

**SCHOOL HEALTH CURRICULUM  
SEXUALITY COMPONENT**

***ELEMENTARY RESOURCES***

**This section includes:**

- Approved and recommended videos and resources for use at the elementary school level.

**General Information**

1. The resources listed in this package have been recommended by the Calgary Board of Education or approved by Alberta Education.
2. It is vital to preview audio-visual resources to ensure that the content is appropriate for the age, curriculum and community of the students to whom you are presenting.
3. As you will note on the information attached, many videos are available to teachers through the Calgary Board of Education. This means teachers can obtain their own copy for classroom use. The **Calgary Board of Education Video Loan Pool telephone number is 294-8728.**



**calgary health region**  
sexual & reproductive health

**944-7115**

**Calgary Board of Education**  
**Recommended Resources for Use in Grades 4 – 6**  
**ELEMENTARY HEALTH CURRICULUM**

**\*N.B.** These are *suggestions* and should be used in conjunction with your own judgment, experience and sense of your individual class.

## **Video Resources**

### **AIDS: A Different Kind of Germ**

Grade: 6

Copyright: 1990                      15 minutes                      Distributor:

Available: CBE Video Loan Pool

*A doctor helps explain to her daughter how AIDS is transmitted. A cartoon character "Microscopic Mike" helps the girl understand the disease. Helps children learn about hospital/health procedures with needles, etc.*

*Good for grade 6, explains blood borne factors, needles, etc. Message is that learning about AIDS is best prevention. Teachers need to explain HIV is transmitted before AIDS develops – video does not use term HIV, only AIDS virus*

### **Boy Stuff**

Grade: 4

Copyright: 1986                      16 minutes                      Distributor: Churchill Films

Available: CBE Video Loan Pool

*Importance of hygiene during puberty for boys.*

### **Boy to Man 4<sup>th</sup> edition**

Grade: 4

Copyright: 2000                      24 minutes                      Distributor: Churchill Films

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health
- CHR

*This video helps preteen boys understand the emotional and physical changes of puberty.*

### **Come Sit By Me**

Grade: 6

Copyright: 1992                      7 minutes                      Distributor: Magic Lantern

Available:

- Sexual and Reproductive Health
- CHR

*This video accompanies the book "Come Sit By Me" about a preschool / ECS-age child with AIDS. Set in a multicultural daycare, it is a story about a little girl whose classmate is diagnosed with HIV. It is designed to dispel the myth that people with AIDS should be avoided.*

### **Early Adolescence: A Time for Change**

Grade: 4-6

Copyright: 13 minutes                      Distributor:

Available: CBE Video Loan Pool

*Breaks puberty into physical/intellectual/emotional/social changes. Good background and introduction for teaching puberty. Ideal for teachers of grades 4-7.*

### **Everything You Wanted to Know about Puberty...For Boys**

Grade: 4-6

Copyright: 1991                      15 minutes                      Distributor: Magic Langern Communications Ltd.

Available: CBE Video Loan Pool

*Teaches boys the facts about sexual maturation and reassures them about common pre-adolescent concerns. Covers physical changes (growth, pubic hair, acne, perspiration odour, nocturnal emissions), emotional changes, sexual intercourse and circumcision.*

### **Gender Blues**

Grade: 4-6

Copyright: 2000                      24 minutes                      Distributor: Filmwest/Co-acquisition (FMW/COA)

Available: CBE Video Loan Pool

*Portrays the gender stereotyping that society often imposes upon individuals who by their choices challenge this imposition. Set in a school environment this deals with gender issues and the effect of social influences on sexuality and gender roles pertaining to equity of treatment.*

### **Girl to Women 4<sup>th</sup> edition**

Grade: 4

Copyright: 2000                      23 minutes                      Distributor: Churchill Films

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This video helps preteen girls understand the feelings (physical and emotional changes) they have as their bodies prepare them for adulthood.*

### **Growing Up Series**

Copyright: 1990

Distributor: National Film Board

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health
- Calgary Public Library
- This series includes three (3) separate videos:

1. Head Full of Questions

Grade: 5 and 6

20 minutes

*This video answers questions about human relationships and reproduction. The topics include fertilization, growth of an embryo, and birth of a baby (includes explicit diagrammatic representation of intercourse). Also relationships and anatomy are presented through the story of two animated characters.*

2. Changes

Grade: 4

19 minutes

*This video explores the physical and emotional changes associated with puberty. The discussion includes topics such as menstruation, erections, acne, perspiration, mood changes, etc.*

3. Especially You

Grade: 4, 5 and 6

16 minutes

*This video focuses on issues related to self-concept, peer pressure, decision making and problem solving.*

**HIV and AIDS: Staying Safe**

Grade: 6

Copyright: 2001

15 minutes

Publisher: Marlin Motion Pictures

Available: Sexual and Reproductive Health

*This video helps students understand why prevention is important when it comes to HIV and AIDS. It describes basic facts about HIV and AIDS, what the virus does in the body, why it leaves the body vulnerable to other infections, and how HIV develops into AIDS. Finally it explores the ways that HIV can and cannot be contracted.*

**Human Body Series: Reproductive Systems**

Grade: 5 and 6

Copyright: 1988

20 minutes

Publisher: National Geographic

Available:

- CBE Video Loan Pool
- Calgary Public Library
- Sexual and Reproductive Health

*Anatomy and physiology of the male and female reproductive systems are discussed while the video follows the development of human life from fertilization to birth. Also, the development of the egg and the sperm are described.*

### **Just Around the Corner – For Boys (512666)**

Grade: 4

Copyright: 2000

10 minutes

Distributor: Magic Lantern

Available:

- CBE Video Loan Pool

*An introduction to puberty from the viewpoint of boys. Points out the importance of nutrition, exercise, and personal hygiene. Discusses what changes to expect physically and emotionally during this adolescent phase. Alberta Learning approved.*

### **Just Around the Corner – For Girls (512667)**

Grade: 4

Copyright: 2000

14 minutes

Distributor: Magic Lantern

Available:

- CBE Video Loan Pool

*An introduction to puberty as it affects girls. Points out the importance of good nutrition, physical activity, proper rest, and personal hygiene. Includes what to expect during the menstrual cycle, both physically and emotionally. Alberta Learning approved.*

### **Puberty for Boys: Amazing Changes Inside and Out**

Grade: 4

Copyright: 2001

21 minutes

Distributor: Marlin Motion Pictures

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health
- CHR

*The physical and emotional changes for boys are explored while briefly reviewing the puberty changes for girls.*

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### **The Inside Story – Facts About Puberty**

Grade: 4

Copyright: 1990

21 minutes

Publisher: Tambrands

Available: Sexual and Reproductive Health

*This video describes the physical and emotional changes of puberty for males and females. It covers topics of puberty, menstruation and menstrual hygiene. There is a detailed description and demonstration of sanitary napkins and tampons.*

## **The New Improved Me: Understanding Body Changes**

Grade: 4

Copyright: 1991

25 minutes

Publisher: Sunburst Communications

Available:

- Sexual and Reproductive Health

*This two-part series explains the physical changes boys and girls can expect to go through. Part One is Boy into Man and Part Two is Girl into Woman.*

*NOTE: There are two versions, one with mention of masturbation and one without.*

## **Then One year 2<sup>nd</sup> edition**

Grade: 4

Copyright: 1992

24 minutes

Publisher: Churchill Films

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This video answers the difficult questions girls and boys ask themselves as they go through puberty. It also explains with animation, the anatomy and physiology of the male and female reproductive systems.*

## **Print Resources**

### **Growing Up Okay (pamphlet)**

Grade: 4

Copyright: 2000

Publisher: Alberta Health and wellness

Available:

- Alberta Health  
Communications Branch  
8<sup>th</sup> Floor, 10030 – 107 Street  
Edmonton, Alberta T5J 3E4

*This pamphlet can be used as a(n):*

- *Classroom resource, e.g., for use by teacher and students*
- *Parent resource, e.g., distribute at parent info evening*
- *Individual resource, e.g., one-to-one as appropriate in discussion with a particular student*

### **When Sex is the Subject: Attitudes and Answers for Young Children: Suggestions for Teachers, Parents and Other Care Providers of Children to Age 10**

Teacher Resource

Copyright: 1991

Author: Wilson, P.M.

Publisher: Network Publications / ETR Associates

*This handbook explains that the key to effective sex education for young children is NOT just what you say but how you say it. It provides age-appropriate answers to common questions.*

*Revised: 9/12/2005*