



What Kids Need to Know and When

Preschool Through to Grades 1

- body science-scientific names for body parts including male and female body parts
- appropriate and inappropriate ways of being touched
- emotions/caring behaviours - establishing healthy relationships
- keeping healthy – not to pick up condoms and needles
- how babies are made – reproduction usually occurs when a man’s sperm joins a woman’s ovum through sexual intercourse
- where babies grow and are born from
- ownership of our bodies
- talking to a trusted adult

Grades 2 and 3

Everything learned in the previous age groups, plus:

- Menstruation – the basics
- Wet Dream/Nocturnal emission
- Communication skills and managing emotions
- Strategies for developing and maintaining positive relationships

Grades 4 and 5

Everything learned in previous age groups, plus:

- Puberty – emotional and physical changes
- Factors that can impact body image and self-esteem including social media
- Media messaging
- Sexuality and responsibilities associated with sexual decision making
- The basics of sexually transmitted infections (STI’s)



Grades 6 and 7

Everything that was taught in the previous age groups, plus:

- Texting, sexting and the internet – smart decision making, safety and the law
- Pornography
- Pleasure
- Consent, sexually speaking
- Healthy decisions making – STI's, self-exams and regular check ups
- Reliable resources of sexual health information and community support
- Gender stereotypes and inclusion
- Sexual peer pressure and the “norm”
- Exploring and understanding personal sexual values, beliefs and boundaries
- Sexual activities – the differences and responsibilities of each

Grades 8-12

Everything that was taught in the previous age groups, plus:

- Healthy decision making – STI's, self-exams and regular check ups
- Reliable resources of sexual health information and community support
- Sexual activities and peer pressure
- Understanding the differences between healthy and unhealthy relationships
- Setting and maintaining personal sexual boundaries related to their values
- Effectiveness and proper use of contraceptive and barrier devices
- Importance of communication and effective relationship skills
- Importance of taking responsibility for one's health - confidence when consulting a medical professional
- Sexual consent - how to say no and be assertive

Sexually Mature Adult

- Conducts regular self-examinations (breast and testicular) and regular medical exams
- Fully respects and understands laws and boundaries/consent regarding sex and sexuality
- Understands that sexual health is a fundamental human right and respects the uniqueness in preferences and values associated with sex and sexuality
- Does not physically or emotionally exploit another person