

Sexual Health Resources for Teachers and PHNs

Lesson Plans for Grades K-3

- ❖ [Supporting Student Health Elementary.pdf \(gov.bc.ca\)](#) Information includes the K-3 grade level.
- ❖ [NPS Learns: Personal & Sexual Health Education](#) (2025) Nanaimo Ladysmith Public Schools. Sexual health education in Grade K-3 is about personal safety and empowerment. [Sexual Health K-7 Topic Snapshots](#) (names for body parts, safe, unsafe and secret touch, honoring diversity, puberty, and more)
- ❖ [Better to Know Comprehensive Sexual Health Education](#): Yukon Body Parts and Safe Touch (2025)
- ❖ Saskatchewan Prevention Institute: [Recommended Sexual Health Education Topics and Related Saskatchewan Curriculum Outcomes and Indicators for Early Elementary Years \(Grades 1-3\)](#) – includes links to toolkits, colouring book, videos, and more.
- ❖ [Quebec Teacher's Sex Ed Toolkit](#)- see: [Primary School Resources](#) (K-Grade 6)
- ❖ [Kids in the Know](#) is the [Canadian Centre for Child Protection's](#) interactive safety education program designed for students from Kindergarten to High School. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world. It is research and evidence-based, balances empowerment with protection, communicates without value statements, builds from past experiences, involves activity-based learning, and facilitates important discussions about personal safety without the use of fear.
- ❖ **USA Resources:** [AMAZE.org](#)- [Colouring books](#)

Lesson Plans for Grades 4-12

- ❖ [Better to Know](#) from the Yukon provides [Comprehensive Sexual Health Education](#) including lesson plans.
- ❖ [Teaching Sexual Health.ca](#) is the teacher portal for Canadian lessons plans that can be accessed by grade or by topic (from Alberta). Includes lesson plans for students with differing abilities. **NOTE:** The [Legacy Resources](#) page houses the resources available on the site up to September 2025.
- ❖ [Elementary School Sexual Health Manual Guide for Teachers](#) (June 2016) Northern Health: A Guide for **Grade 4-7** Teachers to support Health & Career Education.
- ❖ [Always Changing](#) puberty education resources, endorsed by Physical and Health Education Canada and Ontario Physical and Health Education Association, are free of charge. The suite of resources including guides, worksheets and tests have been updated to include all-inclusive, gender-neutral

language. The Always Changing resources support teaching adolescent growth and development, personal hygiene, and healthy, active living for **Grades 5-8**.

- ❖ [Sexual Health from Nanaimo Ladysmith Public Schools – Grades 8-12 Topic Snapshots](#) (puberty, influences on identity, sexual violence, healthy relationships, sexual decision making, and more.)
- ❖ [Quebec Teacher's Sex Ed Toolkit](#) – see: [Secondary School Resources-Weaving Sexual Health Education into other courses](#).
- ❖ [NPS Learns: Personal & Sexual Health Education](#) (2025) Nanaimo Ladysmith Public Schools. [K-7 topic snapshots](#) (names for body parts, safe, unsafe and secret touch, honoring diversity, puberty, and more) and [Grades 8-12 Topic Snapshots](#) (puberty, influences on identity, sexual violence, healthy relationships, sexual decision making, and more).
- ❖ [Media Smarts](#) Sexual health education and authenticating online information lesson plan, Canadian, **Grades 7-9**.
- ❖ Media Smarts -The [Pornography Debate](#) , Canadian, lesson plan for **Grades 11-12** and [Resources for Teachers](#) for teaching about pornography, Ted Talk for teachers: [How porn changes the way teens think about sex](#).
- ❖ SOGI123, British Columbia [Teaching Resources](#) **K-12**
- ❖ [Kids in the Know](#) is the [Canadian Centre for Child Protection's](#) interactive safety education program designed for students from **Kindergarten to High School**. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world.
- ❖ **USA Resources:** [AMAZE.org](#)- Age-appropriate information on puberty for educators, students and their parents. Includes many animated videos including [Porn is not Sex Ed](#)



Sexual Health Information

Additional Information for Teaching for Grades K-12

- ❖ [Beyond the Birds and the Bees](#): Supporting Sexual Education from Healthy Schools BC and The Students Commission of Canada. A webinar series designed to support educators in enriching their understanding of BC's Physical and Health Education Curriculum for secondary students and to provide teaching tools to assist with the delivery of what can be sensitive and sometimes uncomfortable content to teach.
- ❖ [Promising Practices Portal | SIECCAN](#) The Sexual Health Education Resource Directory provides sexual health education materials on a variety of topics and the Provincial/Territorial Sexual Health Education Resources provide educators with available curriculum documents from each province/territory.
- ❖ Sexual Health Education in Schools and Other Settings: [Questions & Answers](#) 2020 (SIECCAN)

Online Videos Appropriate for Secondary Classes

- ❖ [Know Your Birth Control Rights 2014](#) 21/2 minutes
- ❖ [The Magic of Birth Control 2014](#) 1½ minutes, about birth control pill
- ❖ [Consent: a cup of tea 2015](#) 3 minutes
- ❖ [Keys for Consent 2023](#) 1 minute
- ❖ [Understanding Consent Video 2017](#) from teachingsexualhealth.ca 3 minutes
- ❖ [Consent 2016](#) 1 minute (ages 11-15)
- ❖ [Consent – YouTube 2019](#), TRU, 3 minutes
- ❖ [Let's Talk About Consent - YouTube 2015](#), 4 minutes
- ❖ [Rise Above Let's Talk Consent in Relationships – YouTube 2017](#), 4 minutes, British

Workshops and Guest Speakers

- ❖ [Saleema Noon Sexual Health Educators](#) focus on providing safe, inclusive, and practical information to children, teens, and parents. They achieve a perfect balance of tackling serious topics in a way that is youthful, fun, and lighthearted. There are workshops for teachers of all grades and resources for parents.

- ❖ [Options for Sexual Health Educators](#) are available to support your school in the delivery of the objectives outlined in the BC Curriculum and the Canadian Guidelines for Sexual Health Education.
 - Programs for students in Preschool to Grade 1
 - Fun, age-appropriate, interactive, and nonjudgmental
 - Our popular “Askable” Parent/Adult presentation is available (and recommended) for parents of students

Online Resources Appropriate for Students Doing Inquiry Projects

- ❖ [Better to Know](#) from the Yukon
- ❖ [SEXandU.ca](#) from the Society of Obstetricians and Gynecologists of Canada, Information on contraception, STIs, consent, LGBTQ+ and more
- ❖ [Options for Sexual Health](#) BC website, information on sexual health, birth control and clinic locations
- ❖ [Saleema Noon body science online](#)
- ❖ [Sex Sense](#) information line
- ❖ [SmartSex Resource](#) from BCCDC, information and resources on sexual health, including chat
- ❖ [Scarleteen.com](#) Q & A website (recommended for ages 15 and up)
- ❖ [Sexual Health Information Hub | Action Canada for Sexual Health and Rights](#) from Action Canada for Sexual Health & Rights
- ❖ [What’s the Deal](#) (2024), grade 7/8 activity book about boundaries and healthy relationships from the [Canadian Centre for Child Protection](#), [print and online resources](#).
- ❖ [It is a Big Deal](#) (2024), grade 9-12 Staying Safe in Relationships Activity Book from the [Canadian Centre for Child Protection](#).

Gender Identity and Sexual Orientation Resources

- ❖ Erase (Expect Respect and A Safe Education): [Gender diversity](#) and [Sexual Orientation](#)
- ❖ [Pride Education Network Resources](#)
- ❖ [Questions and Answers: Sexual Orientation in Schools](#) Government of Canada
- ❖ Trans Care BC: [Gender Basics](#), support for families, affirmation and transition
- ❖ [Understanding Gender, Gender Spectrum](#) a guide for supporting the transgender child in K-12 schools.
- ❖ [Kids help phone](#) Canada website, or call 1 800-668-6868

Sexual Health Resources for Differing Abilities

- ❖ sieccan (Sex Information & Education Council of Canada) has resources for [Autistic Youth](#) and [Disabled Youth \(physical disabilities\)](#)
- ❖ [Questions and Answers: Sexual Health Education for Youth with Physical Disabilities](#) Government of Canada (2013)
- ❖ [Talking About Sexuality in Canadian Communities](#): A sexual health resource for providers of services to high-risk youth and youth with disabilities.



The Interior Health Healthy Schools Team endeavours to create free or low-cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at healthyschools@interiorhealth.ca.

To explore other toolkits, visit [Healthy Schools Teaching Toolkits](#).