

# Health Promotion's Comprehensive Sexual Health Education Program

Presented by a Health Promotion Coordinator, Certified Sexual Health Educator through OPT BC





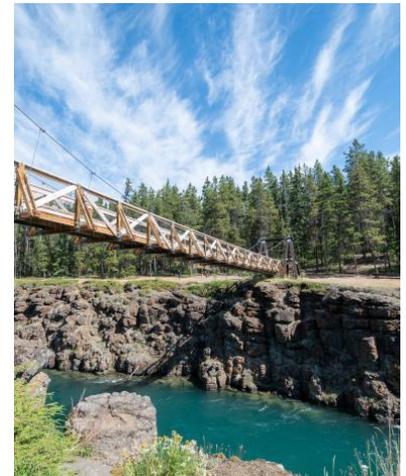
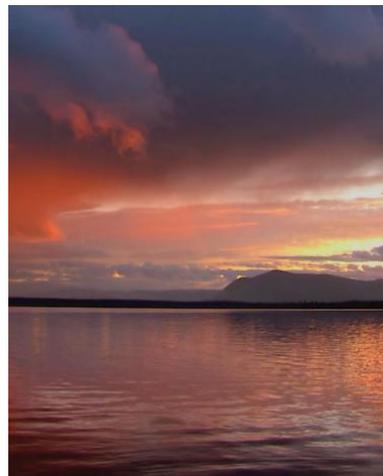
# Presentation Goal

To provide educators and caregivers/parents with practical Comprehensive Sexual Health Education (CSHE) tools.



# The Yukon has a lot to offer

- Rich living history
- Unique geography
- Stunning scenery



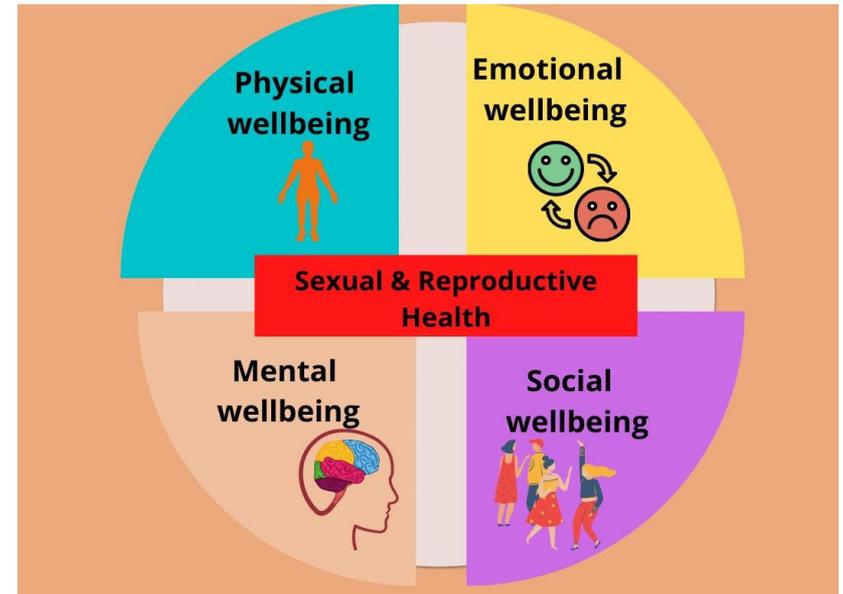
# But behind the scenes...

Yukon youth are struggling with many health indicators including sexual health.



# What is sexual health?

- A state of physical, emotional, mental and social well-being in relation to sexuality and not merely the absence of disease and dysfunction (WHO, 2006)
- Sexual health is influenced by a complex web of biological and social factors



AIDS & Rights Alliance for Southern Africa (2021)



# How do we measure sexual health?

Sexual Health Indicators (WHO, 2020) :

1. Emotional well-being
2. Self acceptance
3. Age of first intercourse
4. Number of sexual partners
5. Condom use
6. Rates of STIs
7. Rates of adolescent pregnancy
8. Sexual violence, etc.,



# hbosc

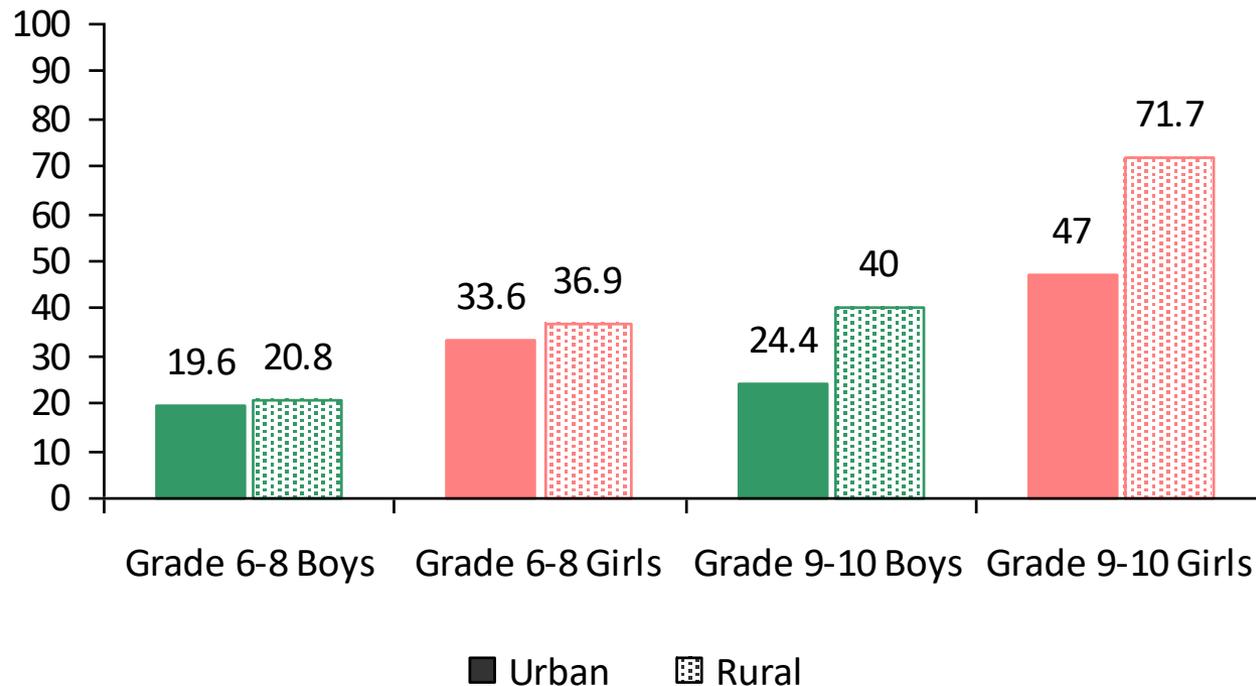
**HEALTH BEHAVIOUR IN  
SCHOOL-AGED CHILDREN**

- Spotlight on adolescent health and well-being
- Cross-national research study conducted by WHO
- Every 4 years

# Yukon's Sexual Health Indicators:

## Gr. 6-10 students who report feeling depressed or low at least once a week

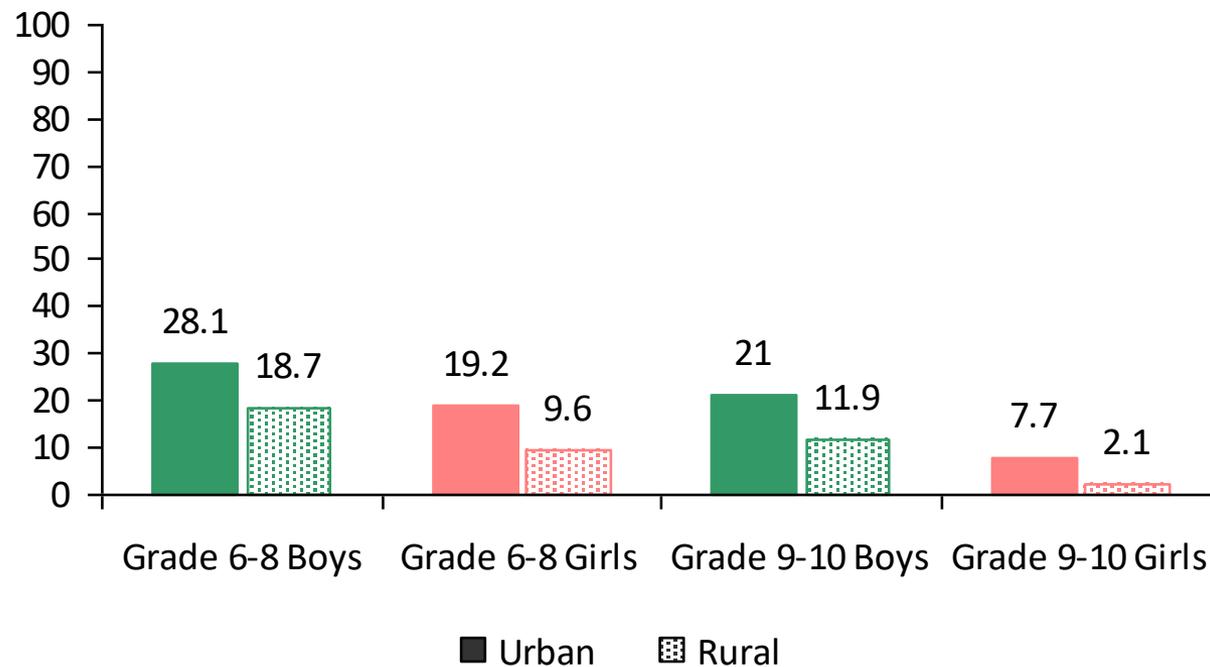
Students feeling depressed or low at least once a week, by grade, urban/rural status, and gender (%) (HBSC, 2018)



# Yukon's Sexual Health Indicators:

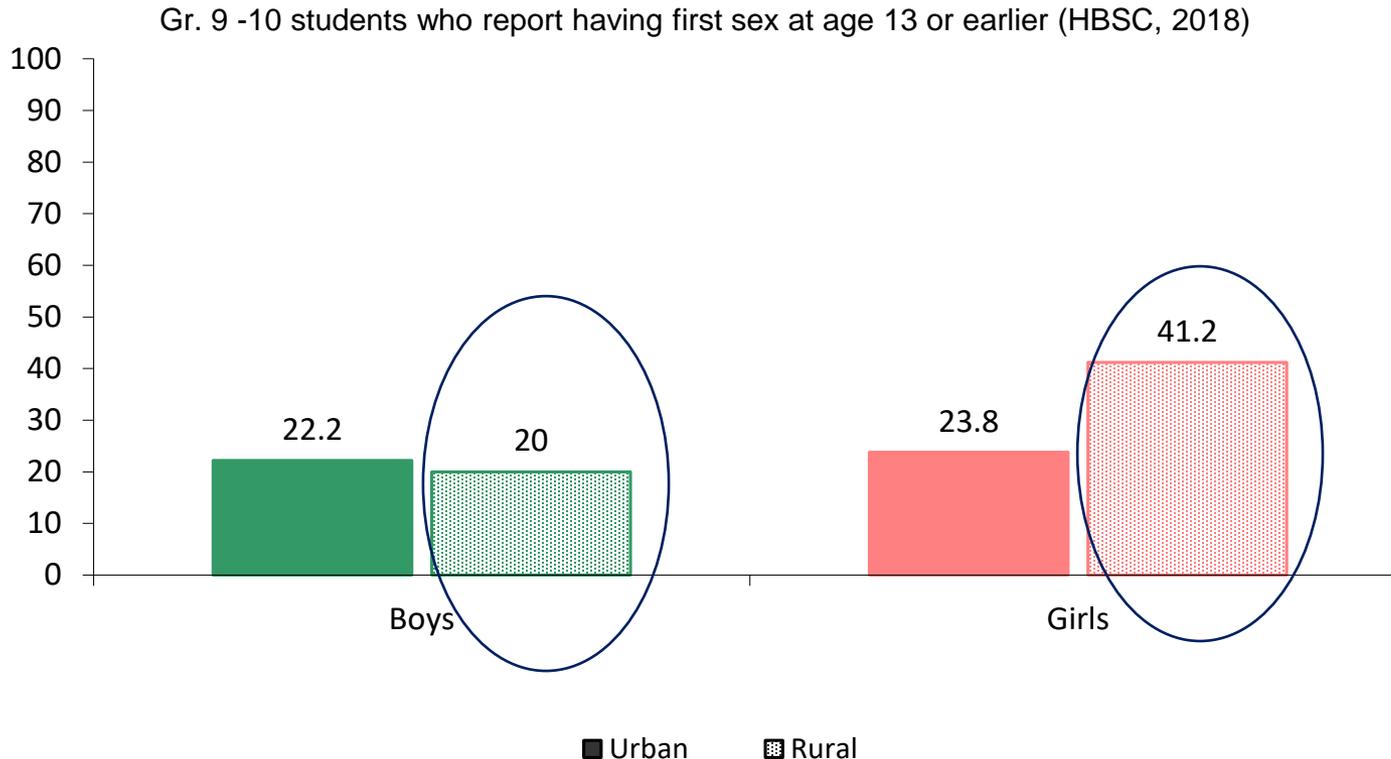
## Gr. 6-10 students who agree they have confidence in themselves

Students who strongly agree they have confidence in themselves, by grade, urban/rural status, and gender (%) (HBSC, 2018)



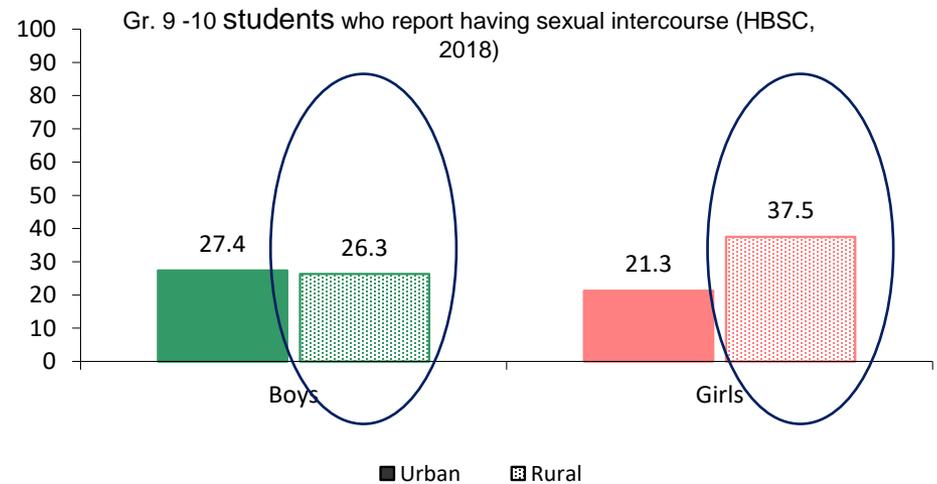
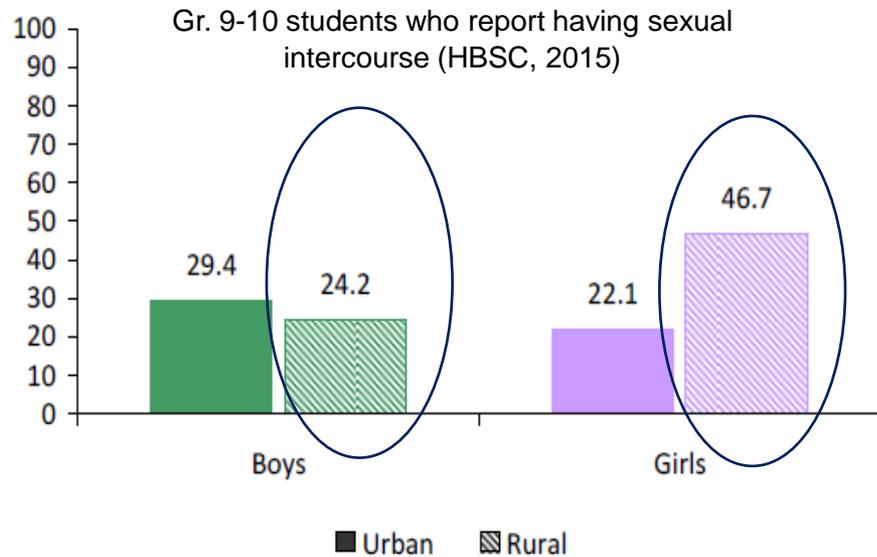
# Yukon's Sexual Health Indicators:

## Gr. 9-10 students who report having firsts sex at age 13 or earlier



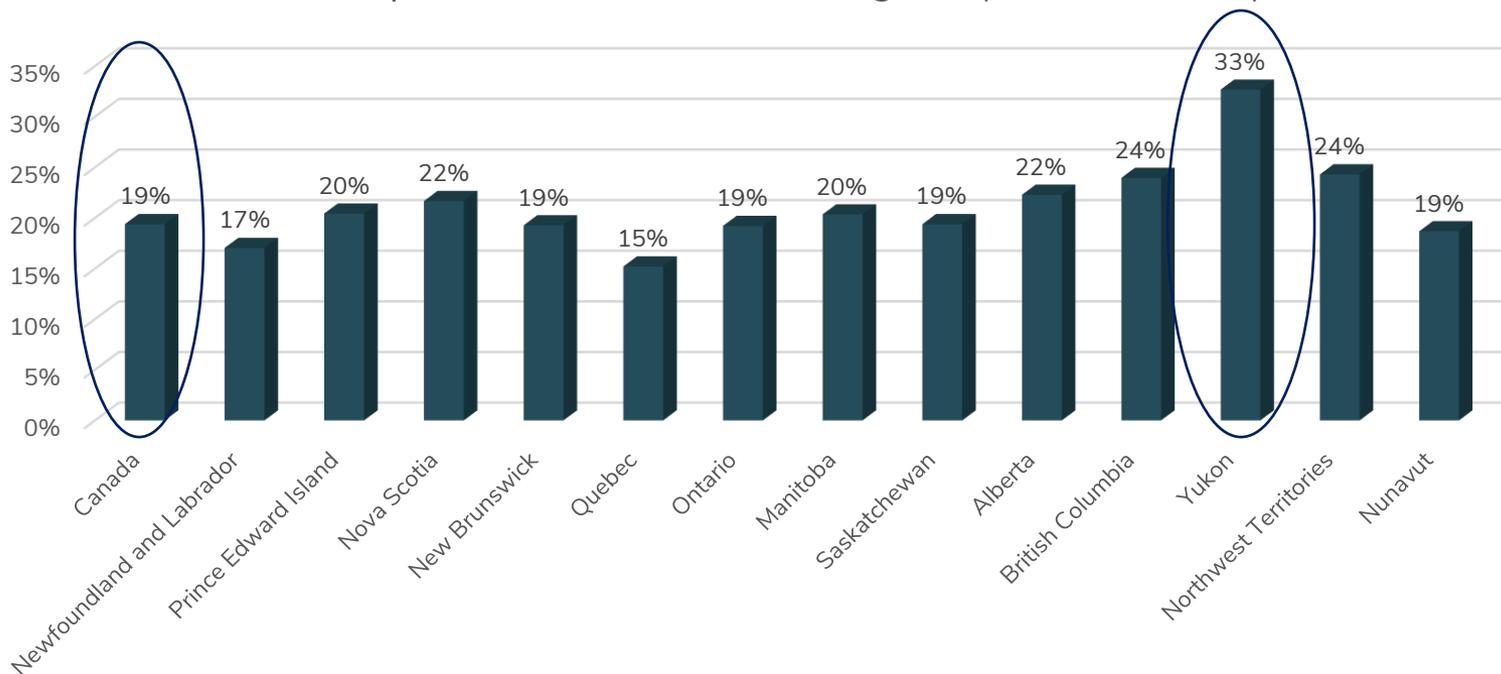
# Yukon's Sexual Health Indicators:

## Gr. 9-10 students who report having sexual intercourse



## Yukon's Sexual Health Indicators: Sexualized assault rates since age 15

Self-reported sexual assault since age 15 (StatsCan, 2018)

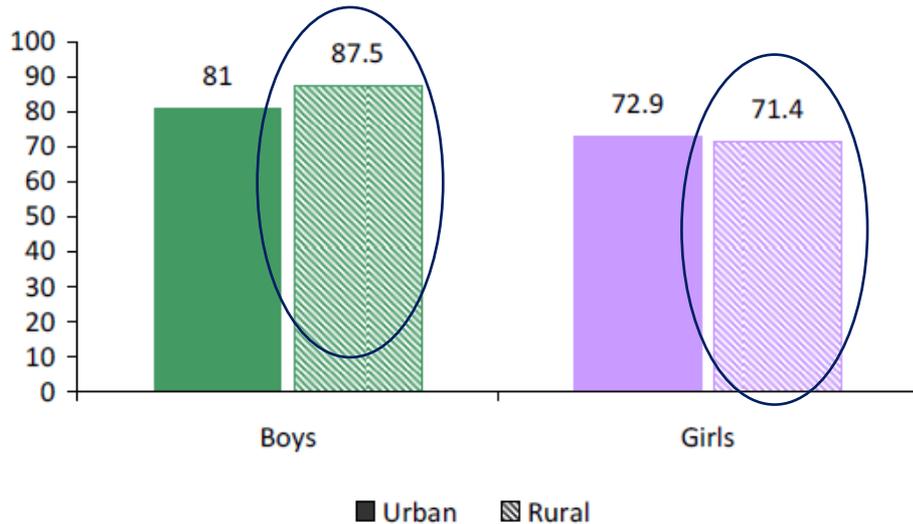


<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3510016601>

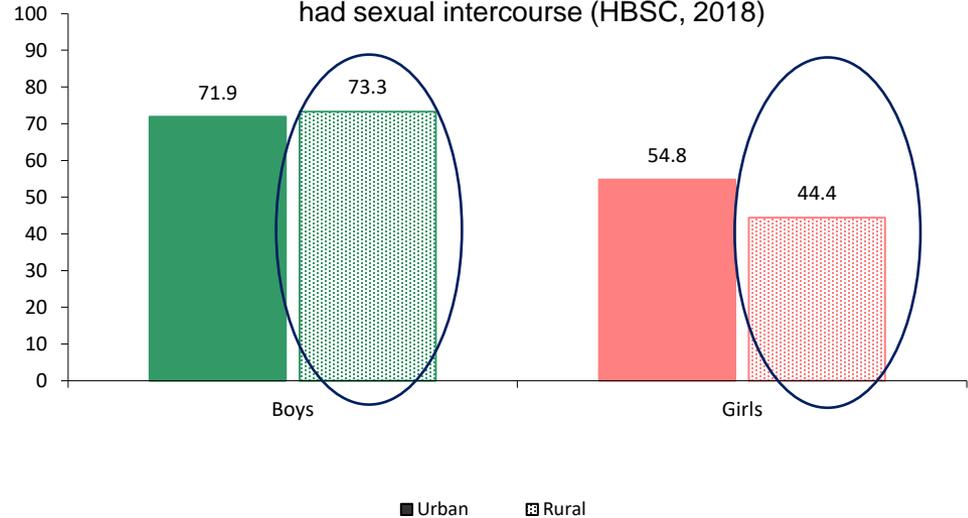
# Yukon's Sexual Health Indicators:

## Gr. 9-10 students who report using a condom the last time they had sexual intercourse

Gr. 9-10 students who report having used a condom the last time they had sexual intercourse (HBSC, 2015)



Gr. 9-10 students who report using a condom the last time they had sexual intercourse (HBSC, 2018)

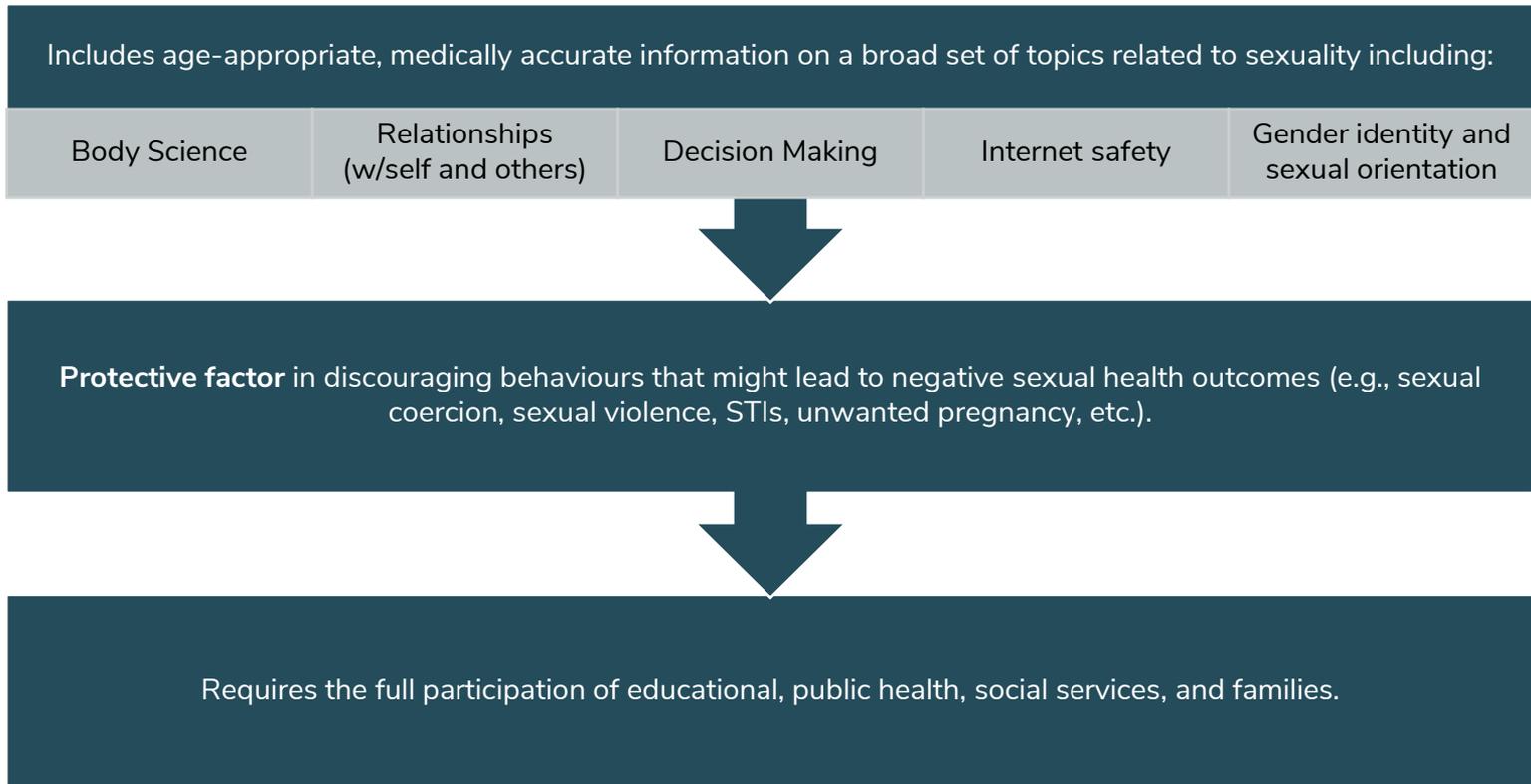




**Health indicators are less than ideal.**

**How can we improve Yukon's sexual health indicators?**

# Comprehensive Sexual Health Education (CSHE)



Source: Canadian Guidelines for Sexual Health Education and World Health Organization



# The goals of Comprehensive Sexual Health Education are to:

Increase the capacity for sexual health enhancement, e.g.:

Having respectful and satisfying interpersonal relationships.

Increased self-acceptance.

Increased capacity to access sexual and reproductive health services.



Prevention of outcomes that can have a negative impacts on sexual health and well-being e.g.:

Acquisition and transmission of STIS

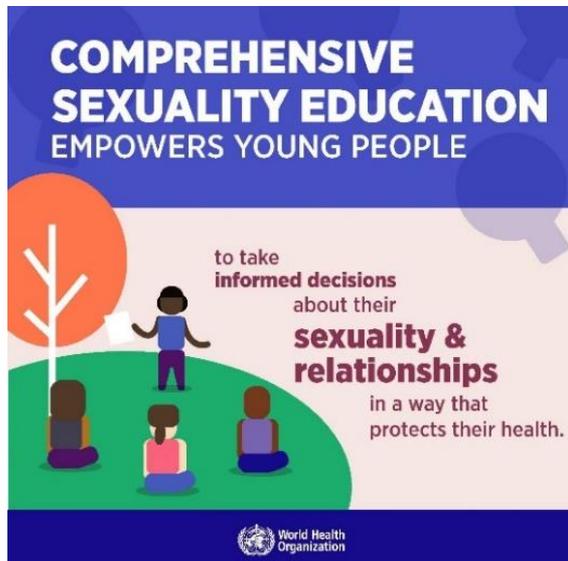
Unintended pregnancies

Sexual coercion/trauma/abuse/harassment, relationship problems.

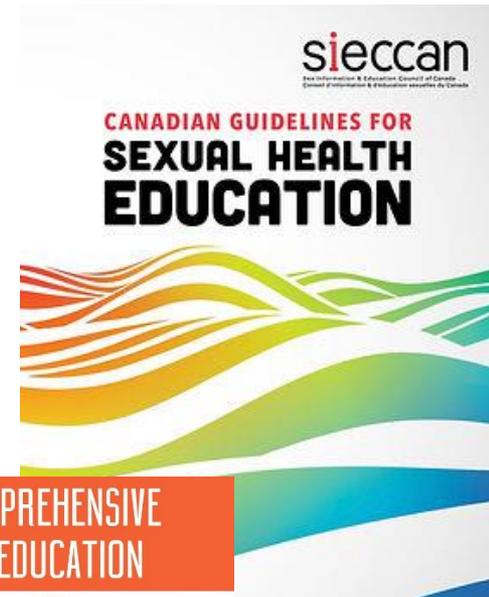


To be effective, sexual health education programs should focus on both positive and relationship enhancing aspects of human sexuality and the prevention of negative outcomes.

# Evidence of the effectiveness of comprehensive approaches to sex education is strong.



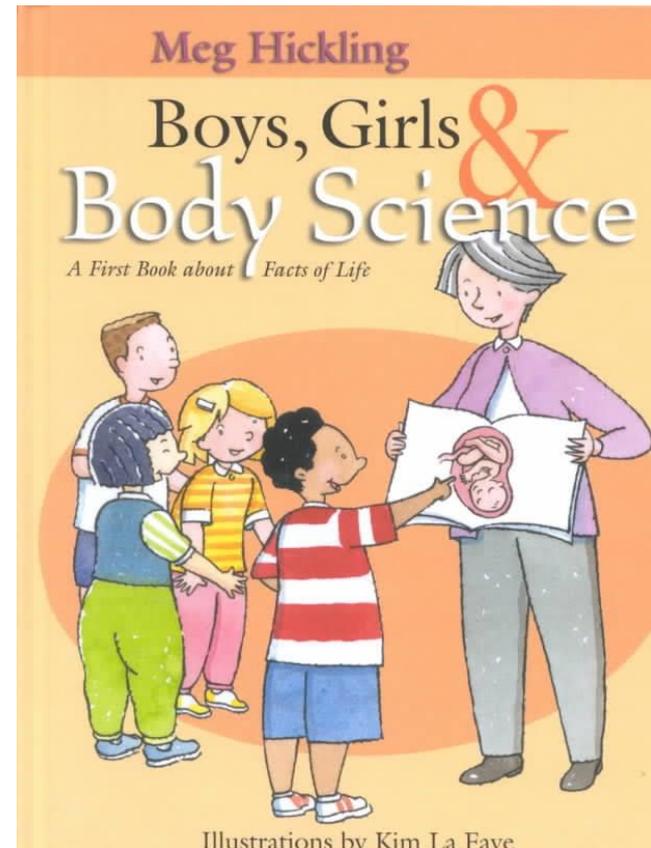
Effective Evidence-Based Sexual Health Education for Youth: A Literature Review



Sources: CCL, 2009; Dennison, 2004; Kirby, Laris, & Roller, 2005; Swann, Bowe, McCormick, & Kosmin, 2003; UNESCO, 2009.

# Evidence of the effectiveness of comprehensive approaches to sex education is vast.

- There are 11 body systems. Reproductive system is the only body system that we think keeping people ignorant is beneficial.
- Many children don't have an opportunity to learn about sexual health in healthy ways.
- Facts don't make people deviant.
- If we don't teach this, someone else will (friends, social media, porn, etc.).
- Abuse prevention – Meg Hickling's work (see notes of this slide)





# BC's Curricular Competencies

## K- 3 Physical and Health Education Curricular Competencies:

- Names for parts of the body-including male and female private parts (proper names for genitals and reproductive organs).
- Appropriate and inappropriate ways of being touched (safe and unsafe touch).

## Gr. 4-5 Physical and Health Education Curricular Competencies:

- Physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships.
- Puberty: changes that bodies go through.

## Gr. 6-7 Physical and Health Education Curricular Competencies:

- Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescent.
- Practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases.
- Influences on individual identity, including sexual identity, gender, values, and beliefs

## Gr. 8-10/12 Physical and Health Education Curricular Competencies:

- Healthy sexual decision making

# Canadian Guidelines for Sexual Health Education

Sex Information and Education Council of Canada (SIECCAN) and Public Health Agency of Canada (PHAC)

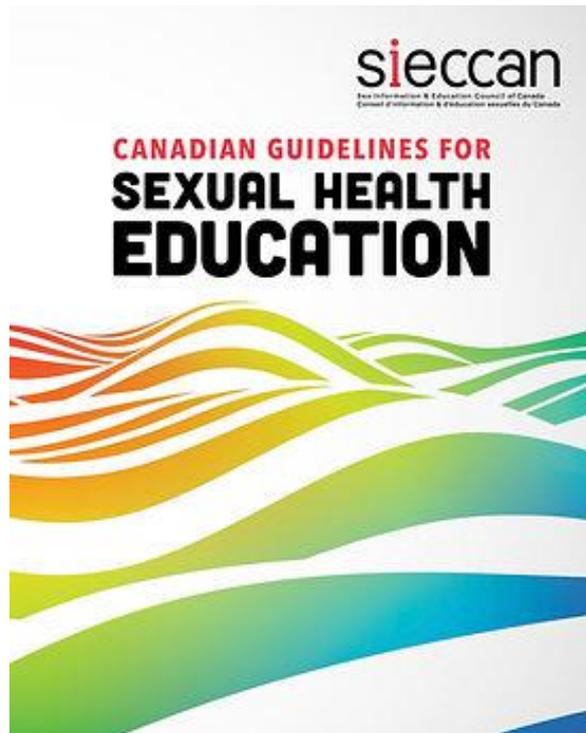


TABLE OF CONTENTS	
Acknowledgements . . . . .	2 - 3
Introduction: Brief History of the Canadian Guidelines for Sexual Health Education . . . . .	4 - 10
The Importance of Comprehensive Sexual Health Education . . . . .	11 - 21
Core Principles of Comprehensive Sexual Health Education . . . . .	22 - 28
The Determinants of Sexual Health and Well-Being: Implications for Comprehensive Sexual Health Education . . . . .	29 - 32
Goals and Key Components of Comprehensive Sexual Health Education . . . . .	33 - 56
Planning, Delivery, and Evaluation of Comprehensive Sexual Health Education . . . . .	57 - 70
Educators and Settings for the Provision of Comprehensive Sexual Health Education . . . . .	71 - 82
Bench Marks for Sexually Transmitted Infection (STI) Prevention and Linking to STI Testing Services in Schools . . . . .	83 - 94



# How did you learn about sexuality

1. From whom? From where?
2. Was the information correct?
3. What would you like to have known or asked?
4. Did you feel comfortable?
5. What were your family member's attitudes about sex?



## **Fun video about talking to children about how babies are made**

- Click the following link:

<https://www.youtube.com/watch?v=a3MyLt6l5n0>



# CSHE Teaching Guidelines

1. Review the BC Physical and Health Education Curricular Competencies and Cdn guidelines for CSHE.
2. Partner with parents and caregivers – a heads up letter so they are prepared for questions.
3. Start at the beginning of each school year and use repetition.
4. Create a safe learning environment- no put downs, no pointing out puberty changes in others.
5. Create an inclusive learning environment- language all students can identify with.
6. Use a trauma-informed teaching approach- provide kids help phone number and counselling resources.
7. Teach all students at the same time – don't separate based on gender.
8. Use general and factual language instead of personal experiences – e.g., personal preferences on pads.
9. Reflect on personal biases – e.g., I won't teach about differences in sexual development b/c that's not a thing.
10. Use a sex-positive teaching approach e.g., - don't have sex vs. here is how to be safe.
11. Create an anonymous question box.
12. Ask for help.



# What kids learn and when:

K to 3 – Body Parts and Safe Touch

Gr. 4 to 7 – Puberty and Reproduction

Gr. 6 to 7 – STIs and 2S/LGBTQ+

Gr. 8 to 12 – Sexual Decision Making

# K to 3 – Body Parts and Safe Touch

**Yukon**

**Better to Know**

Comprehensive sexual health education: *Body Parts and Safe Touch* video resource

Grades K to 3

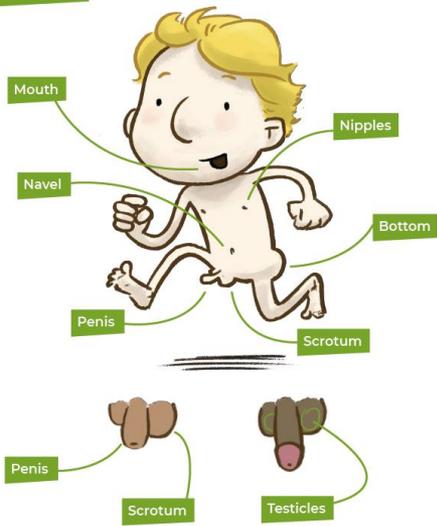


- K- 3 Physical and Health Education Curricular Competencies:

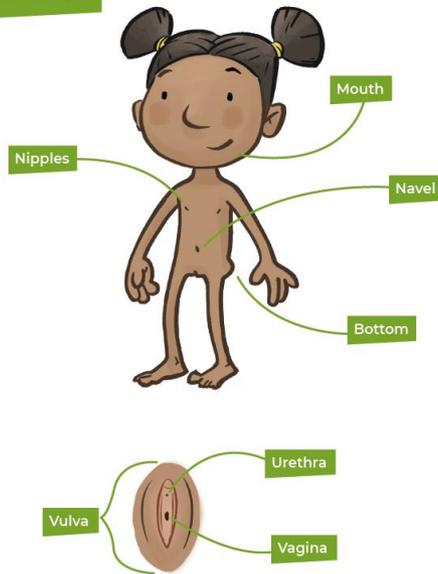
- Names for parts of the body-including male and female private parts (proper names for genitals and reproductive organs).
- Appropriate and inappropriate ways of being touched (safe and unsafe touch).



Chris #1



Chris #2



# Follow up activities ideas

**Yukon**

## Better to Know

Comprehensive sexual health education: *Body Parts and Safe Touch* video resource

Grades K to 3



READ STORIES  
E.G., WHAT'S  
THE BIG SECRET  
TRUSTED ADULT  
DREAM TREE



TRUSTED ADULT  
DREAM TREE



ROLEPLAY  
CONSENT  
QUESTIONS AND  
ANSWERS



REVIEW BODY  
SCIENCE IMAGES



SHOW VIDEOS

- <https://www.youtube.com/watch?v=w1sh0qRHh0U>
- <https://amaze.org/jr/>



# Body Parts and Safe Touch Trailer

## Comprehensive Sexual Health Education: Body Parts and Safe Touch

A video resource for grades K-3

TRAILER

better  
to know.



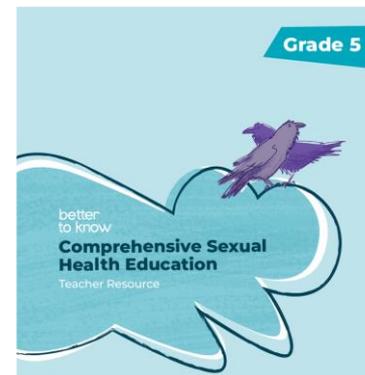
# Discussion Question:

How do you respond to the questions:

- How are babies made?
- How are babies born?
- What is the vagina for?
- Note: these questions are outside the learning standards, but developmentally appropriate questions.

# Gr. 4-7– Puberty and Reproduction

- **Gr. 4-5 Physical and Health Education Curricular Competencies:**
  - Physical, emotional, and social changes that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships
  - Puberty: changes that bodies go through



# Gr. 4-7 -Follow up activities ideas



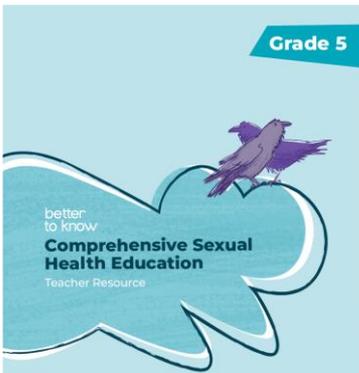
BETTER TO KNOW  
LESSON



MAKE A PUBERTY  
KIT



JOURNALING



TRIVIA QUIZ



JEOPARDY GAME.



SHOW VIDEO-  
ALWAYS PUBERTY  
OR AMAZE.ORG.

- <https://www.youtube.com/watch?v=Bw1N06PKhu4> - always puberty video
- <https://amaze.org>



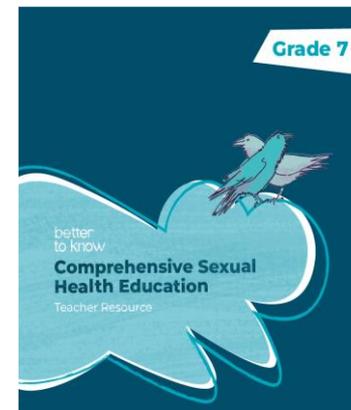
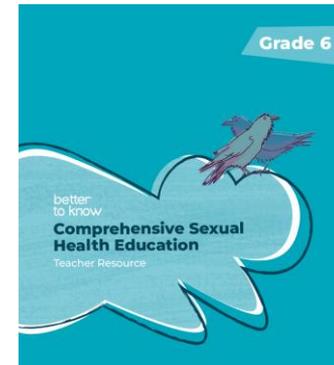
## **Fun video about talking to teens about “The Birds and The Bees”**

- Click the following link:

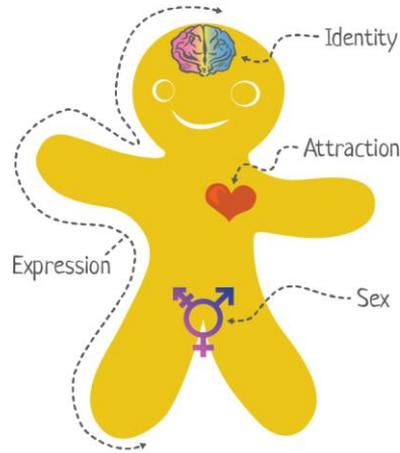
[https://www.youtube.com/watch?v=wv3mYO\\_t8U0](https://www.youtube.com/watch?v=wv3mYO_t8U0)

# Gr. 6-7– STIs and Gender Identity

- **Gr. 6-7 Physical and Health Education Curricular Competencies:**
  - Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescent.
  - Practices that reduce the risk of contracting sexually transmitted infections and life-threatening communicable diseases.
  - Influences on individual identity, including sexual identity, gender, values, and beliefs



# The Genderbread Person v4 by its pronounced METROsexual.com



⊗ means a lack of what's on the right side

Gender Identity

- Woman-ness
- Man-ness

Gender Expression

- Femininity
- Masculinity

Anatomical Sex

- Female-ness
- Male-ness

Identity ≠ Expression ≠ Sex  
Gender ≠ Sexual Orientation

Sex Assigned At Birth  
 Female  Intersex  Male

Sexually Attracted to... and/or (a/o)

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

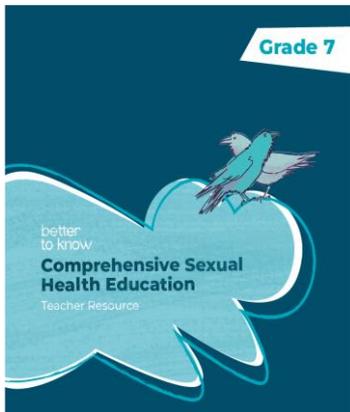
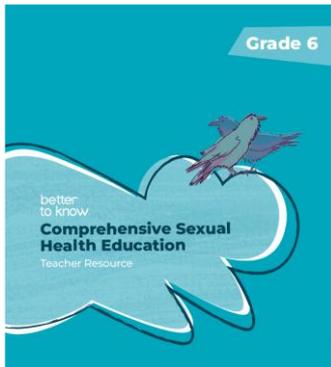
Romantically Attracted to...

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killerman

For a bigger bite, read more at [www.genderbread.org](http://www.genderbread.org)

# Gr. 6-7– Follow up activities ideas



Choose a lesson from the Better to Know resource books.



High five five five game.



Trivia question game.



Journaling

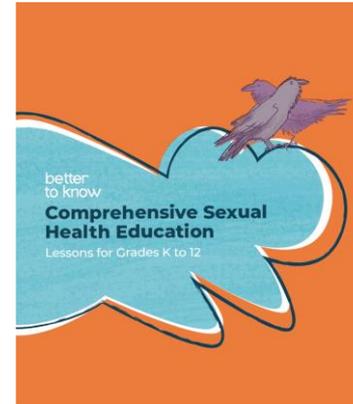


Video from Amaze.org

- <https://www.youtube.com/watch?v=Bw1N06PKhu4> - always puberty video
- <https://amaze.org>

# Gr 8-12 Sexual Decision-Making Lesson Demo:

- Gr. 8-10/12 Physical and Health Education Curricular Competencies:
- Healthy sexual decision making:
  - Body Science
  - Birth Control
  - STIs (prevention and treatment)
  - Consent
  - Media awareness
  - Types of sexual activity
  - Pregnancy options



# Age of consent

## Age of Consent for Sexual Activity

Is this sexual activity legal?

Younger Person's Age	Older Person's Age								
	12	13	14	15	16	17	18	19	20
12	Yes	Yes	Yes*	No	No	No	No	No	No
13	Yes	Yes	Yes	Yes*	No	No	No	No	No
14	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
15	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
16	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
17	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
18	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

\*It is important to note that the law clearly states *less than* 2 years older.



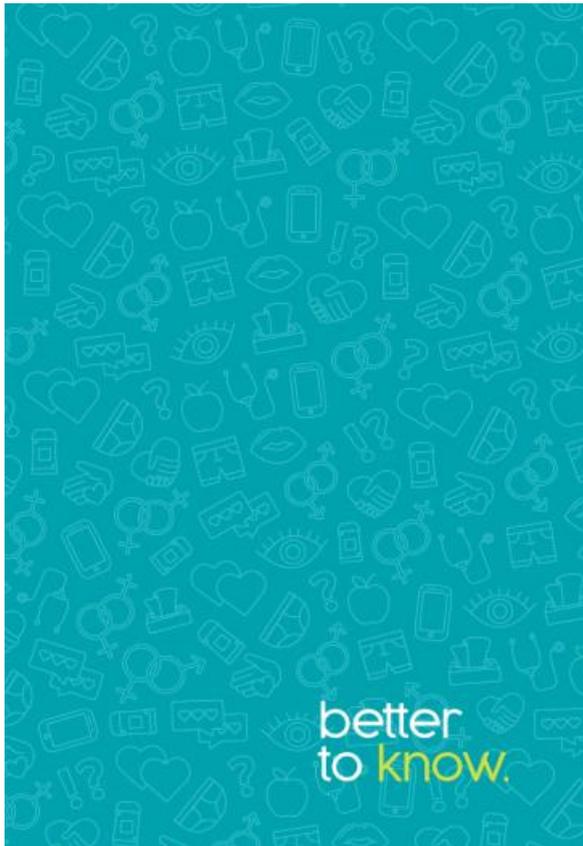
# Consent video

Wanna Have Sex Consent 101  
(Laci Green)

- Click the following link for video:

[https://www.youtube.com/watch?v=\\_EqhCp2tPss](https://www.youtube.com/watch?v=_EqhCp2tPss)

# Follow up activities



REVIEW BETTER  
TO KNOW BOOK.



CONSENT  
PRACTICE.



TRIVIA QUIZ

MAY I BLANK  
YOUR BLANK



JEOPARDY  
GAME.

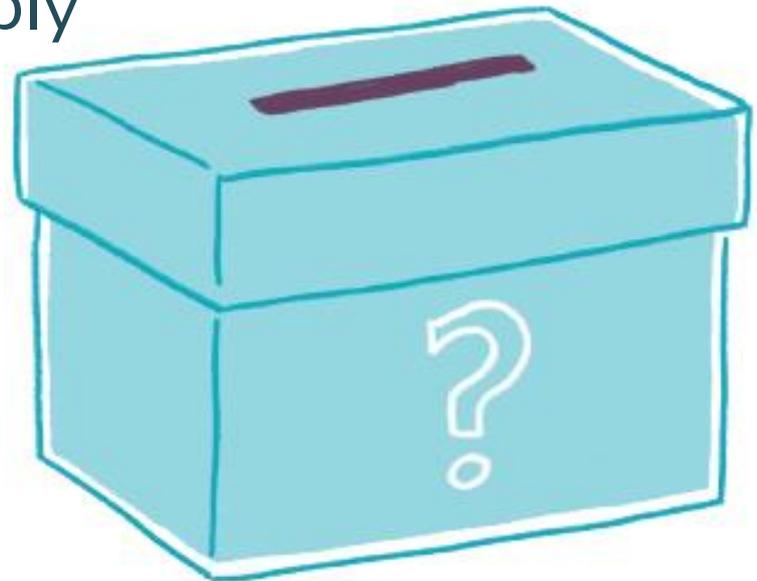


SHOW VIDEO-  
ANYTHING BY  
LACI GREEN OR  
AMAZE.ORG.

# Questions and Question Box

Three-part formula:

1. Validate and normalize
2. Answer quickly and simply
3. Check-in





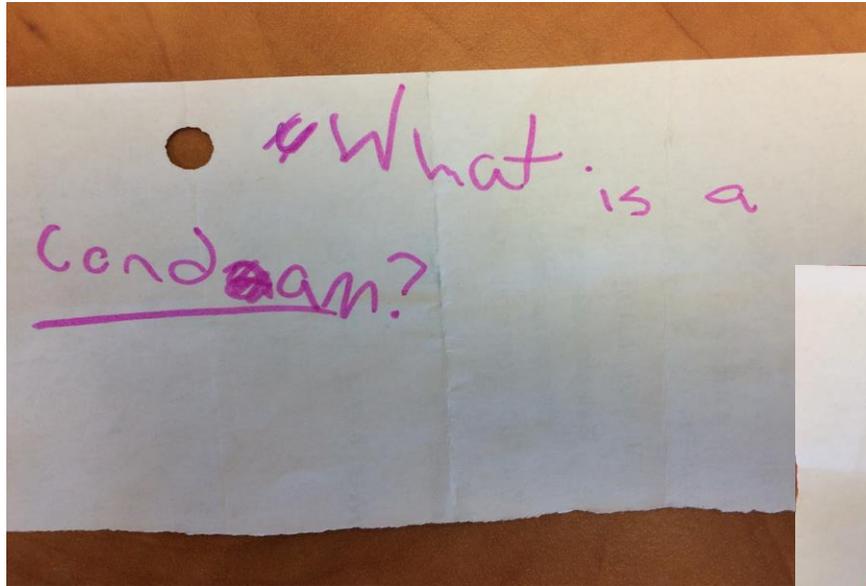
Can girls get  
wet dreams?

Why do people have  
sex?

Is there any way you  
can prevent sweat  
from smelling bad?



What are the chances  
a girl will get pregnant  
even if you don't ejaculate  
inside.

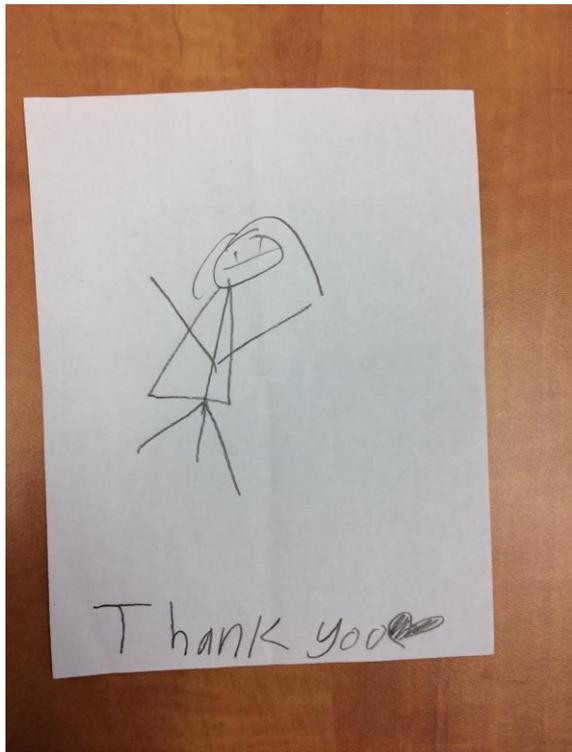


• What is a  
condom?





this class was cool  
but a litel inbarishing  
but still Awsome.





# Common Questions:

- Why do we learn about periods when we won't get them?
- Can boys have a baby?
- Can some girls have penises?
- What is a condom?
- Can we see a condom?



## Contact information and Resource Links

- [bettertoknow@yukon.ca](mailto:bettertoknow@yukon.ca)
- [Bettertoknow.yk.ca](http://Bettertoknow.yk.ca)
- Yukon.ca
- <https://yukon.ca/en/health-and-wellness/comprehensive-sexual-education>