

School Curriculum Resources:

Human Development and Sexual Health

Grades 1 - 12



Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
Human Development and Sexual Health Grade 1	C1.3 Body Parts C1.4 Senses and functions	C2.5 Hygienic procedures Glo Germ Kit and lesson plan (hand washing)	
Human Development and Sexual Health Grade 2	C1.4 Stages of development Physical growth and development of teeth resource	C2.4 Oral Health Canadian Dental Association: Teacher Resources Ontario Association of Public Health Dentistry: Curriculum Activities and Lesson Plans Ontario Dental Association: Children - Resources Presentation: Grade 2 Oral health/healthy eating	
Human Development and Sexual Health Grade 3	C1.3 Healthy Relationships C1.4 Physical and emotional development Physical growth and development of teeth resource		C3.3 Visible, invisible differences, respect

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Human Development and Sexual Health Grade 4	<p>C1.5 Puberty- changes; emotional, social impact</p> <p>Sexuality and U Website teachingsexualhealth.ca Toronto Public Health: Teaching Puberty - You Can Do It!</p>	<p>C2.4 Puberty- personal hygiene and care</p> <p>Sexuality and U Website teachingsexualhealth.ca Toronto Public Health: Teaching Puberty - You Can Do It!</p>	
Human Development and Sexual Health Grade 5	<p>C1.3 Reproductive system</p> <p>Sexuality and U Website Toronto Public Health: Teaching Puberty - You Can Do It! teachingsexualhealth.ca</p> <p>C1.4 Menstruation, spermatogenesis</p> <p>Sexuality and U Website Toronto Public Health: Teaching Puberty - You Can Do It! teachingsexualhealth.ca OPHEA - Always Changing</p> <p>Comprehensive Sexual Health Program 2 - 90 min sessions 519-383-8331 x3548</p> <p>Girl Talk - Parent and daughter sessions 519-383-8331 x3531</p>	<p>C2.4 Emotional, interpersonal stresses- puberty</p> <p>Toronto Public Health: Teaching Puberty - You Can Do It! teachingsexualhealth.ca</p> <p>OPHEA - Always Changing The Psychology Foundation of Canada: Kids Have Stress Too</p>	

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Human Development and Sexual Health Grade 6	<p>C1.3 Development of Self-concept</p>	<p>C2.5 Understanding of puberty changes, healthy relationships</p> <p>Sexuality and U Website Toronto Public Health: Teaching Puberty - You Can Do It! teachingsexualhealth.ca OPHEA - Always Changing Ophea: Campaign Messengers: Taking a Stand!</p> <p>C2.6 Decision making in relationships</p> <p>Sexuality and U Website Toronto Public Health: Teaching Puberty - You Can Do It! teachingsexualhealth.ca OPHEA - Always Changing</p> <p>Comprehensive Sexual Health program 2 - 90 min sessions 519-383-8331 x3548</p> <p>Girl Talk - Parent and Daughter sessions 519-383-8331 x3531</p>	<p>C3.3 Stereotypes and assumptions-impacts and strategies for responding</p>

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Human Development and Sexual Health Grade 7	<p>C1.3 Delaying sexual activity</p> <p>Sexuality and U Website teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea - Always Changing</p>	<p>C2.4 Sexual Health and decision making</p> <p>Sexuality and U Website teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea - Always Changing</p>	<p>C3.3 Relationship changes at puberty</p> <p>teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea - Always Changing</p> <p>Ophea: Campaign Messengers: Taking a Stand!</p>
	<p>C1.4 Sexual Transmitted infections (STIs)</p> <p>Sexuality and U Website teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea - Always Changing</p> <p>Ophea: HIV/AIDS Online School Support Kit</p>	<p>Comprehensive Sexual Health Program 2 - 90 min sessions *covers all three expectations 519-383-8331 x3548</p>	<p>Comprehensive Sexual Health Program 2 - 90 min sessions *covers all three expectations 519-383-8331 x3548</p>
	<p>C1.5 STI and pregnancy prevention</p> <p>Sexuality and U Website teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea - Always Changing</p> <p>Comprehensive Sexual Health Program 2 - 90 min sessions *covers all three expectations 519-383-8331 x3548</p>		

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<p style="text-align: center;">Human Development and Sexual Health Grade 8</p>	<p>C1.4 Decisions about sexual activity; supports</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers Ophea - Always Changing Ophea: HIV/AIDS Online School Support Kit</p> <p>C1.5 Gender identity, sexual orientation, self-concept</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers Ophea - Always Changing</p> <p>Comprehensive Sexual Health Program 3 - 90 min sessions *covers all four expectations 519-383-8331 x3548</p>	<p>C2.4 Decision making, contraception</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers Ophea - Always Changing</p> <p>Comprehensive Sexual Health Program</p> <p>3 - 90 min sessions *covers all four expectations</p> <p>519-383-8331 x3548</p>	<p>C3.3 Relationships and intimacy</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers Ophea - Always Changing Ophea: Campaign Messengers: Taking a Stand!</p> <p>Comprehensive Sexual Health Program</p> <p>3 - 90 min sessions *covers all four expectations</p> <p>519-383-8331 x3548</p>

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<p style="text-align: center;">Human Development and Sexual Health Grade 9</p>	<p>C1.4 Preventing pregnancy and STIs</p> <p>Sexuality and U Website teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers Ophea: HIV/AIDS Online School Support Kit</p>	<p>C2.2 Relationships- skills and strategies</p> <p>C2.3 Thinking ahead about sexual health, consent, personal limits Sexuality and U Website Toronto Public Health: Sexual Health Resources for Teachers teachingsexualhealth.ca</p> <p>Ophea: Campaign Messengers: Taking a Stand!</p>	
	<p>C1.5 Factors affecting gender identity and sexual orientation; supports</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Comprehensive Sexual Health Program 2 - 90 min sessions *covers both expectations 519-383-8331 x3548 **Additional classes by request</p>	<p>Comprehensive Sexual Health Program 2 - 90 min sessions *covers both expectations 519-383-8331 x3548 **Additional classes by request</p>	

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Human Development and Sexual Health Grade 10		<p>C2.5 Decision making, communications, healthy sexuality</p> <p>teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>**Classes available upon request 519-383-8331 x3548</p>	<p>C3.4 Misconceptions relating to sexuality</p> <p>C3.5 Relationships- effects on self and others</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>teachingsexualhealth.ca</p> <p>Ophea: Campaign Messengers: Taking a Stand!</p>
Human Development and Sexual Health Grade 11	<p>C1.4 Mental illness, addictions – causes, manifestations, and effects on personal health and well-being</p> <p>mindyourmind.ca - Mental Illnesses</p>	<p>C2.3 Reproductive and sexual health; proactive health measures</p> <p>teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Ophea: HIV/AIDS Online School Support Kit</p> <p>**Classes available upon request 519-383-8331 x3548</p>	<p>C3.4 Skills for dealing with stressful situations</p> <p>Video: Kelly McGonigal - How to make stress your friend (TedTalk)</p> <p>teachingsexualhealth.ca</p> <p>Toronto Public Health: Sexual Health Resources for Teachers</p> <p>C3.5 Mental illness- reducing stigma</p> <p>mindyourmind.ca</p>

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**If you are looking for a specific topic that isn't listed please contact healthyschools@county-lambton.on.ca

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<p style="text-align: center;">Human Development and Sexual Health Grade 12</p>	<p>C1.3 Skills and strategies for evolving relationships</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers</p> <p>Sexual Health Class 1 - 90 min session 519-383-8331 x3548 **Additional classes upon request</p>	<p>C2.4 identifying personal aptitudes and interests; developing life plans</p> <p>C2.5 Maintaining health and well-being when independent</p> <p>teachingsexualhealth.ca Toronto Public Health: Sexual Health Resources for Teachers</p>	<p>C3.4 Bias and stereotyping in media portrayal of relationships</p>

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