

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	Comprehensive View of Sexuality	Sexual Assault Prevention
<b>GRADE 1</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 3.5 hrs</p> <p><b>SUBJECT AREA: Ethics and Religious Culture</b></p> <ul style="list-style-type: none"> <li>• <b>Mind:</b> Knowledge &amp; questions about sexuality</li> <li>• <b>Heart:</b> Emotions, feelings &amp; how to express them</li> <li>• <b>Body:</b> growth, needs, 5 senses and hygiene</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Missing Children’s Network</li> </ul> <p><b>WHEN:</b> February &amp; May <b>DURATION:</b> 1.5 hrs</p> <p><b>SUBJECT AREA: Ethics and Religious Culture</b></p> <ul style="list-style-type: none"> <li>• To identify appropriate/inappropriate touching and teaching children safety rules.</li> <li>• Self-protection skills: do not go with someone you don’t know &amp; how to remove yourself from uncomfortable situations.</li> <li>• Self-defence skills: say no, scream, seek help, run away</li> <li>• Reporting an incident: identify people you can confide in.</li> </ul>

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	<b>Sexual Growth &amp; Body Image</b>	<b>Emotional &amp; Romantic Life</b>
<b>GRADE 2</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 2.5 hrs</p> <p><b>SUBJECT AREA: Ethics and Religious Culture</b></p> <ul style="list-style-type: none"> <li>• Using the correct terms for the sexual parts of the body (internal and external) as well as their functions.</li> <li>• Knowing your body</li> <li>• Appreciating individual differences</li> <li>• Bodily needs: Hygiene, safety, physical activity, sleep, food</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input type="checkbox"/> Health Care professional</li> <li><input checked="" type="checkbox"/> Missing Children’s Network</li> </ul> <p><b>WHEN:</b> February &amp; May <b>DURATION:</b> 2.5 hrs</p> <p><b>SUBJECT AREA: Ethics and Religious Culture</b></p> <ul style="list-style-type: none"> <li>• Range of feelings toward the people in your life</li> <li>• Positive feelings: Love, trust, respect</li> <li>• Negative feelings: jealousy, disappointment, sadness, guilt</li> </ul>

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	<b>Comprehensive View of Sexuality</b>	<b>Sexual Assault Prevention</b>
<b>GRADE 3</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 3.5 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Become aware that there are different aspects to sexuality: interpersonal relationships, awareness of messages in your environment on sexuality, awareness of rules and expectations that can affect your decisions, personal choices</li> <li>• Experiencing romantic feelings</li> <li>• Think about the norms and values related to sexuality</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Missing Children’s Network</li> </ul> <p><b>WHEN:</b> February &amp; May <b>DURATION:</b> 1.5 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Definition of sexual assault</li> <li>• Forms of sexual assault (sexual contact, touching, exhibitionism, exposure to sexually explicit material)</li> <li>• Develop ability to apply safety rules to prevent a situation that puts children at risk or to deal with a situation of assault</li> <li>• Self-protection/self-defence/assert yourself</li> <li>• Reporting an incident: identify people you can confide in.</li> </ul>

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	Sexual Growth and Body Image	Emotional and Romantic Life
<b>GRADE 4</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 2.5 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Growing up: Understanding that the main changes associated with puberty are part of the process from childhood to adolescence.</li> <li>• Understanding the physical &amp; psychological signs of puberty</li> <li>• <i>Sharing feelings about growing up:</i> Positive feelings: pride, excitement &amp; independence Negative feelings: unease, embarrassment</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> March <b>DURATION:</b> 2.5 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Definition &amp; perceptions of friendship &amp; love</li> <li>• Characteristics of a friend &amp; importance of friendships</li> <li>• Difference between camaraderie, friendship, love and attraction</li> <li>• How to get along: acceptance of diversity, empathy, respect, dealing with misunderstandings and conflicts</li> <li>• What breaks friendships? : rumours, bullying, jealousy, control</li> </ul>

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	Sexual Growth and Body Image	Sexual Assault & Prevention
<b>Grade 5</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 3.0 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Role of hormones</li> <li>• 5 stages of physical puberty</li> <li>• Needs of changing body – hygiene, food, sleep phys. Activity</li> <li>• Psychological changes (need for independence, intimacy, moodiness, explorations of values and norms)</li> <li>• Feelings about puberty and strategies for coping</li> <li>• Fertility- ovulation, menstrual cycle &amp; sperm production</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input type="checkbox"/> Health Care professional</li> <li><input checked="" type="checkbox"/> Missing Children’s Network <b>S.H.I.N.E</b> Program *( Self-esteem, <b>H</b>ealthy relationships, Independence, <b>N</b>o means No, Empowerment)</li> </ul> <p><b>WHEN:</b> February/March <b>DURATION:</b> 2.0 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Look at different contexts that involve sexual assault with a view to preventing them:</li> <li>• <i>Real-world situations</i> involving someone you know (recreational activities, outings, people around you, public places)</li> <li>• <i>Virtual world situations</i> (someone you know/don’t know on the internet)</li> <li>• Learn to use self-protection and self-defence skills in situations</li> <li>• Seeking solutions: asking for help, protecting a friend or yourself by reporting to an adult in the real world or virtual world</li> </ul>

## Dunrae Gardens Elementary School – Sexuality Education Curriculum Plan (2018-2019)

	Sexual Growth and Body Image	Emotional and Romantic Life
<b>GRADE 6</b>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> </ul> <p><b>WHEN:</b> April <b>DURATION:</b> 2 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Adopting a positive attitude toward your changing body and the diversity of body types.</li> <li>• Understanding the changes that will take place throughout puberty</li> <li>• Individual variations in puberty</li> <li>• Individual differences in body type</li> <li>• Understanding factors that determine your appearance: genes, heredity, diet, environment and lifestyle habits.</li> </ul>	<p><b>WHO:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Teacher</li> <li><input type="checkbox"/> Board professional</li> <li><input checked="" type="checkbox"/> Health Care professional</li> <li><input checked="" type="checkbox"/> Missing Children’s Network <b>S.H.I.N.E</b> Program</li> </ul> <p>*( Self-esteem, Healthy relationships, Independence, No means No, Empowerment)</p> <p><b>WHEN:</b> February/March/ April</p> <p><b>DURATION:</b> 3 hrs</p> <p><b>SUBJECT AREA: English</b></p> <ul style="list-style-type: none"> <li>• Puberty: influence of hormones</li> <li>• Romantic awakening – attraction, changes in interpersonal relationships, first dates</li> <li>• Sexual awakening: vaginal lubrication, erection, ejaculation</li> <li>• Attitudes and feelings about these changes</li> <li>• Expressing any questions regarding images and messages from their social environment and the media.</li> </ul>