

## OVERVIEW

Instruction during the Sexual Health unit must include all of the HCPSS grade-level objectives and vocabulary terms. Instruction should not include objectives or vocabulary designated for a higher grade level; however, information from lower grade levels can be reviewed or used to prepare students.

## RESOURCES

### Background Information for Teachers

When talking about sexual activity, it is important to recognize that sexual activity consists of a variety of behaviors on a continuum ranging from any physical contact with another person to sexual intercourse. Different people place different activities in different places on this continuum. For example, while one person might consider touching another's breasts sexual activity, another may not. Similarly, some people may not count anal or oral sex as sexual activity if they only consider vaginal sex as sex.

When talking about consent to sexual activity, the full range of sexual activities, from sexual touching, hugging and kissing to intercourse, count as sexual activity.

Although people make decisions to participate in or abstain from different activities, in this lesson sexual activity means direct touching of a partner's genitals, vaginal sex, oral sex or anal sex.

The only sure way to avoid pregnancy is to abstain from any activity where a penis or semen are near the vaginal area (including anal and vaginal sex or penis/vaginal touching). The only sure way to avoid STBBIs (sexually transmitted and blood borne infections) is to abstain from any activity that involves sexual contact between one person's body and another person's genital area, semen or vaginal fluid and from contact with infected breastmilk, blood and bedding/towels. For students not choosing abstinence, these strategies can reduce risk of pregnancy:

- Delay sex
- Correctly and consistently using dual protection (condom plus another method of birth control increases contraceptive effectiveness and also reduces risk for STBBIs)
- Clear communication with partners about intentions, limits and safer sex

For students not choosing abstinence, as well as the three bullets list above, these additional strategies can reduce risk of STBBIs:

- Limiting sexual partners
- Getting vaccinated against Hepatitis B & HPV
- Getting regular testing and treatment if needed
- Clear communication between partners about sexual history, testing and treatment

**Educational programs that result in the most positive sexual health outcomes (e.g. delayed first intercourse, safer sex strategies, healthy relationships) and are best at reducing negative sexual health outcomes (e.g. unintended pregnancy, STBBI) are programs that are comprehensive and include information about contraception, relationships, sexual decision making & STBBI prevention.**

Abstinence is one possible choice regarding sexual activity for youth. It is often a healthy choice as with abstinence, risks associated with sex can be avoided. However, it is important that the teacher not over-emphasize abstinence as the right choice because of their unconscious or conscious bias.

*Adapted from TeachingSexualHealth.ca, Alberta Health Services, 2018*

## Objectives

The objectives for the Sexual Health unit should guide what is taught and discussed in the Health classroom during this unit.

Review the objectives at this link: [HCPSS Secondary Sexual Health Curriculum](#)

### Important note:

You must teach ALL of the objectives listed and ONLY the objectives listed for a given grade level!

## Vocabulary

Teaching sensitive vocabulary requires a level of comfort from the teacher, and a level of trust from the students.

Brainstorm some methods of teaching vocabulary. Remember, rote memorization and regurgitation of definitions are *not* considered best practices!

Review the [Grade Level vocabulary terms for the Sexual Health unit](#)

\_\_\_\_\_. Identify which terms you feel would struggle to define in comfortable and developmentally-appropriate language.

Then, use [Master Sexual Health Unit Vocabulary Definitions](#)

\_\_\_\_\_ to reference the vocabulary definitions for the terms you identified above.

## QUICK CHECK

### Quick Check

The objectives and vocabulary lists provided are meant to serve as a starting point for the unit, and may be expanded upon based on student and teacher interest in related topics.

- True
- False



Correct! ONLY the topics covered in the HPCSS grade-level objectives and vocabulary lists may be included in sexual health instruction.

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