



# Westmount High School Sexuality Education Plan 2021-22



THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	STBBI'S AND PREGNANCY	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS	SEXUAL ACTIVITY
<p><b>SEC 1</b>  11 hours</p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Term 1</b> DURATION: <b>2 hours</b> SUBJECT AREA: <b>ERC</b></p> <p>Discussion on puberty, biology and the hormonal changes in young people</p> <p>Discussion on the impact and consequences of needs, limits and desires</p> <p>Explore and examine resources available to them to discuss their needs and where they can obtain help for questions beyond the classroom</p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Terms 1 or 2</b> DURATION: <b>3 hours</b> SUBJECT AREA: <b>PHYS. ED.</b></p> <p>Advantages of having a positive body image; Social media images; Appreciating your own body; Peer pressure and conformity.</p> <p>----- WHO: <b>TEACHER</b> WHEN: <b>Term 1</b> DURATION: <b>1 Hour</b> SUBJECT AREA: <b>ERC</b></p> <p>Discussion about the body and how it changes Discussion around sexuality fluidity and the differences growth rates of young people Explore how young people see their body and developing a positive relationship discussion about themselves.</p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Term 1</b> DURATION: <b>2 hours</b> SUBJECT AREA: <b>ERC</b></p> <p>- Lessons around the differences and evolution of friendships and how they can turn into romantic relationships - Exploration of sexual orientation and the different type of orientations</p>			<p>WHO: <b>Phys. Ed.</b> WHEN: <b>Throughout the school year</b> DURATION: <b>3 hours</b></p> <p>SUBJECT AREA: <b>PHYS. ED.</b> Male and female reproductive anatomy and systems; Physical changes through puberty; Influence of your gender identity.</p> <p>----- WHO: <b>TEACHER</b> WHEN: <b>Term 1</b> DURATION: <b>1 hour</b> SUBJECT AREA: <b>ERC</b></p> <p>Discussion about the development of personhood and their personalities</p>	

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<p><b>SEC 2</b></p> <p><b>15 Hours</b></p>			<p>WHO: <b>TEACHER</b>            WHEN: <b>Term 1</b>            DURATION: <b>4 hours</b>            SUBJECT AREA: <b>ERC</b></p> <ul style="list-style-type: none"> <li>- Lessons surrounding the differences between a friendship and a romantic relationship</li> <li>- Discuss the ingredients of a solid relationship both romantic and non-romantic</li> <li>- Exploring the foundation a good relationship (characteristics)</li> </ul>	<p>WHO: <b>TEACHER</b>            WHEN: <b>Term 2</b>            DURATION: <b>2 hours</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>Names and prevention of STBBI's</p> <p>Describes methods of prevention of STBBI's</p> <p>Describes responsible behaviors after contraction of STBBI</p> <p>Stages of human development during pregnancy</p> <p>----- WHO: <b>Phys. Ed.</b>            WHEN: <b>Terms 1 or 2</b>            DURATION: <b>2 hours</b>            SUBJECT AREA: <b>PHYS. ED.</b></p> <p>Taking personal responsibility; Pregnancy and window of fertility; Methods of protection; Contraceptives</p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Terms 1, or 2</b>            DURATION: <b>2 hours</b>            SUBJECT AREA: <b>PHYS. ED.</b></p> <p>Myths and prejudices about sexual assault; Reaching out for social support; "Your body, your right"; "No means No!"</p> <p>----- WHO: <b>TEACHER</b> WHEN: <b>Term 1</b>            DURATION: <b>4hrs</b>            SUBJECT AREA: <b>ERC</b></p> <ul style="list-style-type: none"> <li>- Discuss and examine the concept and properties of consent</li> <li>- Explore what is domestic violence and signs of it and discuss how to get to help or help others</li> <li>- Discuss the role of addiction and alcohol e.g. pills or drugs or being in group settings where poor sexual decisions can be made</li> </ul>		<p>WHO: <b>TEACHER</b>            WHEN: <b>Term 1</b>            DURATION: <b>1 hour</b>            SUBJECT AREA: <b>ERC</b></p> <p>The beginning of a dialogue of what happens or can happen in a sexual relationship and the importance of established consent</p>
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<p><b>SEC 3</b></p> <p><b>11 Hours</b></p>			<p>WHO: <b>SPIRITUAL ANIMATOR</b>            WHEN: <b>Term 2</b>            DURATION: <b>1 hour</b>            SUBJECT AREA: <b>ELA</b></p> <p>A 2 hour workshop relating to the spiritual, emotional and romantic relationships, led by the school's spiritual animator.</p> <p>-----            WHO: <b>CJ &amp; Tari</b>            WHEN: <b>November</b>            DURATION: <b>1.5 hour</b>            SUBJECT AREA: <b>FRENCH</b></p> <p>CJ and Tari will be running an experiential workshop which deals with issues relating to emotional, romantic life and digital citizenship.</p>	<p>WHO: <b>TEACHER</b>            WHEN: <b>Term 1</b>            DURATION: <b>2 hours</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>Names and prevention of STBBI's            -describes methods of prevention of STBBI's            -describes responsible behaviors after contraction of STBBI</p> <p>Stages of human development during pregnancy</p>	<p>WHO: <b>TEACHER</b>            (Presentation by Auberge Shalom)            WHEN: <b>Term 2</b>            DURATION: <b>1 hour</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>In light of November 25 being International Day for the Elimination of Violence Against Women, Westmount High will continue to organize visits by representatives of Women Aware in order to discuss issues relating to domestic violence and youth prevention.</p> <p>-----            WHO: <b>SPVM</b>            WHEN: <b>Term 1</b>            DURATION: <b>1 hour</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>Westmount's socio-community officer will be visiting with students in order to discuss issues related to consent and sexual violence prevention.</p>	<p>WHO: <b>SILK Program</b>            WHEN: <b>Term 2</b>            DURATION: <b>1 Hour</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>Sexual Information Leads to Knowledge (SILK) will be providing workshops pertaining to awareness and knowledge on gender diversity and sexual orientation.</p>	<p>WHO: <b>Sec. 3 science</b>            WHEN: <b>Term 1</b>            DURATION: <b>3 hours</b>            SUBJECT AREA: <b>SCIENCE</b></p> <p>Science and Technology courses will be covering topics related to reproductive organs, reproductive mechanisms, and fertilization.</p>
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<p><b>SEC 4</b> <b>&gt;15 Hrs</b></p>			<p><b>WHO: TEACHER</b> <b>WHEN: Term 1</b> <b>DURATION: 6 hours</b> <b>SUBJECT AREA: ERC</b></p> <p>Emotionally progressive dialogue and learning about the sexual desires including being atypical</p> <p>Lessons and assessments surrounding the students' mental state of mind and how they make decisions, especially around sexual decisions</p> <p>Intentional dialogues around sexual encounters outside of traditional relationships</p>	<p><b>WHO: TEACHER</b> <b>WHEN: Term 1</b> <b>DURATION: 6hrs</b> <b>SUBJECT AREA: ERC</b></p> <p>Lesson and activities dedicated to sexual protection with a focus on the emotional aspect of protection</p> <p>Learn and develop working knowledge of a variety of protection options including rhythm methods and anti-contraception beliefs</p> <p>Having dialogues around sexual infections with a focus on HIV and HIV stigmas</p> <p>Sexual rights at the age of legal consent</p>			<p><b>WHO: TEACHER</b> <b>WHEN: Term 1</b> <b>DURATION: 6hrs</b> <b>SUBJECT AREA: ERC</b></p> <p>Dialogues on the emotional preparation for sexual activity including asexual feelings</p> <p>Focus on engaging in sexual encounters outside of relationships (hookups)</p> <p>Vital discussions on the impact and role of social media in regards to advertising their sexuality, pornography and their future</p>
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<p style="text-align: center;"><b>SEC 5</b> <b>8 Hours</b></p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Term 1</b> DURATION: <b>2 hours</b> SUBJECT AREA: <b>ERC</b></p> <p>Purposeful dialogues around the growing impact of social media and consent especially in college and university settings</p>		<p>WHO: <b>TEACHER</b> WHEN: <b>Term 1, 2</b> DURATION: <b>4 hours</b> SUBJECT AREA: <b>ERC</b></p> <p>Intentional conversations about the ever changing nature of relationships including friendships</p> <p>Lessons discussing the concept of consent specifically about rape, drugs and drinking in social settings</p>	<p>WHO: <b>TEACHER</b> WHEN: <b>Term 1, 2</b> DURATION: <b>2hrs</b> SUBJECT AREA: <b>ERC</b></p> <p>Lessons prepared to discuss the maturity of emotional protection and physical protection</p> <p>Further discussions surrounding consent and what it is and what happens in social settings</p> <p>Intentional dialogues around sexual rights, testing – anonymously and obtaining abortion services and counselling and where to go</p>			
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