**Location: 546 Yates Street, Victoria | Phone: 250-383-3552** Offers a variety of health and wellness services for youth ages 12-24 and their families, including physical & sexual health care, peer support, gender affirming care and 2SLGBTQIA+ supports.
Foundry Virtual	Young people aged 12-24 and their caregivers living in B.C. can access free mental health and wellness services virtually through the Foundry BC app.
Victoria Native Friendship Centre (VNFC) - **Primary Care Clinic**	**Location: Unit 209 - 2951 Tillicum Road, Victoria | Phone: 250-940-2669** For Indigenous youth & families. Call the clinic to learn more about how to get connected to a nurse practitioner or family physician for primary care.
GetCheckedOnline	***GetCheckedOnline.com*** Online service that offers testing for sexually transmitted and bloodborne infections.

Sources of Health Info & Support Services

Crisis Support

Call 9-1-1 for urgent help, emergency care or if your safety is at risk or go to your nearest emergency department.

Refer to the website for current hours of operation and for additional information on services.

9-8-8 Crisis Help Line	call/text: **9-8-8** Help when you need it or are worried about someone you know.
Vancouver Island Crisis Line	call: **1-888-494-3888** | text: **250-800-3806** | web chat: ***vicrisis.ca*** Serving communities of Vancouver Island, VI Crisis provides short-term non-judgmental support, crisis intervention, information and resources.
KU-US Crisis Line	call: **1-800-588-8717** | text: **778-601-8009** | web chat: ***kuu-uscrisisline.com*** Free crisis and support line for Indigenous people in BC.
Metis Crisis Line	**1-833-METIS-BC** (1-833-638-4722) Support for Métis people of all ages in BC.
Helpline for Children	call: **310-1234** (no area code) For children and youth under 19 years of age to talk to someone about abuse / neglect.
Crisis Centre BC	call: **310-6789** (no area code) BC Mental Health and Crisis Response.
Kids Help Phone	call: **1-800-668-6868** | text: **686868** | web chat: ***KidsHelpPhone.ca*** You can connect with a trained, volunteer crisis responder for support on your phone or computer any time, about anything, via text or web message.
Youth Against Violence Line	call: **1-800-680-4264** | e-mail: **211-Victimlinkbc@uwbc.ca** If you're feeling unsafe or threatened, or if you're worried about a friend, call, text or e-mail and learn about what type of support is available.
Trans Lifeline Crisis Support	**1-877-330-6366** Provides trans peer support for people in Canada
Racist Incident Helpline	**1-833-HLP-LINE** (1-833-457-5463) If you or a loved one have experienced or witness racism in BC, help is available

Abuse, Bullying, and Trauma Support

You are not alone. Medical, counselling and victim supports are available.

Note: If a student discloses abuse to school staff, please connect with your school counsellor and admin and follow district policy.

erase Report It Tool	**eraserepportit.gov.bc.ca** Anonymous reporting tool for students to seek help or submit reports if you see or hear something that concerns you.
Victoria Child Abuse Prevention & Counselling Centre (VCAPCC)	Responds to children, youth and families affected by sexual abuse and other trauma, by providing victim services, counselling, prevention and intervention.
Victoria Sexual Assault Centre (VSAC)	Dedicated to supporting women, Trans, Two-Spirit, and Gender-Diverse survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, and empowerment.
Island Health Forensic Nurse Examiner (FNE) Program	Gives expert care for people who have experienced sexual assault and or intentional relationship violence. • Ask to see an FNE at the emergency department, urgent primary care centre, primary care clinics or call the Vancouver Island Crisis Line or VSAC Access line.
PEACE/Children Who Witness Abuse Program	The PEACE (Prevention, Education, Advocacy, Counselling and Empowerment)/Children Who Witness Abuse Program is a free, confidential program across BC for children and youth aged 3 to 18 who have experienced domestic violence. Locally offered at: • Victoria Women's Transition House Society
NeedHelpNow	**NeedHelpNow.ca** If you or someone you know under the age of 18 has been negatively impacted by the sharing of an intimate or sexual image, or have been sexually victimized online, the support team at NeedHelpNow is here to help.

Additional Resources

The following links are provided for information only and do not imply an endorsement of views, products, or services.

Indigenous	
Victoria Native Friendship Centre (VNFC) - **Youth Services**	VNFC offers programming for Indigenous children and youth, including 1:1 Youth Support, monthly drop-ins + an annual event for 2SLGBTQIA+ youth and their allies, etc.
First Nations Health Authority - **Sexual Well-being Learning Model**	The Indigenous Wellness Program at the First Nations Health Authority uses a 'sexual wellbeing model' to build and strengthen conversations around traditional knowledge and ways of being in regards to healthy sexuality.
Native Youth Sexual Health Network (NYSHN)	An organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

Newcomers	
SIECCAN Projects - **Newcomer Youth**	Sexual health promotion fact sheets for newcomer youth in multiple languages (English, French, Chinese, Spanish and Punjabi)

2SLGBTQIA+	
Gender Generations Project	Hosts biannual weekend retreats for Trans, Two Spirit, Non-Binary, and other gender diverse youth (ages 5-18). The project fosters connections between the youth and adult mentors with shared or similar gender identities and backgrounds who can support and inspire them to live their truths in spite of adversity.
QCHAT	call: **1-855-956-1777** | text **- 250-800-9036** | web chat: ***qchat.ca*** An LGBTQIA2S+ peer support association that provides peer support and referral services to queer and/or trans youth (no age minimum).
Trans Care BC	Trans Care BC connects trans people, their loved ones and clinicians with information, education, training and support.

Different Abilities	
Talking about Sexuality in Canadian Communities (TASCC)	**tascc.ca** TASCC provides tools and strategies for parents, service providers and youth with disabilities
SIECCAN Projects - **Autistic and Disabled Youth (physical disabilities)**	SIECCAN is developing two capacity-building toolkits to improve service provider knowledge and skills to promote sexual health and well-being among Autistic youth and disabled youth with physical disabilities. Each toolkit includes (1) policy guidelines, (2) a service provider guide, and (3) sexual health information sheets for youth.

Island Sexual Health Text Line

250-812-9374

Students

This local resource is available to students to anonymously text in their sexual health and they will receive a response from a professional sexual health educator within 24 hours. Recommended for students in Grade 6 or higher.

Educators

If educators receive a student question that they find challenging to answer even after reviewing some of the resources in this guide, Island Sexual Health (ISH) is open to providing support through the text line - in a limited capacity.

Educators would have to identify that they are a teacher, the grade level they are teaching along with the question and ISH can respond with an appropriate answer.



ISH has text line promotional materials such as business cards and posters. Order print or digital copies using this form.

Teaching Tool:
Activity Kits

The following activity kits are tools that can be assembled, re-used, and shared with other teachers at your school to teach specific sexual health topics. Most of the materials are from **Teaching Sexual Health*** unless otherwise indicated.

Puberty Kit (Grades 4-8)

- Personal hygiene - print the photos and text OR collect physical items
- Puberty changes
- Early Puberty Changes Video *(AMAZE.org)*
- Taking Care of your Body During Puberty Video *(AMAZE.org)*



Sexual Reproduction Steps Kit (Grade 5-8)

- Step-by-Step Reproduction Cards
- Pregnancy & Reproduction Explained Video *(AMAZE.org)*

For additional content and information, see TSH lesson plans:

- Grade 5 - The Journey of an Egg | The Journey of a Sperm | Reproduction
- Grade 7 - Reproduction

Contraception ("Birth Control") Kit (Grades 6-8)

- For physical cards - print the Birth Control Kit file
- For virtual cards - access birth control flashcards
- Poster *(Options for Sexual Health)*

Using an External Condom
Video
Teacher Notes *for in-class demo*
Class Activity

Using an Internal (Vaginal) Condom
Video
Teacher Notes *for in-class demo*

For additional content and information, see TSH lesson plans:

- Grade 6 - Lesson 2: Birth Control & STBBIs
- Grade 8 - Lesson 3: Birth Control

**At the time of publication, Teaching Sexual Health is updating their teaching resources. Most of the materials listed above are from their "Legacy Resources".*

Teaching Tools:
Understanding Sexuality & Sexual Health

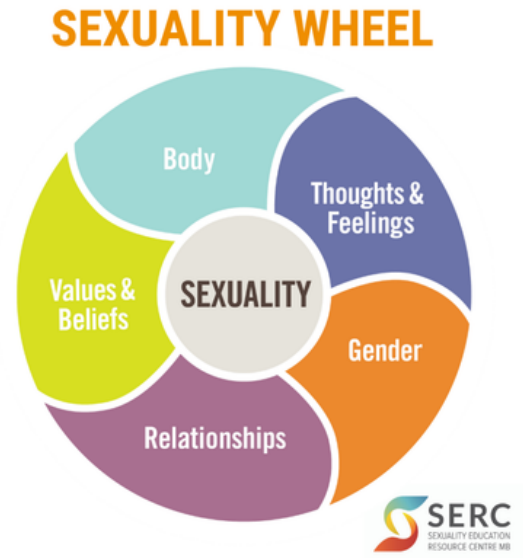
Sexuality

"...a central aspect of being human throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors." (WHO, 2006a)

Examples of visual tools to help understand the concept of sexuality:

Teaching Sexual Health - The Sexuality Wheel
- *Interactive*

AMAZE - What is Sexuality? Video | Handout
- *Preview of hand-out on the next page*

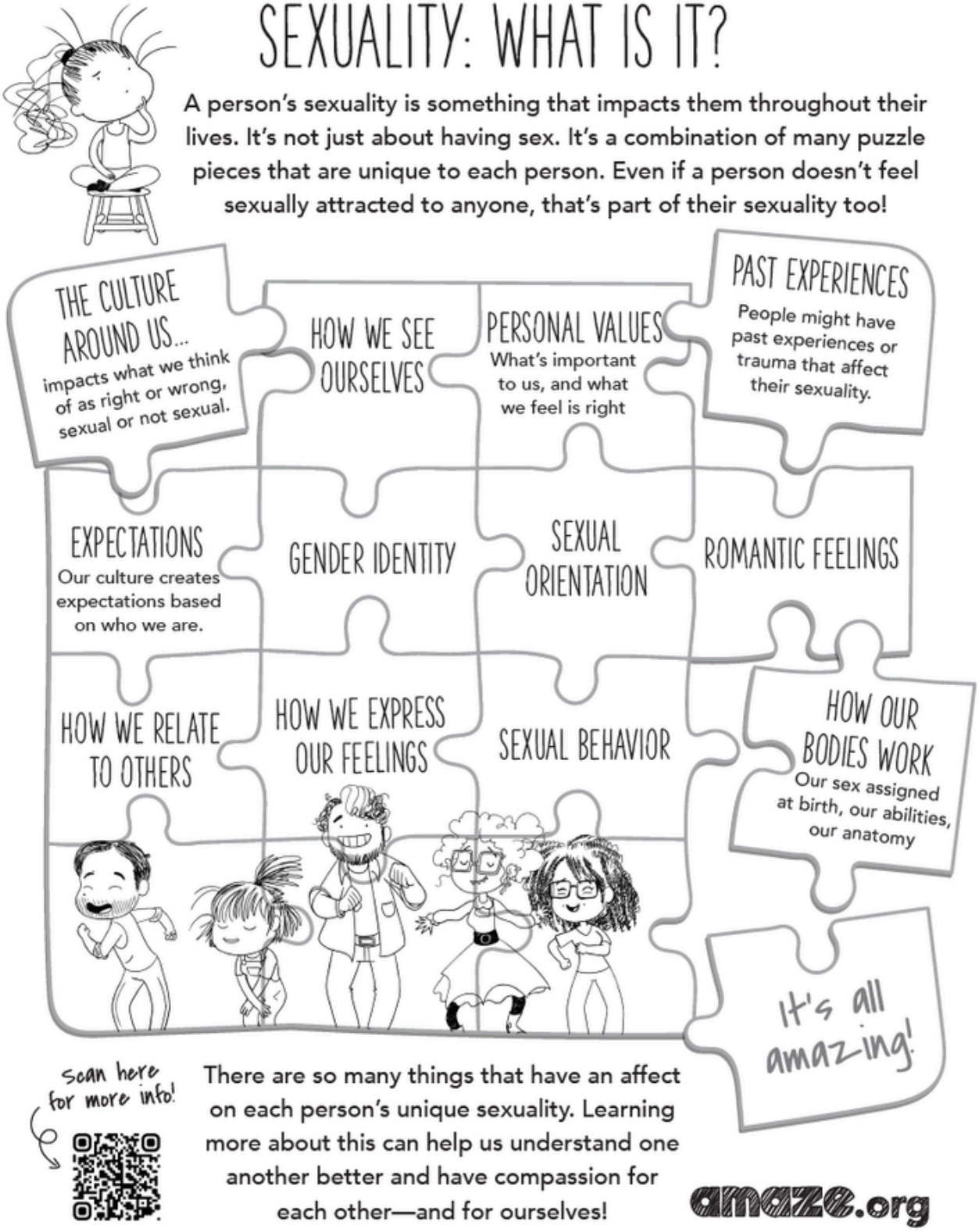


From the Sexuality Education Resource Centre MB

Sexual Health

"...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled." (WHO, 2006a)

From the [AMAZE.org - What is Sexuality]



Additional Teaching Resources

Interactive Resources

The following may be useful tools for:



Classroom presentation



Student self-learning

General Sexual Health	**Better to Know** - Website
Sexually Transmitted Infections	**Teaching Sexual Health -** STI Wheel
Consent	**Teen Talk -** Consent Game **Kids Help Phone -** Consent Quiz
Strategies to protect self and others	**Draw the Line** - Interactive Cards • Use with the Elementary White Ribbon User Guide **Kids Help Phone** • Pic'd: A Decision Game about Sexting • How to Map Out your Community Support
Gender, Sexual Orientation	**Teaching Sexual Health** - The 'Every Body' **Women & Gender Equality Canada** - A Better World: Gender equality activity for youth **Action Canada for Sexual Health & Rights -** Gender and Sexuality Galaxies

Recommended Reading Lists

- **Island Sexual Health** - Reading List (2021)
- **Power Up Education** - Grades 4-7 Resource List (Ages 8-13)

External Programs & Presenters

The below examples of external programs / presenters are provided for information only and do not imply an endorsement of views, products, or services. Please use your professional assessment and follow any applicable school & district policies if inviting an external presenter. Some are free while others involve a cost - see the websites or contact the program to confirm any program costs and for more information.

erase + Safer Schools Together Training	Offers virtual student sessions for Grade 5-12: • Establishing Safe, Caring, & Respectful Digital Communities • Establishing Respectful Relationships and Consent in Our Communities	*Free*
Period Purse	Learn about periods through inclusive, stigma-free education designed specifically for young people. Sessions are available online or in person and are suitable for all genders.	*Free*
Violence is Preventable (VIP) Program	A public education and awareness program that offers interactive workshops and education to youth and educators about dating violence, healthy relationships, boundaries and more.	*Free*
Options for Sexual Health	Offers sexual health education workshops for schools & families	*Cost*
Power Up Education	Offers sexual health education workshops for schools & families	*Cost*
Saleema Noon	Offers sexual health education workshops for schools & families	*Cost*
Violence Prevention for Elementary	Safeteen's safety and empowerment program for pre-teens gives youth strategies to deal with verbal violence, emotional violence, sexual violence and threats of physical violence.	*Cost*

French Immersion Resources

Some of the English resources included in this guide have links to view the materials in French.

Teaching Resources	
Teaching Sexual Health	**teachingsexualhealth.ca/teachers/language/french/** Learning activities, videos and interactive tools for Gr. 4-9 are available in French.
Éducation à la sexualité : Mieux vaut savoir	**yukon.ca/fr/sante-et-mieux-etre/education-la-sexualite/education-la-sexualite-mieux-vaut-savoir** View the Better to Know: Comprehensive Sexual Health Education (Yukon) resources in French.
Mieux vaut savoir	**mieuxvautsavoir-yukon.ca/** Better to Know interactive website in French.
Centre canadien de protection de l'enfance	**protectchildren.ca/fr/** Access free resources in French here: https://protectchildren.ca/fr/commander/produits/free-resources/

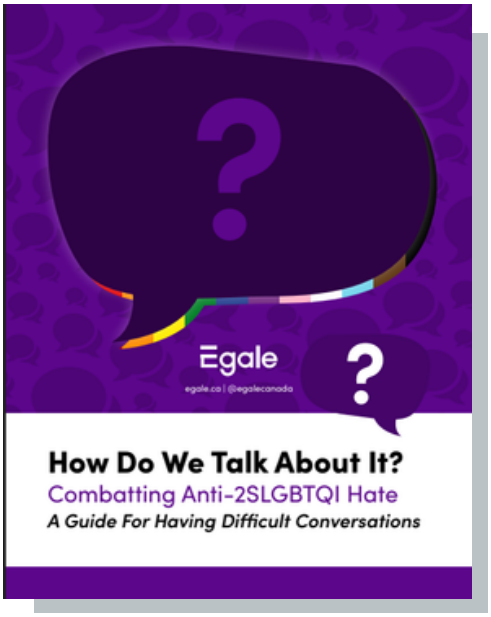
Sources of Health Info & Support Services	
Le sexe et moi	**lesexeetmoi.ca** View the Sex & U website in French. Ce site est une initiative de la Société des obstétriciens et gynécologues du Canada, chef de file canadien en matière de santé sexuelle et reproductive.
Éducation à la santé sexuelle	**sieccan.org/sexual-health-education-fr** View the Sex Information and Education Council of Canada (SIECCAN) website in French.
Action Canada	**actioncanadashr.org/fr** Action Canada pour la santé & les droit sexuels.
erase	**www2.gov.bc.ca/gov/content/erase/fr** Le programme erase aide les élèves, les adultes et le personnel des écoles à établir des communautés scolaires sûres, bienveillantes et inclusives.
JJ'E (Jeunesse, J'écoute)	**jeunessejecoute.ca** View info on Kids Help Phone in French. Obtiens des renseignements sur la façon dont tes pensées, tes sentiments et tes comportements sont liés et sur ce que tu peux faire pour prendre soin de ton bien-être.

Conversations & Messaging Resources for Educators

The following are quick reference tools to support educators in navigating conversations about sexual health education in the classroom with students and families.



Teaching Sexual Health
A 2-page infographic on the Benefits of Comprehensive Sexual Health Education.



Egale Canada
This resource is designed to empower educators with the knowledge needed to have difficult conversations to tackle anti-2SLGBTQI hate. It can also help with challenging conversations around sexual health education in general.

- See their Tip Sheet for a summary



Egale Canada
The "Table Talk" Educator Guides are designed to help educators lead meaningful table talk conversations. While these guides are intended to tackle anti-2SLGBTQI hate and discrimination, the messaging tips can support educators in navigating difficult conversations around sexual health education in general.

Further Professional Learning

In addition to reviewing the website sources of health information listed in this resource guide, we have included links to a few professional learning opportunities to support teaching components of sexual health education. Some are free while others involve a cost - see the websites or contact the program to confirm any program costs and for more information.

Power Up Education - Sexual Health Education Training	Live and Virtual Training Workshops are available to increase your knowledge, motivation and skills in teaching sexual health.	*Cost*
Shift Education Inc	Offers workshops, professional development training, and resources for teachers, caretakers, parents, and grandparents.	*Cost*
Teaching Sexual Health	Get helpful insight on how to prepare for teaching the sexual health curriculum to your students - including **responding to student questions** & **student FAQs**.	*Free*
PREVNet	Includes self-paced, online, educator training & resources on bullying and teen dating violence	*Free*
AMAZE Educators	See video recordings of past "Educator Talks" and "Sex Ed Conference Series"	
Beyond the Birds & Bees	A pre-recorded webinar series for educators (geared towards gr. 8+)	*Free*
Sexuality Education Resource Centre (SERC)	Offers some free webinars - look for "Teaching Sex Ed Web Series (Zoom)". Webinars can be joined live and will be recorded.	*Free*
SIECCAN - Q&As: Sexual Health Education in Schools & Other Settings	Research-based answers to common questions about sexual health education in schools and other settings	*Free*
Beyond the Basics	Book/e-book resource for educators on sexuality and sexual health.	*Cost*
Gender Spectrum	Includes online educator training materials & resources related to teaching and supporting gender-expansive childrens & teens.	*Free*
Inclusive Schools with Egale Canada	Free educator resources available to support practice in creating safe and inclusive schools for 2SLGBTQI. Sometimes they also offer free workshops.	*Some free*

General Resources for Parents/Caregivers

Age or grade specific resources can be found within each grade scope & sequence. You may wish to include some of the general resources below along with the grade-specific resources in the letter to parents/caregivers. Please use your professional assessment - you know your class/school community.

- **Action Canada for Sexual Health & Rights** - Sex Positive Parenting
- **Saleema Noon** - Parent Resources
- **Centre for Sexuality** - Communication Tips
- **AMAZE** - Parent Guides
- **Teaching Sexual Health** - Parent Portal
- **HealthLinkBC**
  - Helping Your School-Age Child Learn About the Body
  - Healthy Habits for Kids
  - Talking with Your Child About Sex
- **Kids Help Phone** - Talking to the young person in your life about sexuality
- **Kelty Mental Health** - Gender Identity
- **Canadian Centre for Child Protection (C3P)** - Protect Children
- **erase + Safer Schools Together** - Family Training Sessions
  - Establishing Safe, Caring, & Respectful Digital Communities
  - Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion