

School District 23 Sexual Health Education Program (SHEP)



Sexual Health Education is about having accurate information and support to protect the physical, emotional, and social well-being of people, whether or not a person is sexually active.

LAND ACKNOWLEDGEMENT



MEETING AGENDA

01

**WHO WE ARE AND WHY
SHEP IS IMPORTANT**

02

TOPICS BY GRADE

03

**THE BENEFITS OF
HEALTH EDUCATION**

04

**ANSWERING YOUR
QUESTIONS**

01

WHO WE ARE AND WHY SHEP IS IMPORTANT

The Sexual Health
Education Team

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WHAT WE DO



Grades 4-11

Information that is right for the child's age



Inclusive

Meant to include all children and their diversity



Based on Science

Information supported by research



Health and Safety

Promote body awareness and safety for children and teens



What is Sexual Health?

Sexual health education helps people to:

- Understand and take care of their body
- Understand and have healthy relationships
- Make safe, respectful choices that align with one's own values

It includes having accurate information and support to protect your physical, emotional, and social well-being, whether or not a person is sexually active.

SHEP Prevents Misinformation



- Students will hear about these health topics from peers and online
- This information is not always correct
- It is best to hear factual information from a trained adult

Facts vs. Values



Our job: To share current and factual information that helps to keep students healthy and safe.

Your family's job: To teach and guide your children in developing their values.

**CANADIAN GUIDELINES FOR
SEXUAL HEALTH
EDUCATION**



02

**TOPICS
COVERED**



Total time in each grade

Grade 4 - 1.5 hours

Grade 5 - 3 hours

Grade 6 - 4 hours

Grade 7 - 3 to 4 hours

Grade 8 - 4 to 5 hours

Grade 9 - 4 to 5 hours

Grade 10 - 2.5 hours

Grade 11 - 2.5 hours

Grade 4

Respect for individual differences

Puberty body changes

Scientific names for reproductive body parts

Personal hygiene

Safe and unsafe touch and what to do for unsafe touch

Grade 5

Respect for individual differences

Puberty body changes

Scientific name and function of reproductive body parts

Personal hygiene

Consent for touch and personal safety

Grade 6

Respect for individual differences

Puberty body changes

Scientific name and function of reproductive body parts

Personal hygiene

Consent for touch and personal safety

Science of pregnancy

Grade 7

Respect for individual differences

Puberty body changes

Reproductive body parts review

Online safety

Consent and sexual harassment

Introduction to sexually transmitted infections

Grade 8

Respect for individual differences

Healthy relationship preparation

Consent & boundaries

Sexually transmitted infection information and prevention of them

Online safety

Healthy sexual decision making

Grade 9

Respect for individual differences

Healthy relationship preparation

Consent & boundaries

Reproductive system review and STI prevention

Pregnancy prevention and choices available with unplanned pregnancy

Healthy sexual decision making

Grade 10

Respect for individual differences

How to access health services in BC

Consent & boundaries

Sexually transmitted infection information and prevention of them

Pregnancy prevention and choices available with unplanned pregnancy

Grade 11

Respect for individual differences

Healthy relationship preparation

Consent & boundaries

Overview of previous teaching



03

BENEFITS OF HEALTH EDUCATION

Benefits of Health Education

Reduces sexual violence and abuse:

Builds understanding of consent, personal boundaries, and how to seek help.

Promotes online safety: Increases awareness of digital consent, sexting risks, and protection from online exploitation.



Benefits of Health Education

Supports mental and emotional well-being:

Encourages body confidence, self-awareness, and respect for boundaries.

Fosters healthy relationships: Teaches communication, consent, empathy, and mutual respect.

Supports inclusivity and respect for diversity:

Acknowledges different sexual orientations, gender identities, and experiences.



Benefits of Health Education

Improves physical health: Promotes knowledge of reproductive health, STI prevention, and contraception use.

Reduces unintended pregnancies and STIs: Leads to safer sexual behaviors and earlier healthcare access.



Benefits of Health Education

Encourages informed decision-making:

Helps young people evaluate risks and make responsible choices.

Empowers personal agency: Gives individuals the confidence and skills to advocate for their own well-being.

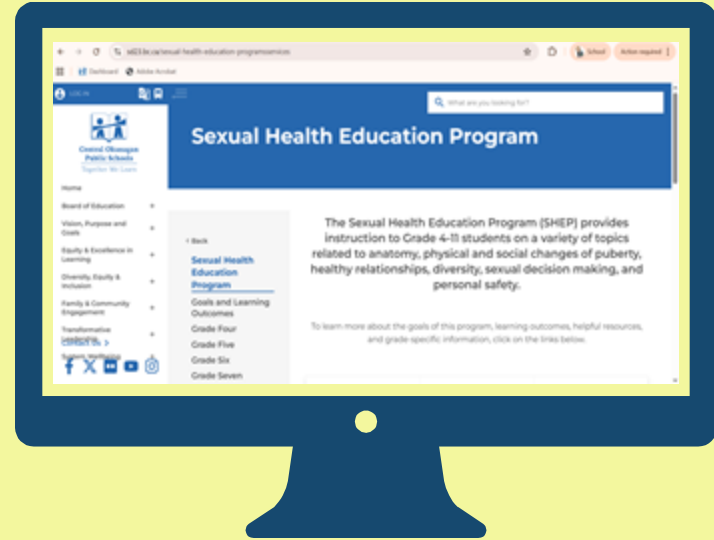


04

QUESTIONS



VISIT OUR WEBSITE for more information



www.sd23.bc.ca/sexual-health-education-programsservices



THANK YOU