

SD73 Inclusive Sexual Health Education K-10 Scope and Sequence

| Grade | Big Idea(s) | Curricular Competencies | Content | Possible topics/skills |
|-------|--|--|---|---|
| K | <p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p> | <p>Identify and describe a variety of unsafe and/or uncomfortable situations</p> <p>Develop and demonstrate respectful behaviour when participating in activities with others</p> <p>Identify caring behaviours among classmates and within families</p> <p>Identify sources of health information</p> | <p>Names for parts of the body, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p> | <ul style="list-style-type: none"> • Correct names for body parts • Body parts under bathing suits and inappropriate touching • Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret • Caring behaviours in groups and families • Reliable sources of health information (safe adults) • Respect for diversity |
| 1 | <p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p> | <p>Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations.</p> <p>Identify caring behaviours among classmates and within families.</p> <p>Identify sources of health information</p> | <p>Names of body parts, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p> | |

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| 2 | <p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p> | <p>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</p> <p>Identify and describe characteristics of positive relationships</p> <p>Describe ways to access information on and support services for a variety of health topics</p> | <p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p> | <ul style="list-style-type: none"> ● Managing and expressing emotions ● Relationship between worries and fears (gr. 3) ● Hazards and potentially unsafe situations ● Correct names for body parts ● Assertive communication skills ● Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret ● Strategies for accessing health information |
| 3 | <p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p> | <p>Describe ways to access information on and support services for a variety of health topics</p> <p>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</p> <p>Describe and apply strategies for developing and maintaining positive relationships</p> <p>Describe physical, emotional, and social changes as students grow older</p> | <p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p> <p>Nature and consequences of bullying</p> <p>Factors that influence self-identity</p> | <ul style="list-style-type: none"> ● Respect for diversity (safe adults) ● Nature and consequences of bullying (Grade 3) |

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| 4 | <p>Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p> | <p>Identify and describe factors that influence healthy choices</p> <p>Examine and explain how health messages can influence behaviours and decisions</p> <p>Identify and apply strategies for pursuing personal healthy-living goals</p> <p>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining positive relationships</p> <p>Describe and apply strategies that promote a safe and caring environment</p> | <p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases, media messaging and body image</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations, including identifying common lures and tricks used by potential abusers</p> <p>Strategies for responding to bullying, discrimination, and violence</p> <p>Physical, emotional, and social changes during puberty, including those involving sexuality and sexual identity</p> <p>Factors that influence self-identity, including body image and social media</p> | <ul style="list-style-type: none"> ● Sources of health information and support services ● (www.kidshealth.org Kids Help Phone 1-800-668-6868) ● Identifying common lures or tricks used by potential abusers ● Hazards and potentially unsafe situations ● Strategies for responding to bullying, discrimination, and violence ● Puberty - basic physical changes ● Personal hygiene ● Body image: social media and media messaging's effects on body image ● Respect for diversity ● Communicable and non-communicable illness prevention |

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| 5 | <p>Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p> | <p>Describe the impacts of personal choices on health and well-being.</p> <p>Describe strategies for communicating medical concerns and getting help with health issues</p> <p>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Describe and apply strategies that promote a safe and caring environment</p> <p>Explore and describe strategies for managing physical, emotional, and social changes during puberty</p> <p>Explore and describe how personal identities adapt and change in different settings and situations</p> | <p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases</p> <p>Sources of health information and support services</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Factors that influencing use of psychoactive substances</p> <p>Physical, emotional, and social changes during puberty, including those involving sexuality, and sexual identity, and changes to relationships</p> | <ul style="list-style-type: none"> ● Sources of health information and support services www.kidshealth.org Kids Help Phone 1-800-668-6868 ● Body autonomy/consent ● Factors influencing use of substances: ie. alcohol, tobacco, illicit drugs, solvents ● Responding to discrimination, bullying, stereotyping ● Physical, emotional, social changes of puberty in more detail ● Personal hygiene ● Impacts of social media and media messaging ● Respect for diversity ● Communicable and non-communicable illness prevention |

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| 6 | <p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p> | <p>Describe the impacts of personal choices on health and well-being</p> <p>Analyze health messages and possible intentions to influence behaviour</p> <p>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</p> <p>Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe how personal identities adapt and change in different settings and situations</p> | <p>Practices that reduce the risk of contracting sexually transmitted infections (STBBIs)</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Physical, emotional, and social changes during puberty, including those involving sexual identity, gender, values, and beliefs</p> | <ul style="list-style-type: none"> ● Sources of health information and support services www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line ● Basic principles for responding to emergencies ● Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings ● Consequences of bullying, stereotyping, and discrimination ● Strategies for managing personal and social risks related to the use of substances and potentially addictive behaviour ● Practices that reduce the risk of contracting sexually transmitted infections ● Physical, emotional, social changes of puberty in more detail ● Body image: social media and media messaging's effects on body image ● Respect for Diversity ● Communicable and non-communicable illness prevention |

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| 7 | <p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p> | <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Explore strategies for promoting the health and well-being of the school and community</p> <p>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore the impact of transition and change on identities</p> | <p>Practices that reduce the risk of contracting sexually transmitted infections (STBBIs)</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p> | <ul style="list-style-type: none"> ● Sources of health information and support services: www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line ● Basic principles for responding to emergencies ● Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings ● Describe and assess strategies for responding to bullying, stereotyping, and discrimination ● Practices that reduce the risk of contracting sexually transmitted infections (updated term is Sexually Transmitted and Blood Borne Infections -STBBIs), It is recommended that teachers focus on practices of reducing transmission and how to seek help if concerned- this places emphasis on knowing what is 'normal' for one's own body. ● Understand the influence of the changes experienced during puberty on identities and relationships ● Explore the impact of transition and change on identities ● Respect for diversity |

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| 8 | <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others connects us to our community</p> | <p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Propose strategies for responding to discrimination, stereotyping, and bullying</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe the impact of transition and change on identities</p> | <p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p> | <ul style="list-style-type: none"> ● Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services, www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line ● Healthy sexual decision making ● Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings ● Potential short-term and long-term consequences of health decisions ● Describe and assess strategies for responding to bullying, stereotyping, and discrimination ● Basic principles for responding to emergencies <ul style="list-style-type: none"> ○ Visit ERASE webpage https://erasereportit.gov.bc.ca ● Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries ● Respect for diversity |

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| 9 | <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others connects us to our community</p> | <p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe factors that shape personal identities, including social and cultural factors</p> | <p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p> | <ul style="list-style-type: none"> ● Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line ● Influences of changes on identities and relationships ● Healthy sexual decision making ● Potential short-term and long-term consequences of health decisions ● Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings ● Describe and assess strategies for responding to bullying, stereotyping, and discrimination ● Basic principles for responding to emergencies <ul style="list-style-type: none"> ○ Visit ERASE webpage https://erasereportit.gov.bc.ca ● Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries ● Respect for diversity |

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| 10 | Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being. | <p>Analyze how health-related decisions support the achievement of personal healthy-living goals</p> <p>Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations</p> <p>Develop skills for maintaining healthy relationships and responding to interpersonal conflict</p> <p>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe factors that shape personal identities, including social and cultural factors</p> | <p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, sleep routines, and technology</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p> | <ul style="list-style-type: none"> ● Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line ● Influences of changes on identities and relationships: <ul style="list-style-type: none"> ○ Analyze the potential effects of social influences on health (social influences could include: social media, use of technology (ie gaming), peer pressure, etc.) ○ Develop skills for maintaining healthy relationships and responding to interpersonal conflict ● Healthy sexual decision making ● Potential short-term and long-term consequences of health decisions ● Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings ● Describe and assess strategies for responding to bullying, stereotyping, and discrimination ● Basic principles for responding to emergencies <ul style="list-style-type: none"> ○ Visit ERASE webpage https://erasereportit.gov.bc.ca ● Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries ● Respect for diversity |