

## Elementary Program

### **OPTION B: EVENING PARENTS' SESSION FOLLOWED BY WORKSHOPS FOR STUDENTS DURING ONE SCHOOL DAY**

#### **PART I: PARENTS' SESSION (90 minutes, 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, and we will bring a display of books and other resources. Parent session can also be held in the morning, just after student drop-off.

#### **PART II: CHILDREN'S SESSIONS DURING SCHOOL DAY**

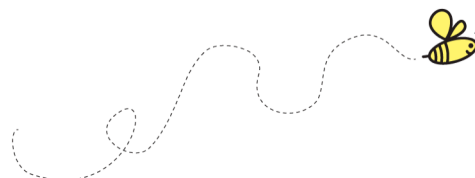
Sessions presented in assembly format, two grades at a time.

##### **Kindergarten and Grade 1 sessions (30 minutes)**

- ☑ Scientific words related to sexual health
- ☑ That reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse. There are many different ways that families are formed, all families are unique.
- ☑ That they have ownership of their bodies
- ☑ That the baby grows in the uterus (not the stomach)
- ☑ That the baby is usually born through the vagina
- ☑ Not to pick up condoms or needles

*Smart decisions start here.*

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### Grades 2 and 3 sessions (40 minutes)

Everything previous grades have learned plus:

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

### Grades 4 and 5 sessions (60 minutes)

Everything previous grades have learned plus:

- ☑ All about physical and emotional changes at puberty
- ☑ The responsibilities that come with the decision to be in a sexual relationship
- ☑ Basic information about sexually transmitted infections (STIs)

### Grades 6 and 7 sessions (75 minutes)

Everything the previous age group has learned plus:

- ☑ Sexual consent
- ☑ Making smart decisions on the internet
- ☑ Different types of sexual activity and the responsibilities that come with each
- ☑ Understanding personal sexuality-related values, beliefs and boundaries
- ☑ Recognizing that most teens are not sexually active
- ☑ Further discussion of STIs and prevention
- ☑ Gender stereotypes, homophobia and transphobia
- ☑ The importance of taking responsibility of one's health (ie. testicular self-examinations)
- ☑ Anonymous questions

### Recommended One Day Schedule\*:

K-Gr.1: 9:00am-9:30am (30 mins.)

Gr. 2-3: 9:35am-10:15am (40 mins.)

*recess*

Gr. 6-7: 10:45am-12:00pm (75 mins.)

*lunch*

Gr. 4-5: 1:00pm-2:00pm\*\* (60 mins.)

\*Schedules can be tailored to fit individual school timetables and needs.

\*\*Grade 4s and 5s can be addressed in separate sessions at elementary schools where grade 6s and 7s are not present.

**COST: \$900 + gst**, (\$350 plus gst for parent session, \$550 plus gst for day in school with students).