

SEXUAL HEALTH RESOURCES
AVAILABLE FOR LOAN IN THE RURAL SOUTH CALGARY
 (from Okotoks, Black Diamond, High River, Nanton, Claresholm, Vulcan Health
 Units - for School Divisions within their area)

- This is NOT a comprehensive list of all of the curriculum outcomes for human sexuality. Its purpose is to outline common resources we offer schools.
- Always refer to the teachingsexualhealth.ca website for lesson plans, activities, AV resources and preparation suggestions
- Contact your public health nurse, or Arlene Breadner at the Okotoks Health & Wellness Center (995-2600)

Grade	Related Curriculum Outcome	Resources	Available
4	Describe physical, emotional and social changes that occur during puberty	<ul style="list-style-type: none"> • Puberty Kit (for grades 4-6) • Changes in You (poster cards for discussion re aspects of puberty) • Body Image kits with lesson plans & activities (Gr. 4-6) 	<ul style="list-style-type: none"> • Puberty kits at all health units • Changes in You through Okotoks office • Contact your local health unit
5	Identify the basic components of the human reproductive system, and describe the basic functions of fertilization, conception	<ul style="list-style-type: none"> • Always Changing (DVD) • Puberty Kit • See Body Image Kits in Grade 4 section 	<ul style="list-style-type: none"> • All health units have DVD, along with Teachers Guide & student booklets • Puberty kits at all health units
6	Identify and describe the stages and factors that can affect human development from conception through birth	<ul style="list-style-type: none"> • Fetal Development. A Nine Month Journey (DVD) • Life Unto Life (poster booklet) • See Body Image Kits in Grade 4 section 	<ul style="list-style-type: none"> • Most health units have DVD and poster booklet. If not, call Arlene Breadner
7	Examine the human reproductive process, and recognize misunderstandings associated with sexual development	<ul style="list-style-type: none"> • Puberty for Boys: Amazing Changes Inside Out (DVD Grades 7-9) • Puberty for Girls: Amazing Changes Inside Out (DVD) • Vibrant Faces Teacher Guide and 	<ul style="list-style-type: none"> • DVD's available through Arlene Breadner • For girls re feminine hygiene

7 (cont'd)		<p>Student booklet.</p> <ul style="list-style-type: none"> • Junior High Puberty Hygiene Kit • Body Image kit (Gr 7-9) 	<p>and puberty changes</p> <ul style="list-style-type: none"> • Puberty kits at all Health units • Order from Arlene Breadner
8	<p>Identify and describe basic types of contraceptives</p>	<ul style="list-style-type: none"> • Birth control kit and binder of health information sheets • PPT presentation covering A&P, birth control options, relationships and decision making 	<ul style="list-style-type: none"> • Kit, binder & pamphlet available from all health units • PHN's available to teach PPT topics in classroom or PPT can be emailed out to teachers
	<p>Describe symptoms, effects, treatments, preventions for common sexually transmitted diseases</p>	<ul style="list-style-type: none"> • PPT presentation covering STI's, Pap testing, TSE • Pamphlet: STD Taking Care of Yourself and Others, is a good resource for teachers • See Body Image kits in grade 7 section 	<ul style="list-style-type: none"> • STD Teaching Guide and pamphlets available from health units • PHN's available to teach PPT topics in classroom or PPT can be emailed out to teachers
9		<ul style="list-style-type: none"> • See resources for junior and senior high 	
CALM	<p>Examine aspects of healthy sexuality, sexual wellness and responsible sexual behavior</p>	<ul style="list-style-type: none"> • Same as the resources we offer grade 8's for birth control and STI's • Vaginal speculum, pap test and swabs for STI testing • Between You and Me. Jeopardy Game combining birth control, STI's, pregnancy, decision- 	<ul style="list-style-type: none"> • PHN's available to teach birth control and STI's • Speculum etc available from health units • Contact Arlene Breadner

		<p>making and anatomy</p> <ul style="list-style-type: none"> • Alcohol, Sex and Decision-making lesson plans and game board • Fatal Vision goggles (effects of alcohol on motor skills) • Healthy Body Image kits: lesson plans and activities 	<ul style="list-style-type: none"> • Lesson plans, trifold display and game board from Arlene B. • Contact your local health unit
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