

SEXUAL HEALTH EDUCATION CHECKLIST

*This checklist is adapted from Saleema Noon's book for parents, **Talk Sex Today**. It is intended to be a guide for parents to know what to teach their children and when.*

PRESCHOOL CHECKLIST (K-Gr.1)

Your preschooler needs to know:

- the 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

Bonus points (*will not be covered in Body Science presentations due to limitations in time*):

- basics about gender stereotypes
- basics about periods and wet dreams

PRIMARY CHECKLIST (Gr.2-3)

Your primary child needs to know everything preschoolers need to know, plus:

- the basics about periods and wet dreams as clean and healthy processes

Bonus points (*will not be covered in Body Science presentations due to limitations in time*):

- more about body and emotional changes during puberty

INTERMEDIATE CHECKLIST

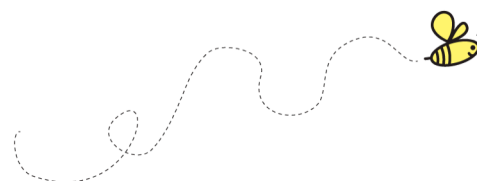
Your intermediate child needs to know everything the previous age groups have learned, plus:

(Gr. 4-5)

- the responsibilities that come with the decision to be in a sexual relationship
- basic information about sexually transmitted infections (STIs)

Smart decisions start here.

t 604.418.9417
e saleema@saleemanoon.com
w www.saleemanoon.com



Gr. 4-5 (cont'd)

- 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

Bonus points (*will not be covered in Body Science presentations due to limitations in time*):

- skills that foster a healthy body image
- digital and media literacy (including pornography)
- how to act responsibly and stay safe on the Internet

(Gr. 6-7)

- 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
- what makes for 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

ADOLESCENT CHECKLIST (Gr. 8-12)

Your adolescent child needs to know everything the previous age groups have learned.

They should also know:

- about sexual consent and how to express their boundaries assertively
- how to cope with a break-up
- about the proper use of condoms, oral contraception, and IUDs
- about STI and pregnancy myths
- about the availability of and have access to community sexual health resources
- pregnancy options
- what to expect during a sexual health examination

They should also have:

- a deeper understanding of healthy versus unhealthy relationships
- relationship and sexual decision-making skills, as well as effective communication skills
- safety agreements for going to parties

And they should understand:

- the pressure placed on teens to be sexually active
- their personal sexuality-related values and boundaries
- the impact of our hyper-sexualized society

RESOURCE LIST

BOOKS FOR PARENTS

Talk Sex Today. By Saleema Noon and Meg Hickling, published by Wood Lake.

Queen Bees and Wannabes. By Rosalind Wiseman, published by Three Rivers Press.

Beyond Birds and Bees. By Bonnie J. Rough, published by Seal Press.

Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex. By Dr. Karen Rayne, published by Impetus Books.

Talking to Your Kids About Sex. By Dr. Laura Berman, published by DK.

BOOKS FOR PRESCHOOL AND PRIMARY CHILDREN

Boys, Girls and Body Science. By Meg Hickling, published by Harbor Publishing.

Sex is a Funny Word. By Cory Silverberg, published by Seven Stories Press.

What Makes a Baby? By Cory Silverberg, published by Triangle Square.

Good Pictures, Bad Pictures Jr.: Porn Proofing Today's Young Kids. By Kristen A. Jenson, published by Glen Cove Press.

The Very Touching Book. By Jan Hindman, published by Alex Andria Association.

What's the Big Secret? Talking about sex with girls and boys. By Laurie and Marc Brown, published by Little.

Where Did I Come From? and *What's Happening To Me?* By Peter Mayle, published by Lyle Stuart (also available on DVD).

It's Not the Stork! And It's So Amazing! By Robie Harris, published by Candlewick Press.

Julian is a Mermaid. By Jessica Love, published by Walker Books Ltd.

I am Jazz. By Jessica Herthel, published by Dial Books.

Red: A Crayon's Story. By Michael Hall, published by Greenwillow Books

BOOKS FOR CHILDREN IN PUBERTY

The Care and Keeping of You and other American Girl Series for girls aged 8 and up. These books offer valuable support and guidance on a range of emotional and academic issues associated with growing up.

The Body Book for Boys. By Grace Norwich, published by Scholastic.

The Boy's Body Book: Everything You Need to Know for Growing Up You. By Kelli Dunham, published by Applesauce Press.

It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health. By Robie H. Harris, published by Candlewick Press.

Puberty Boy. By Geoff Price, published by Allen and Unwin.

Puberty Girl. By Shushann Movsessian, published by Allen and Unwin.

What's Happening to Me? Published by Usborne Books. www.usborne.com

Good Pictures, Bad Pictures: Porn Proofing Today's Young Kids. By Kristen A. Jenson, published by Glen Cove Press.

MAGAZINES

Discovery Girls, ages 8 and up www.discoverygirls.com

American Girl, ages 7 and up www.americangirl.com

New Moon, ages 8 and up, www.newmoon.org

Vervegirl, ages 13 and up, www.vervegirl.com

BOOKS FOR TEENS

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College. By Heather Corinna, published by Da Capo Press.

The Guy Book: A User's Manual. By Mavis Jukes, published by Crown Books for Young Readers.

Our Bodies, Ourselves. By Boston Women's Health Book Collective, published by Simon and Schuster

Girl Up: Kick ass, claim your woman card and crush everyday feminism. By Laura Bates, published by Simon and Schuster.

Consent: The New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships. By Dr. Jennifer Lang, published by Althea Press.

BOOKS CELEBRATING DIVERSE FAMILIES

Love Makes a Family. By Sophie Beer, published by Hardie Grant Egmont.

The Different Dragon. By Jennifer Bryan, published by Two Loves Publishing.

Molly's Family. By Nancy Garden, published by Straus and Giroux.

My Family, Your Family. By Lisa Bullard, published by Millbrook Press.

The Family Book. By Todd Parr, published by Little, Brown Books for Young Readers.

And Tango Makes Three. By Justin Richardson, published by Simon & Schuster Books for Young Readers.

Mommy, Mama, and Me. By Leslea Newman, published by Tricycle Press.

Daddy, Papa, and Me. By Leslea Newman, published by Tricycle Press.

INFORMATIVE, FUN, INSPIRING WEBSITES

SEXUAL HEALTH for kids

www.amaze.org

www.sexedschool.ca

www.kidshealth.org

SEXUAL HEALTH for parents

www.optbc.org

www.scarleteen.com

www.sexandu.ca

www.urbandictionary.com

www.pflagcanada.ca

www.makelovenotporn.com

www.teachingsexualhealth.ca

SEXUAL HEALTH for teens

www.scarleteen.com

www.optbc.org

www.blush.vch.ca

www.makelovenotporn.com

www.sexandu.ca

www.goaskalice.com

www.iwannaknow.org

www.lacigreen.tv

www.qmunity.ca

EMPOWERMENT

www.gurl.com

www.newmoon.org

www.solegirls.org

www.safeteen.ca

www.discoverygirls.com

www.boyslife.com

www.pinkshirtday.ca

www.goodmenproject.com

www.amysmartgirls.com

www.gday.world

SAFETY

www.mediasmarts.ca

www.common sense media.com

www.safeonline.ca

www.kidsafe.ca

www.kidshelpphone.ca

www.cyberbullying.ca

