

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

**THEME: Sexual Growth And Body Image**

**KINDERGARTEN**

**CONTENT:**

**Identify the parts of the body:**

External parts: arms, head, buttocks, etc.

Internal parts: lungs, heart, stomach, brain, etc.

Differences in people's bodies: shape, size, skin colour, etc.

Importance of taking care of your body: hygiene, body appreciation

**Expressing Needs and Feelings:**

Feeling: five senses (taste, touch, smell, sight, hearing) emotions, sensations (pleasant or unpleasant)

Sharing your needs and wishes with others (e.g. friends, adults in your life, etc.)

Expressing your feelings (pleasant and unpleasant)

Talking with someone when you are not sure about something or when you feel the need.

**WHO :** Teacher

**WHEN :** April

**DURATION :** 5 hours

**SUBJECT AREA:** At discretion of Kindergarten teacher

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 1

**THEME:**  
Comprehensive view  
of Sexuality

CONTENT:

**Understanding sexuality:**

With your heart: emotions, feelings and how they are expressed.

With your mind: knowledge and questions about self-knowledge and self-affirmation.

With your body: growth, needs, five senses, hygiene.

**THEME:**  
Sexual Assault Prevention

CONTENT:

**Recognize situations of sexual assault and protecting yourself:**

Self-protection skills: do not go with someone you don't know & how to remove yourself from uncomfortable situations.

Self-defence skills: say no, scream, seek help, run away.

To identify appropriate / inappropriate touching.

Reporting an incident: identify people you can confide in.

Being aware of the feelings that could arise following situation of sexual assault.

**WHO :** Teacher & School Nurse (for support)

**WHEN :** April

**DURATION :** 3 hours

**SUBJECT AREA:** French

**WHO :** Teacher & Ministry Approved Community Org.

**WHEN :** April / May

**DURATION :** 2 hours

**SUBJECT AREA:** French

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 2

**THEME:**  
**Sexual Growth & Body Image**

CONTENT:

**Identify the sexual parts of the body and their functions:**

Aspects of body parts: (heart, mind).

Functions of body parts: (heart, mind, lungs, etc.).

**Importance of appreciating and taking care of your body:**

Knowing your body.

Bodily needs: hygiene, safety, physical activity, sleep, food.

Appreciating individual differences.

Using correct terms for the parts of the body.

**WHO :** Teacher & School Nurse (for support)

**WHEN :** March

**DURATION :** 3 hours

**SUBJECT AREA:** French Teacher

**THEME:**  
**Emotional & Romantic Life**

CONTENT:

**Recognize the various feelings that can be experienced in interpersonal relationships:**

Positive feelings: love, trust, respect, loyalty.

Negative feelings: jealousy, disappointment, sadness, guilt etc.

Range of feelings towards the people in your life: parents, family, friends, others.

**Different ways you can express your feelings to those you love:**

Actions and attitudes that express feelings.

Depending on the feelings.

Depending on the person.

**WHO :** Teacher

**WHEN :** April

**DURATION :** 2 hours

**SUBJECT AREA:** French Teacher

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 3

**THEME:**  
**Comprehensive View of Sexuality**

CONTENT:

**Become aware that there are different aspects to sexuality:**

Around you: interpersonal relationships, awareness of messages in your environment on sexuality.

Awareness of rules and expectations that can influence your decisions, personal choices, search for adequate information on sexuality.

Within you: body, heart (emotions, feelings, growth).

**WHO :** Teacher  
**WHEN :** March to May  
**DURATION :** 3 hours  
**SUBJECT AREA:** Science & English

**THEME:**  
**Sexual Assault Prevention**

CONTENT:

**Recognize the different forms of sexual assault:**

Definition of sexual assault.

Forms of sexual assault.

**Safety rules to prevent a situation that puts you at risk or to deal with a situation of sexual assault:**

Applying self-protection and self-defence skills: assert yourself, say no, scream, run away, look for help.

Difficulty applying safety rules in certain situations.

Seeking solutions: strategies to help you, identifying the people you can confide in.

Reporting the incident: talking to someone if you do not feel comfortable with a situation, being familiar with the network of resources that can help you, asking for help until an adult listens and helps.

**WHO :** Teacher & Ministry Approved Community Org.  
**WHEN :** March to May  
**DURATION :** 2 hours  
**SUBJECT AREA:** Science & English

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 4

**THEME:**  
**Sexual Growth and Body Image**

CONTENT:

**Understand that the main changes associated with puberty are part of the process of growing up:**

Growing up: moving from childhood into adolescence.

Main physical and psychological signs of puberty.

Understand the physical and psychological signs of puberty with respect to the time line of changes.

Respect your feelings about growing up

Positive feelings: pride, excitement, independence.

Concerns or negative feelings: unease, embarrassment, shame.

**WHO :** Teacher and School Nurse (for support)  
**WHEN :** March to May  
**DURATION :** 3 hours  
**SUBJECT AREA:** Science & English

**THEME:**  
**Emotional and Romantic Life**

CONTENT:

**Representation of Love and Friendship**

Characteristics of a friend and the importance of friendships.

Definition and perceptions of friendships and love.

Differences between camaraderie, friendship.

**How certain attitudes and behaviours can influence interpersonal relationships**

Behaviours that make it easier to get along with one another: acceptance of diversity, concern for others, empathy, commitment, responsibility, respect, mutual assistance, communication with misunderstandings and conflicts.

Behaviours that make it harder to get along with one another: rumours, bullying, jealousy control.

**WHO :** Teacher  
**WHEN :** March to May  
**DURATION :** 2 hours  
**SUBJECT AREA:** Science & English

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 5

## **THEME:** **Sexual Growth and Body Image**

CONTENT:

### **Physical and psychological changes associated with puberty**

Role of hormones.

5 stages of physical puberty.

The needs of a changing body: hygiene, food, sleep, physical activity.

Psychological changes: individuation, need for independence and intimacy, moodiness, exploration of values and norms in your peer group.

Feelings about puberty.

Strategies for coping with these changes.

### **Understanding the role that puberty plays in the body's ability to reproduce**

Growing up: becoming an adult.

Fertility: ovulation and menstrual cycle, sperm production.

Phenomenon of conception: organs involved, fertility, fertilization.

**WHO** : Teacher and School Nurse

**WHEN** : February to April

**DURATION** : 3 hours

**SUBJECT AREA:** Science / English / French

## **THEME:** **Sexual Assault and Prevention**

CONTENT:

### **Contexts that involve sexual assault with a view to preventing them**

Real-world situations involving someone you know (recreational activities, outings, people around you, public places).

Virtual world situations (someone you know / don't know on the internet).

Learn to use self-protection and self-defence skills in situations.

Determining what information can be safely shared in the real world or virtual world, avoiding meeting with someone you do not know in the real or virtual world.

Seeking solutions: asking for help, protecting a friend or yourself by reporting to an adult in the real world or virtual world.

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**WHO** : Teacher and Missing Children's Network: S.H.I.N.E. Program \*( **S**elf-esteem, **H**ealthy relationships, **I**ndependence, **N**o means No, **E**mpowerment)

**WHEN** : March to May

**DURATION** : 2 hours

**SUBJECT AREA:** Science / English / French

# CEDARCREST ELEMENTARY SCHOOL – SEXUALITY EDUCATION PLAN 2018-19

GRADE 6

**THEME:**  
**Sexual Growth and Body Image**

CONTENT:

**Adopting a positive attitude toward your changing body and the diversity of body types**

Understanding the changes that will take place throughout puberty.

Individual variations in puberty.

Individual differences in body type.

Understanding factors that determine your appearance: genes, heredity, diet, environment and lifestyle habit.

**WHO** : Teacher and School Nurse  
**WHEN** : February to May  
**DURATION** : 3 hours  
**SUBJECT AREA:** Science / English / French

**THEME:**  
**Emotional and Romantic Life**

CONTENT:

**The role that puberty plays in romantic and sexual awakening**

Puberty: influence of hormones.

Romantic awakening: changes in interpersonal relationships.

Attitudes and feelings about these changes.

Expressing any questions regarding images and messages from their social environment and the media.

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**WHO** : Teacher and Missing Children's Network:  
**S.H.I.N.E.** Program \*( **S**elf-esteem, **H**ealthy relationships, **I**ndependence, **N**o means No, **E**mpowerment)

**WHEN** : February to May  
**DURATION** : 2 hours  
**SUBJECT AREA:** Science / English / French