

PARKDALE SEXUALITY EDUCATION PLAN 2023-2024

GRADE 1	THEME: Comprehensive view of Sexuality	THEME: Sexual Assault Prevention
	<p>CONTENT: Understanding sexuality :</p> <ul style="list-style-type: none"> • With your mind: knowledge and questions about sexuality, self-knowledge and self-affirmation. • With your heart: emotions, feelings and how they are expressed. • With your body: growth, needs, five senses, hygiene. <p>WHO: Teacher WHEN: April/May DURATION: 3.0 hrs SUBJECT AREA: DRAMA</p>	<p>CONTENT: Recognize situations of sexual assault and protecting yourself:</p> <ul style="list-style-type: none"> • To identify appropriate/inappropriate touching. • Self-protection skills: do not go with someone you don't know & how to remove yourself from uncomfortable situations. • Self-defence skills: say no, scream, seek help, run away • Reporting an incident: identify people you can confide in. • Being aware of the feelings that could arise following a situation of sexual assault. <p>WHO: Teacher WHEN: April/May DURATION: 2.0 hrs. SUBJECT AREA: DRAMA</p>

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GRADE 2	THEME: Sexual Growth & Body Image	Emotional & Romantic Life
	<p>CONTENT: Identify the sexual parts of the body and their functions:</p> <ul style="list-style-type: none"> • Internal sexual parts: ovaries, uterus, Fallopian tubes, vagina, urethra. • External sexual parts: vulva, breasts, penis, scrotum, testicles, anus. • Functions: reproduction, elimination <p>Importance of appreciating and taking care of your body:</p> <ul style="list-style-type: none"> • Using the correct terms for the parts of the body. • Knowing your body • Appreciating individual differences • Bodily needs: Hygiene, safety, physical activity, sleep, food <p>WHO: Teacher WHEN: April/May DURATION: 2.5 hrs. SUBJECT AREA: Drama</p>	<p>CONTENT: Recognize the various feelings that can be experienced in interpersonal relationships:</p> <ul style="list-style-type: none"> • Range of feelings toward the people in your life: parents, family, friends, others. • Positive feelings: love, trust, respect, loyalty, solidarity, etc. • Negative feelings: jealousy, disappointment, sadness, guilt, etc. <p>Different ways you can express your feelings to those you love:</p> <ul style="list-style-type: none"> • Depending on the person • Depending on the feelings • Actions and attitudes that express feelings <p>WHO: Teacher WHEN: April/May DURATION: 2.5 hrs. SUBJECT AREA: Drama</p>

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GRADE 3	THEME: Comprehensive View of Sexuality	THEME: Sexual Assault Prevention
	<p>CONTENT: Become aware that there are different aspects to sexuality</p> <ul style="list-style-type: none"> • Within you: mind, body, heart • Around you: interpersonal relationships, awareness of messages in your environment on sexuality. • Awareness of rules and expectations that can influence your decisions, personal choices, search for adequate information on sexuality. <p>WHO: Teacher WHEN: April/May DURATION: 3.0 hrs. SUBJECT AREA: Drama</p>	<p>CONTENT: Recognize the different forms of sexual assault</p> <ul style="list-style-type: none"> • Definition of sexual assault • Forms of sexual assault: sexual contact or inviting sexual touching, exhibitionism and voyeurism, exposure to sexually explicit material <p>Safety rules to prevent a situation that puts you at risk or to deal with a situation of sexual assault</p> <ul style="list-style-type: none"> • Applying self-protection and self-defence skills: assert yourself, say no, scream, run away, look for help • Difficulty applying safety rules in certain situations Seeking solutions: strategies to help you apply safety rules, identifying the people you can confide in • Reporting an incident: talking to someone if you do not feel comfortable with a situation, being familiar with the network of resources that can help you, asking for help until an adult listens and helps. <p>WHO: Teacher & Ministry Approved Community Organization WHEN: April/May DURATION: 2.0 hrs. SUBJECT AREA: Drama</p>

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GRADE 4	THEME: Sexual Growth and Body Image	THEME: Emotional and Romantic Life
	<p>CONTENT: Understand that the main changes associated with puberty are part of the process of growing up</p> <ul style="list-style-type: none"> • Growing up: moving from childhood into adolescence. • Main physical and psychological signs of puberty. • Understanding the physical & psychological signs of puberty <p>Share your feelings about growing up</p> <ul style="list-style-type: none"> • Positive feelings: pride, excitement, independence. • Concerns or negative feelings: unease, embarrassment, shame. • Sharing of feelings with people you trust <p>WHO: Teacher WHEN: April/May DURATION: 2.5 hrs. SUBJECT AREA: Drama</p>	<p>CONTENT: Representations of love and friendship</p> <ul style="list-style-type: none"> • Definition and perceptions of friendship and love. • Characteristics of a friend and the importance of friendships. • Differences between camaraderie, friendship, love, attraction. <p>How certain attitudes and behaviours can influence interpersonal relationships</p> <ul style="list-style-type: none"> • Behaviours that make it easier to get along with one another: acceptance of diversity, concern for others, empathy, commitment, responsibility, respect, mutual assistance, communication, with misunderstandings and conflicts. • Behaviours that make it harder to get along with one another: rumours, bullying, jealousy, control <p>WHO: Teacher WHEN: April/May DURATION: 2.5 hrs. SUBJECT AREA: Drama</p>

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GRADE 5	THEME: Sexual Growth and Body Image	THEME: Sexual Assault & Prevention
	<p>CONTENT: Physical and psychological changes associated with puberty</p> <ul style="list-style-type: none"> • Role of hormones • Five stages of physical puberty • The needs of a changing body: hygiene, food, sleep, physical activity • Psychological changes: individuation, need for independence and intimacy, moodiness, exploration of values and norms in your peer group • Feelings about puberty and strategies for coping with these changes <p>Understand the role that puberty plays in the body's ability to reproduce</p> <ul style="list-style-type: none"> • Fertility: ovulation and menstrual cycle, sperm production. • Phenomenon of conception: organs involved, fertility, fertilization. <p>WHO: Teacher WHEN: April/May DURATION: 3.0 hrs. SUBJECT AREA: Drama</p>	<p>CONTENT: Contexts that involve sexual assault with a view to preventing them</p> <ul style="list-style-type: none"> • Real-world situations involving someone you know (recreational activities, outings, people around you, public places). • Virtual world situations (someone you know/don't know on the internet) • Learn to use self-protection and self- defence skills in situations • Determining what information can be safely shared in the real or virtual world, avoiding meeting with someone you do not know in the real or virtual world. • Seeking solutions: asking for help, protecting a friend or yourself by reporting to an adult in the real world or virtual world <p>WHO: Teacher and Missing Children's Network: S.H.I.N.E Program *(Self-esteem, Healthy relationships, Independence, No means No, Empowerment) WHEN: April/May DURATION: 2.0 hrs. SUBJECT AREA: Drama</p>

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GRADE 6	THEME: Sexual Growth and Body Image	THEME: Emotional and Romantic Life
	<p>CONTENT: Adopting a positive attitude toward your changing body and the diversity of body types.</p> <ul style="list-style-type: none"> • Understanding the changes that will take place throughout puberty • Individual variations in puberty • Individual differences in body type • Understanding factors that determine your appearance: genes, heredity, diet, environment and lifestyle habits <p>WHO: Teacher WHEN: April/May DURATION: 3.0 hrs. SUBJECT AREA: ERC</p>	<p>CONTENT: The role that puberty plays in romantic and sexual awakening</p> <ul style="list-style-type: none"> • Puberty: influence of hormones • Romantic awakening – attraction, changes in interpersonal relationships, first dates • Sexual awakening: vaginal lubrication, erection, ejaculation • Attitudes and feelings about these changes • Expressing any questions regarding images and messages from their social environment and the media. <p>WHO: Teacher WHEN: April/May DURATION: 2.0 hrs. SUBJECT AREA: ERC</p>

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Grade 6	THEME: Comprehensive view of Sexuality	THEME: Identity, Gender Stereotypes and Roles, Social
	<p>CONTENT: Understanding sexuality: The role that puberty plays in romantic and sexual</p> <ul style="list-style-type: none"> • With your mind: knowledge and questions about sexuality, self-knowledge and self-affirmation. • With your heart: emotions, feelings and how they are expressed. • With your body: growth, needs, five senses, hygiene. • Puberty: influence of hormones • Romantic awakening -attraction, changes in interpersonal relationships, first dates • Sexual awakening - erection, ejaculation • Attitudes and feelings about these changes • Expressing any questions regarding images and messages from their social environment and social media <p>WHO: Teacher WHEN: March/April 2024 DURATION: 1.5 hrs SUBJECT AREA: ERC</p>	<p>CONTENT: Respecting Sexual Diversity & Differences</p> <ul style="list-style-type: none"> • Understanding impact of sexism, homophobia and transphobia • Respect for Sexual Diversity and Rights <p>WHO: Teacher WHEN: March/April 2024 DURATION: 1.5 hrs SUBJECT AREA: ERC</p>