



## Healthy Sexuality Curriculum Support Health Resources for Schools

Healthy sexuality education for young people provides age-appropriate, factual and non-judgmental information and helps students develop social competence, relationship and communication skills. Aim is to integrate healthy sexuality messaging into all aspects of school life and connect with your community for support. Our goals is to engage youth and provide opportunities to emphasize their ability to make informed choices; have factual information and know where to find good information; be a positive role model and influence their peers and support youth in the development of respectful relationships.

### ***Manuals and Curriculum Resources***

- **OPHEA (Ontario Physical and Health Education Association):** Ophea supports quality implementation of the Health and Physical Education (H&PE) Curriculum, elementary and secondary <https://www.ophea.net/Opheas-HPE-Curriculum-Supports>
- **Teaching Sexual Health.ca** Teachingsexualhealth.ca is an innovative website developed by Alberta educators and health professionals. Offers up-to-date, evidence-based information and strategies for teachers and educators teaching the Alberta Education Human Sexuality curriculum and for parents of children from birth up to 18 years of age. <https://teachingsexualhealth.ca/>
- **Sexandu.ca:** SexandU.ca takes a real-life approach to the questions and issues around sex and sexuality that matter most to Canadians. From talking about sex, to lifestyle choices, to contraception awareness and sexually transmitted infections, SexandU.ca provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health. SexandU.ca is an initiative of the Society of Obstetricians and Gynaecologists of Canada, Canada's leading authority on sexual and reproductive health. <https://sexandu.ca>
- **Puberty and Health Education Program:** Always Changing is a school-based puberty education and healthy, active living program for students in grades 5 through 8. <https://phecanada.ca/programs/always-changing>



## ***Teaching Tools***

**Birth Control Kit** contains detailed flip charts that cover birth control methods and sexually transmitted infections. As well as sample birth control examples for teaching purposes. (Available for sign out from the Grey Bruce Health Unit)

## ***Family Support***

- PFLAG <https://pflagcanada.ca/>

## ***Youth Support***

- Kids Help Phone (24 hours) [www.kidshelpphone.ca](http://www.kidshelpphone.ca) 1-800-668-6868
- [Sexual Health Infoline Ontario](http://SexualHealthInfolineOntario) Sexual Health Infoline Ontario Toll-free: 1-800-668-2437
- LGBT Youthline 1-800-268-9688 <https://www.youthline.ca/>

This is a reference list (not a comprehensive list) of community resources.

For more information or to request resources, please contact Grey Bruce Health Unit at 1-800-263-3456 or visit <https://www.publichealthgreybruce.on.ca>