



## ELEMENTARY SEXUALITY EDUCATION PLAN 2022-2023

SCHOOL: Westmount Park School

### PRESCHOOL 4 & 5

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
PRESCHOOL		<p>WHO: <i>Please check the one that applies</i></p> <p><input checked="" type="radio"/> Teacher  <input type="radio"/> Board Professional  <input type="radio"/> Health Care Professional</p> <p>WHEN: January</p> <p>DURATION: 1 hour</p> <p>SUBJECT AREA:            Sexual growth and body image</p> <ul style="list-style-type: none"> <li>• Parts of the body</li> <li>• Expressing needs and feelings</li> </ul>		<p>WHO: <i>Please check the one that applies</i></p> <p><input type="radio"/> Teacher  <input type="radio"/> Board Professional  <input type="radio"/> Health Care Professional</p> <p>WHEN:</p> <p>DURATION:</p> <p>SUBJECT AREA:</p>		



## ELEMENTARY SEXUALITY EDUCATION PLAN 2022-2023

CYCLE 1 ELEMENTARY						
THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 1	<p><b>WHO:</b> Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional Approved Organization</li> </ul> <p><b>WHEN:</b> December</p> <p><b>DURATION:</b> 3 hours</p> <p><b>SUBJECT AREA:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Mind:</b> Knowledge and questions about sexuality</li> <li>▪ <b>Heart:</b> Emotions, feelings and expression</li> <li>▪ <b>Body:</b> growth, needs, 5 senses &amp; hygiene</li> </ul>				<p><b>WHO:</b> Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional Approved Organization</li> </ul> <p><b>WHEN:</b> March to May</p> <p><b>DURATION:</b> 1 hour</p> <p><b>SUBJECT AREA:</b></p> <ul style="list-style-type: none"> <li>▪ Definition of sexual assault</li> <li>▪ Self-protection skills</li> <li>▪ Self-Defense skills</li> <li>▪ Reporting an incident</li> <li>▪ Situations of sexual assault</li> </ul>	<p><b>WHO:</b> Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional Approved Organization</li> </ul> <p><b>WHEN:</b> March to May</p> <p><b>DURATION:</b> 1 hour</p> <p><b>SUBJECT AREA:</b></p> <ul style="list-style-type: none"> <li>▪ Respect for individual differences</li> <li>▪ Individual choices: activities, preferences, interests</li> <li>▪ Gender roles</li> <li>▪ Concept of gender stereotyping</li> <li>▪ Observation of the different models of boys, girls, men. women</li> </ul>



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GRADE 2		<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: March to May</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Knowing your body</li> <li>▪ Using correct terms for the parts of the body</li> <li>▪ Bodily needs: Hygiene, food, physical activity, sleep, etc.</li> </ul>	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: November-December</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Range of feelings toward the people in your life</li> <li>▪ Positive feelings: Love, trust, respect, loyalty, etc.</li> <li>▪ Negative feelings: jealousy, disappointment, sadness, etc.</li> </ul>	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: March to May</p> <p>DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Understand the phenomenon of birth (organs involved in reproduction)</li> </ul>		



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### CYCLE 2 ELEMENTARY

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 3	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: January, February</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Aspects of sexuality ( body , heart , mind) and messages conveyed by social environment</li> </ul>		<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: April and May</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Definition of sexual assault</li> <li>▪ Self-protection/self-defense</li> <li>▪ Reporting an incident</li> </ul>	<p>WHO: Please check all that apply</p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: April and May</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Stereotypes conveyed about girls and boys</li> <li>▪ Establishing egalitarian relationships</li> </ul>		



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GRADE 4		<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: March</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Main changes associated with puberty</li> <li>▪ Feelings about growing up : positive- Pride, excitement independence Negative- unease , embarrassment</li> </ul>	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: January</p> <p>DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Definition &amp; perceptions of friendship and love</li> <li>▪ Characteristics of a friend and importance of friendships</li> <li>▪ Acceptance of diversity, concern for others , empathy, commitment, respect, dealing with conflicts</li> </ul>			<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: May</p> <p>DURATION: 1.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Positive attitudes associated with each gender</li> <li>▪ Peer relationships and the social environment</li> </ul>

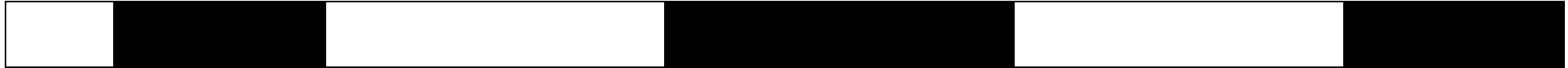


## ELEMENTARY SEXUALITY EDUCATION PLAN 2022-2023

CYCLE 3 ELEMENTARY						
THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 5		<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> <li><input type="radio"/> Social Worker</li> </ul> <p>WHEN: January, February</p> <p>DURATION: 2.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Role of hormones</li> <li>▪ 5 stages of physical puberty</li> <li>▪ Needs of changing body: hygiene , food, sleep, phys. activity</li> <li>▪ Psychological changes: need for independence , intimacy, moodiness, exploration of values and norms</li> <li>▪ Feelings about puberty</li> </ul>			<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: May</p> <p>DURATION: 2.5 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Real world situations involving someone you know</li> <li>▪ Virtual world situations</li> <li>▪ Self-protection /self-defense</li> <li>▪ Seeking solutions , asking for help , protecting a friend by reporting to an adult in the real or virtual world</li> </ul>	



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THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	PREGNANCY AND BIRTH	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS
GRADE 6	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: May DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Biological dimension: liking and feeling good about your body, understanding how the bodies of girls and boys change</li> <li>▪ Socio-cultural &amp; interpersonal dimensions: rules</li> </ul>	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> <li><input checked="" type="radio"/> Social Work</li> </ul> <p>WHEN: January, February DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Understanding the changes that will take place with puberty</li> <li>▪ Individual variations in puberty</li> <li>▪ Individual differences in body type</li> </ul>	<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: March DURATION: 1 hour</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Puberty: influence of hormones</li> <li>▪ Physiological Manifestations</li> <li>▪ Romantic awakening-attraction, changes in interpersonal relationships</li> </ul>		<p>WHO: <i>Please check all that apply</i></p> <ul style="list-style-type: none"> <li><input checked="" type="radio"/> Teacher</li> <li><input type="radio"/> Board Professional</li> <li><input type="radio"/> Health Care Professional</li> <li><input type="radio"/> Approved Organization</li> </ul> <p>WHEN: April DURATION: 2 hours</p> <p>SUBJECT AREA:</p> <ul style="list-style-type: none"> <li>▪ Understanding how discrimination based on gender identity, gender expression and sexual orientation can affect people</li> <li>▪ Respecting sexual diversity and differences</li> </ul>	



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	for living together in society, need for relationships	<ul style="list-style-type: none"><li>▪ Genetics, heredity, diet, environment lifestyle</li></ul>			
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