

## 2018-2019 BC Curriculum and Sexual Health Education in Central Okanagan Public Schools

Please note that though we address the following big ideas, competencies and content, coverage is limited and it often makes sense to supplement with additional classroom content. We do not have time to completely address most ideas. Our primary focus is sexual health and relationships. Also note that due to curricular overlap between grades some topics are covered only once over the spread of more than one grade.

Grade	Big Idea	Curricular Competencies	Content	Our Topics
4	Understanding ourselves and the various aspects of health that help us develop a balanced lifestyle.	<p>Identify and describe factors that influence healthy choices</p> <p>Identify and apply strategies for pursuing personal healthy living goals</p>	Physical, emotional and social changes that occur during puberty, including those involving sexuality and sexual identity.	<p>Body parts under bathing suits and inappropriate touching</p> <p>Puberty – basic physical changes</p> <p>Respect for diversity</p> <p>Personal hygiene</p>
5	Understanding ourselves and the various aspects of health that help us develop a balanced lifestyle.	<p>Describe the impacts of personal choices on health and well-being.</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>	Physical, emotional and social changes that occur during puberty, including those involving sexuality and sexual identity and changes to relationships.	<p>Physical, emotional changes of puberty in more detail</p> <p>Bodily autonomy/consent</p> <p>Personal hygiene</p> <p>Respect for diversity</p> <p>Reproductive system – internal/external</p> <p>Resources</p>

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<p>6</p>	<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 and groups influences community health.</p>	<p>Describe the impacts of personal choices on health and well-being.</p> <p>Identify, apply and reflect on strategies used to pursue personal healthy-living goals.</p> <p>Healthy choices influence our physical, emotional and mental well-being</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.</p> <p>Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence.</p>	<p>Practices that reduce the risk of contracting STI's and life-threatening communicable diseases.</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 that occur during puberty and adolescence.</p> <p>Influences on individual identity, including sexual identity, gender, values and beliefs.</p>	<p>Communicable disease prevention (including blood borne and STI's)</p> <p>Respect for Diversity</p> <p>Puberty - physical and emotional changes</p> <p>Reproductive systems – internal/external</p> <p>Conception and pregnancy</p> <p>Bodily autonomy/consent</p>
<p>7</p>	<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 and groups influences community health.</p>	<p>Identify factors that influence healthy choices and explain their potential health effects</p> <p>Identify and apply 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>Explore the impact of transition and change on identities.</p>	<p>Practices that reduce the risk of contracting STI's and life-threatening communicable diseases.</p> <p>Sources of information.</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>	<p>Sexually transmitted/Blood borne infections and prevention</p> <p>Reproductive systems review</p> <p>Recognizing emotional changes of puberty and finding coping strategies</p> <p>Sexual boundaries and personal safety</p> <p>Respect for diversity</p>

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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>Assess factors that influence healthy choices and their potential health effects.</p> <p>Identify and apply strategies to pursue personal healthy-living goals.</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>Healthy sexual decision making</p> <p>Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from STI's and sleep routines.</p> <p>Sources of health information.</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings.</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Influences of physical, emotional and social changes on identities and relationships</p>	<p>Healthy sexual decision making</p> <p>STI information and prevention</p> <p>Healthy dating relationships</p> <p>Dating safety</p> <p>Consent and the law</p>
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>Identify and apply strategies to pursue personal healthy-living goals</p> <p>Reflect on outcomes of personal healthy-living goals and assess strategies used.</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>Healthy sexual decision making</p> <p>Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from STI's and sleep routines.</p> <p>Sources of health information.</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 identity and relationship.</p>	<p>Healthy sexual decision making</p> <p>Consent and the law</p> <p>Reproductive systems – Internal/External parts</p> <p>Pregnancy prevention</p> <p>Contraception</p> <p>Pregnancy options</p> <p>Resource cards</p> <p>Respect for Diversity</p>

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10	<p>Healthy choices influence, and are influenced by our physical, emotional, and mental well being</p> <p>Understanding the factors that influence our health empowers us to take action to improve it.</p>	<p>Analyze how health-related decisions, such as those related to healthy eating, substance use and sexual health, support the achievement of personal healthy-living goals.</p> <p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Develop skills for maintaining healthy relationships and responding to interpersonal conflict, including communication skills, negotiation strategies and conflict resolution techniques.</p> <p>Create and evaluate strategies for managing physical, emotional and social changes during puberty.</p>	<p>Healthy sexual decision making</p> <p>Sources of health information and their trustworthiness.</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings.</p>	<p>Lessons Split over 2 Grades</p> <p><u>Gr. 10</u></p> <p>Sexual health and the doctor Consent and refusal skills STI Review Condom application Resource cards Respect for diversity</p> <p><u>Gr. 11</u></p> <p>Healthy Relationships Consent and the law Online resource search Resource cards Respect for diversity</p>
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