



Table for Planning Learning in Sexuality Health Education

GRADE	Sexual Growth and body image	Identity, gender stereotypes and roles, and social norms	Emotional and Romantic life	Sexual Assault	Pregnancy and Birth	General Understanding of Sexuality
K	1) Parts of the Body (150) Who? Core Teacher When? Winter				1) Stages of pregnancy (150) Who? Core Teacher When? Spring	
	2) Expressing needs & feelings Who? Core Teacher When? September				2) Welcoming a new baby Who? Core Teacher When? Spring	
1		1) Gender roles and stereotypes (100) Who? Core Teacher When? December-Feb		1) How to recognize a situation of sexual assault (90-100) Who? Core Teacher When? February		1) Aspects of sexuality (body, heart, mind) (60) Who? Core Teacher When? May
		2) Respect for differences Who? Core Teacher When? December-Feb		2) Reporting an incident to an adult Who? Core Teacher When? February		
2	1) Sexual organs (180) Who? Core Teacher When? March		1) Interpersonal relationships (75-100) Who? Core Teacher When? Winter		1) The egg and the sperm (150) Who? Core Teacher When? May-June	
	2) Appreciating your body and personal hygiene Who? Core Teacher When? March		2) Expressing feelings Who? Core Teacher When? November		2) Development of a fetus Who? Core Teacher When? May-June	
3		1) Stereotypes in social environments and in the media (150) Who? Core Teacher When? Feb-Apr		1) How to recognize different forms of sexual assault (90-100) Who? Core Teacher When? Feb-Apr		1) Aspects of sexuality (body, heart, mind & messages conveyed by social environment) (100) Who? Core Teacher When? Feb-Apr
		2) Influence of stereotypes Who? Core Teacher When? Feb-Apr		2) Preventing and dealing with sexual assault Who? GUEST SPEAKER When? Feb-Apr		

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4	1) Main changes associated with puberty (100) Who? Core Teacher When? Jan-Feb	1) Establishing egalitarian relationships (150) Who? Core Teacher When? Jan-Feb	1) Representations of love and friendship (240) Who? Core Teacher When? Jan-Feb			
	2) Feelings about growing up Who? Core Teacher When? Jan-Feb		2) Attitudes and behaviours in interpersonal relationships Who? Core Teacher When? Jan-Feb			
5	1) Psychological and physical changes associated with puberty (90) Who? Core & Health Spec. When? Jan/Feb			1) Preventing and dealing with sexual assault in a real or virtual context (90) Who? Core & Health Spec. When? Jan/Feb		
	2) Role of puberty in growth Who? Core Teacher When? Dec-Jan					
6	1) Understanding the changes associated with puberty (100-150) Who? Phys Ed & Health Teacher When? Jan-Feb	1) Impacts of sexism and homophobia (150) Who? Phys Ed & Health Teacher When? Jan-Feb	1) Romantic and sexual awakening during puberty (250) Who? Core & Health Spec. When? Jan-Feb			1) Dimensions of sexuality (biological, psychoaffective, socio-cultural, interpersonal and moral) (100) Who? Core Teacher When? Jan-Feb
	2) Body image Who? Phys Ed & Health Teacher When? Jan-Feb	2) Respect for sexual diversity and respect for rights Who? Phys Ed & Health Teacher When? Jan-Feb				