

Body Science Topics to be covered:



Kindergarten and Grade 1 sessions (30 minutes)

- Scientific words related to sexual health
- That reproduction usually happens when a man's sperm joins a woman's ovum by sexual intercourse, but that there are many different ways that families are formed. All families are unique.
- That they have ownership of their bodies
- That the baby grows in the uterus (not the stomach)
- That the baby is usually born through the vagina
- Not to pick up condoms or needles

Grades 2 and 3 sessions (40 minutes)

Everything previous grades have learned plus:

- The basics about menstruation and nocturnal emissions (wet dreams) as clean and healthy processes

Grades 4 and 5 sessions (60 minutes)

Everything previous grades have learned plus:

- All about physical and emotional changes at puberty
- The responsibilities that come with the decision to be in a sexual relationship
- Basic information about sexually transmitted infections (STIs)

Grades 6 and 7 sessions (75 minutes)

Everything the previous age group has learned plus:

- Sexual consent
- Making smart decisions on the internet
- Different types of sexual activity and the responsibilities that come with each
- Understanding personal sexuality-related values, beliefs and boundaries
- Recognizing that most teens are not sexually active
- Further discussion of STIs and prevention
- Gender stereotypes and homophobia
- The importance of taking responsibility of one's health (ie. testicular self-examinations)

Anonymous questions