



Westmount High School Sexuality Education Plan 2023-24

THEME	COMPREHENSIVE VIEW OF SEXUALITY	SEXUAL GROWTH AND BODY IMAGE	EMOTIONAL AND ROMANTIC LIFE	STBBIs AND PREGNANCY	SEXUAL ASSAULT PREVENTION	IDENTITY, STEREOTYPES AND ROLES, AND SOCIAL NORMS	SEXUAL ACTIVITY
SEC 1	<p>WHO: TEACHER WHEN: Term 1 DURATION: 2 hours SUBJECT AREA: ERC</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 (e.g. Guidance, Nurse, etc)</p>	<p>WHO: TEACHER WHEN: Terms 1 or 2 DURATION: 3 hours SUBJECT AREA: PHYS. ED.</p> <p>Advantages of having a positive body image; Social media images; Appreciating your own body; Peer pressure and conformity.</p> <p>Discussion about the body and how it changes, and the different growth rates of young people.</p> <p>----- WHO: TEACHER WHEN: Term 1 DURATION: 1 Hour SUBJECT AREA: ERC</p> <p>Explore how young people see their body and develop a positive relationship discussion about themselves.</p>	<p>WHO: TEACHER WHEN: Term 3 DURATION: 2 hours SUBJECT AREA: ERC</p> <p>Lessons around the differences and evolution of friendships and how they can turn into romantic relationships</p> <p>Exploration of sexual orientation and the different types of orientations.</p>			<p>WHO: TEACHER WHEN: Term 1, 2 or 3 DURATION: 1-hour SUBJECT AREA: PHYS. ED.</p> <p>Physical changes through puberty, and discussion of biological stereotypes.</p> <p>----- WHO: TEACHER WHEN: Term 1 DURATION: 1-hour SUBJECT AREA: ERC</p> <p>Discussion about the development of personhood and their personalities.</p>	



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SEC 2			<p>WHO: TEACHER WHEN: Term 1 and 3 DURATION: 4 hours SUBJECT AREA: ERC</p> <p>Lessons surrounding the differences between a friendship and a romantic relationship.</p> <p>Discuss the ingredients of a solid relationship both romantic and non-romantic.</p> <p>Exploring the foundation of a good relationship (characteristics).</p> <p>Discussion of emotional sexual decision-making at the end of term 3.</p>	<p>WHO: TEACHER & NURSE WHEN: Term 1 and 2 DURATION: 2 hours SUBJECT AREA: SCIENCE</p> <p>Names and prevention of STBBIs.</p> <p>Describes methods of prevention of STBBIs</p> <p>Discussion of responsible behaviors after contraction of STBBIs and contraceptive methods.</p> <p>Anatomy of reproductive system. Stages of human development during pregnancy</p> <p>----- WHO: Phys. Ed. WHEN: Terms 1, 2 or 3 DURATION: 2 hours SUBJECT AREA: PHYS. ED.</p> <p>Taking personal responsibility regarding contraceptives; conception and the menstrual cycle.</p>	<p>WHO: TEACHER WHEN: Terms 1, 2 or 3 DURATION: 2 hours SUBJECT AREA: PHYS. ED.</p> <p>Discussion about the importance of consent. Discussion of sexual assault and identifying resources for social support.</p> <p>----- WHO: TEACHER WHEN: Term 1 DURATION: 4hrs SUBJECT AREA: ERC</p> <p>Discuss and examine the concept and properties of consent</p> <p>Explore what is domestic violence and signs of it and discuss how to get to help or help others</p> <p>Discuss the role of addiction and alcohol e.g. pills or drugs or being in group settings where poor sexual decisions can be made</p>		<p>WHO: TEACHER WHEN: Term 1 DURATION: 1 hour SUBJECT AREA: ERC</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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SEC 3			<p>WHO: SPIRITUAL COMMUNITY ANIMATOR WHEN: Term 3 DURATION: 1 hour SUBJECT AREA: ELA</p> <p>Workshop relating to the spiritual, emotional and romantic relationships, led by the school's spiritual animator.</p> <p>WHO: CJ & Tari, Behaviour Technicians WHEN: November DURATION: 1 hour SUBJECT AREA: FRENCH</p> <p>Experiential workshops dealing with issues relating to emotional, romantic life and digital citizenship.</p>	<p>WHO: TEACHER and NURSE WHEN: Term 1 DURATION: 4 hours SUBJECT AREA: SCIENCE</p> <p>Names and prevention of STBBIs Review methods of prevention of STBBIs and contraceptives.</p> <p>Unit on sexual reproductive system.</p>	<p>WHO: TEACHER (Presentation by Auberge Shalom pour Femmes) WHEN: Term 2 DURATION: 1 hour SUBJECT AREA: SCIENCE</p> <p>In light of November 25 being International Day for the Elimination of Violence Against Women, Westmount High will continue to organize workshops with representatives from Auberge Shalom pour Femmes in order to discuss issues relating to domestic violence and healthy relationships.</p>	<p>WHO: SCA WHEN: Term 2 DURATION: 1 Hour SUBJECT AREA: PHYS. ED.</p> <p>Workshop on gender identity and stereotypes.</p>	<p>WHO: TEACHER WHEN: Term 1 DURATION: 4 hours SUBJECT AREA: SCIENCE</p> <p>Science and Technology courses will be covering topics related to reproductive organs, reproductive mechanisms, and fertilization.</p>



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SEC 4			<p>WHO: TEACHER WHEN: Term 2 DURATION: 6 hours SUBJECT AREA: ERC</p> <p>Emotionally progressive dialogue and learning about sexual desires including being atypical.</p> <p>Lessons and assessments surrounding the students' mental state of mind and how they make decisions, especially sexual decisions.</p>	<p>WHO: TEACHER WHEN: Term 2 and 3 DURATION: 6 hours SUBJECT AREA: ERC</p> <p>Lessons 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>WHO: TEACHER WHEN: Term 1 DURATION: 6 hours SUBJECT AREA: ERC</p> <p>Dialogues on the emotional preparation for sexual activity including asexual feelings.</p> <p>Focus on engaging in sexual encounters outside of relationships.</p> <p>Vital discussions on the impact and role of social media in regards to advertising their sexuality, pornography, and their future.</p> <p>Sexual rights at the age of legal consent.</p>



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SEC 5	<p>WHO: TEACHER WHEN: Term 1 DURATION: 2 hours SUBJECT AREA: ERC</p> <p>Purposeful dialogues around the growing impact of social media and consent in diverse communities. An examination of mental health in equity-seeking groups.</p>		<p>WHO: TEACHER WHEN: Term 1, 2 and 3 DURATION: 4 hours SUBJECT AREA: ERC</p> <p>Intentional conversations about the ever-changing nature of relationships including friendships.</p> <p>Lessons discussing the concept of consent specifically about sexual assault, and substance abuse in social settings.</p>	<p>WHO: TEACHER WHEN: Term 1, 2, 3 DURATION: 2 hours SUBJECT AREA: ERC</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, unplanned pregnancy services, counseling, and where to go.</p>			