



Joint Consortium for School Health
Governments Working Across the Health and Education Sectors

Sexual Health

Quick Scan of Activities and Resources in Canadian Schools

2007

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1 Executive Summary

Comprehensive sexual health education covers a range of topics – from physical development to stereotypes to sexual decision-making – and is supported by a range of partners including teachers, public health nurses, peer educators and others. Unlike sexual education in the US, which focuses primarily on encouraging abstinence, Canadian provinces and territories recognize the value of a comprehensive approach that supports the development of knowledge, skills and awareness and builds each student's capacity to make informed decisions. Made-in-Canada resources also offer the advantage of including key information about Canadian laws and regulations in areas such as age of consent, sexual assault and availability of birth control.

A quick scan of Canadian resources for comprehensive sexual health education shows that, with the exception of Quebec, all provincial and territorial ministries of education have sexual health education guidelines in their curriculums and recommend resources to assist in delivery. There is a wide range of resources available in a variety of media (e.g., print, visual, online) for use with students in grades K – 9. Many have been developed through partnerships, and many public health units have agreements with schools and school boards regarding sexual health education delivery.

Generally, successes in this area include the development of specific Canadian resources and the engagement of a wide range of partners. At the same time, the scan identified gaps in a number of areas. These include a general trend to stop sexual health education in schools around grade 9, even though students in grades 10 – 12 are statistically the most sexually active; a relative absence of materials acknowledging the positive and pleasurable aspects of sexual relationships, as well as the harmful consequences; and a need for more resources tailored to specific populations, including Aboriginal youth, youth with disabilities and youth who are gay, lesbian or bisexual.

2 Introduction

This report outlines areas of success in sexual health education, including the increasing development of on-line resources and the development of collaborative partnerships. Many of these resources and programs are the result of partnerships such as public health units collaborating with schools and school boards. Other successful partnerships include collaboration between the ministries of education and ministries of health in regions across Canada, resulting in the publication of health promotion resources. Areas for improvement in sexual health education are also presented in this quick scan, including the extension of sexual health education into senior high school grades and the development of resources that take into account the positive aspects of sexuality in addition to the potentially harmful outcomes. The development of resources for specific populations is another area for improvement.

Comprehensive sexual health education programs can be more effective than single exposure programs due to the development of knowledge, skills and awareness related to sexual health. By developing each student's capacity to make informed decisions, the risk of potentially harmful outcomes is reduced. Identifying the ingredients for success in sexual health education programs is essential to promote the necessary changes that will result in safer behaviour.

3 Methodology

Primary and secondary school education is the responsibility of the provinces and territories in Canada and each is responsible for the development and implementation of their school based curriculum. All provincial and territorial ministries of education have sexual health education curriculum outcomes, with the recent exception of Quebec where sexual health education has been deregulated¹. Because there is no national education policy in Canada, any account of educational practices must deal with provincial and territorial differences. Thus, in order to document the resources available for use by teachers in schools, approved learning resource lists for the disciplines in which sexual health education are located (e.g., health and physical education in Ontario) were consulted for each province and territory.

The resources listed in this document support a comprehensive approach to sexual health education as presented in the Canadian Guidelines for Sexual Health Education:

Sexual health education should be comprehensive in scope and include a range of topics such as developmental changes (puberty), relationships, communication, setting of personal limits, media, stereotypes, prevention of STI/HIV, effective contraception, sexual assault, gender-role expectations and sexual orientation (Health Canada, 2003, p. 20).

In addition, approved and recommended resources were located with specific attention to language (English and French language curriculums) and to specific populations (Aboriginal, gay, lesbian and bisexual youth and youth with disabilities).

Included are those resources that appeared in more than one provincial/territorial approved and recommended resource list. Given the relatively small sample, all French language resources as well as resources developed for Aboriginal youth and gay, lesbian and bisexual youth are included on the list. Resources that were developed for people with disabilities also appear on the list, though these resources were identified by Canadian Federation for Sexual Health (CFSH) affiliates since they did not appear in any provincial/territorial approved learning resource lists. Due to the deregulation of sexual health education in Quebec and the fact that the Ministry of Education does not have any recommended or approved resources for the delivery of sexual health education, any resources that were identified as having been developed in the province of Quebec have also been included on the list. A summary of the criteria by which resources were included is on the following page.

It is important to note, however, that there may be considerable gaps between what a department of education mandates and what actually gets done in the classroom, so to describe sexual health education policy is not necessarily to describe sexual health education practice. Indeed, it has been documented that the content and extent of implementation of sexual health education varies considerably between provinces,

¹ Sex education was deregulated in Quebec with the elimination of the Personal and Social Development program, in which sex education was situated. Thus, sex education is no longer the responsibility of one teacher, one professional or one program, but is the responsibility of all members of the school team working in cooperation with each other and with partners in the community, which involves integrating issues across subjects, such as sexually transmitted infection (STI) and pregnancy rates in mathematics or human reproduction in biology, and offering complementary educational services, such as theme weeks, clinical and counseling services and workshops (Duquet, 2003).

school boards and schools (Barrett, 1994; Evans, 1999, p. 10; Maticka-Tyndale et al., 2001, p. 25). The aim of this scan is to identify what resources are authorized, therefore how or if these resources are used, negotiated or resisted is beyond its scope.

Resources for Comprehensive Sexual Health Education in Canada - Selection Criteria

The criteria for inclusion in this document are:

- Resources that appeared in more than one provincial/territorial approved and recommended resource list;
- French language resources;
- Resources developed for Aboriginal youth;
- Resources developed for youth with disabilities;
- Resources developed for gay, lesbian or bisexual youth;
- Resources developed in the province of Quebec.

4 General Findings

Successes

A list of Canada specific resources to assist in the delivery of school based sexual health education is provided in this document. The development of Canadian resources is necessary to capture Canadian laws and regulations regarding sexuality and sexual health, such as sexual assault and age of consent laws as well as regulations on birth control dissemination and sexually transmitted infection (STI) testing. It can also be argued that the development of Canadian resources is ideologically and philosophically necessary to support a Canadian approach to sexual health education that is different from the abstinence-only approach in the United States (although many Canadian resources do, in fact, include information on abstinence).

There are several print activity manuals that have been recommended for use by teachers, such as CFSH's *Beyond the Basics*, CFSH and Aboriginal Nurses Association's *Finding Our Way*, Stephanie Mitelman's *Introduction to Adolescent Sexuality and Teaching Sex Education*, Northwest Territories' *Skills for Healthy Relationships*, Yukon Territory's *Choices and Changes*, and the Durocher and Martine manual *Programme d'éducation sexuelle*. In addition, there are two textbook series that have been recommended for use; the *Health for Life* series by Judith Campbell and the *Health Issues* series by Jaime Johanson.

Visual media are also frequently recommended for use. Many videos include facilitator manuals for teachers that encourage interactivity. A notable example is the *Always Changing* video and facilitator's manual that assists the educator in imparting information on puberty. There is also a disproportionate number of videos available on HIV/AIDS, perhaps due to concern early in the epidemic about the spread and impact of the virus and the subsequent funding of prevention materials. DVD trivia games are also available to assist with student learning, such as the *Sexpressions DVD Game* series developed by Stephanie Mitelman in Montreal, Quebec.

In addition, there is an increasing reliance on the Internet for information, for example, that which is provided by the Canadian HIV/AIDS Information Centre and the Sex Information and Education Council of Canada (SIECCAN). On-line lesson plans are also available, for example, the sexualityandu.ca website of the Society of Obstetricians and Gynecologists of Canada and the teachingsexualhealth.ca website of Alberta Health and Wellness and the Calgary Health Region. In order to support the new Quebec Education Program, *The Sex Educator*, developed by the Quebec Ministry of Health and Social Services, provides information and pedagogical interventions for educators and is only available on-line. Indeed, some resources originally designed for print, such as CFSH's *Beyond the Basics*, are also available on-line. The use of web-based resources is consistent with the current trend among teachers to increasingly look to the Internet for lesson plans (Shannon and McCall, 2002). In fact, a major US study of teacher use of the Internet (Becker, 1999) found that a majority of teachers use the Internet to find lesson planning information.

The identified resources are clearly reflective of the range of people who implement sexual health education in the classroom – teachers, public health nurses, representatives from community-based organizations and others. Notable examples include CFSH (*Beyond*

the Basics), CFSH and Aboriginal Nurses Association (*Finding Our Way*), the Society of Obstetricians and Gynecologists of Canada (sexualityandu.ca website), Alberta Health and Wellness and the Calgary Health Region (teachingsexualhealth.ca website).

In fact many resources have been developed through partnerships. For example, many public health units have arrangements with schools and school boards regarding the delivery of sexual health education, with the most formalized arrangement being in Ontario, where each board of health is mandated to assist in school sexual health education curriculum development and implementation (Ministry of Health, 1997, p. 25). There are also partnerships between associations and schools boards, for example, the Ontario Physical and Health Education Association (OPHEA) in partnership with district school boards and health departments from across Ontario developed *The Ontario Health and Physical Education Curriculum Support: Kindergarten to grade 10* for the public and Catholic school systems.

Possibly one of the most impressive and successful collaborative efforts is the student resource book *Sex? A Healthy Sexuality Resource Book*, which was a collaborative effort between the Department of Education and the Department of Health in Nova Scotia. This resource is intended to be distributed to every grade 7 student in the province. While the majority of school boards have agreed to distribute the book, both of the Cape Breton's English-speaking boards – Cape Breton Victoria Regional School Board and the Strait Regional School Board Breton – decided against its distribution. Still, the *Sex?* resource is a significant accomplishment in terms of reach and potential impact.

Gaps and Challenges

This compiled list of resources and programs provides evidence that some sexual health education is intended to begin in the early grades and is to continue until the middle of high school. Broadly speaking, it would appear that sexual health education often begins with sexual abuse prevention where resources are recommended in the K – 4 grades, continues with puberty education in grades 4 – 6 and ends with contraceptive and STI information in early high school. Most sexual health education occurs in the middle grades, particularly during grades 7 – 9, an observation that has been noted elsewhere (see Maticka-Tyndale *et al.*, 2001, p. 25). However, it is important for sexual health education to be timely and developmentally appropriate. For example, students should not only have the opportunity to discuss and learn about sexual matters in grades K – 9 but also in grades 10 – 12 when they are becoming increasingly sexually active. According to Boyce *et al.*, by grade 11, 40% of males and 46% of females have had sexual intercourse at least once, in contrast to 23% of boys and 19% of girls in grade 9 (2003, p. 75-76). Ideally, sexual health education should commence in the early grades and continue until the end of high school.

According to the *Canadian Guidelines for Sexual Health Education* effective sexual health education should also encourage young people to consider both the pleasurable and harmful consequences of sexual activity. Specifically, the *Guidelines* promote a sexual health education that helps people achieve positive outcomes, such as self-esteem, respect for self and others and rewarding sexual relationships, and avoid negative outcomes, such as unintended pregnancy, HIV/STIs and sexual coercion (Health Canada, 2003, p. 1). However, the list illustrates a potential emphasis on the harmful consequences of sex since the resources identified on the list tend to emphasize an approach centred on unintended pregnancy, STI and sexual abuse prevention. This may be partially due to an increased reliance

on evidence-based approaches to sexual health education that require consideration of adolescent behaviour that is measurable. For example, teen pregnancy and STI rates are often used as indicators of the effectiveness of sexual health promotion/prevention programs (Maticka-Tyndale *et al.*, 2000, p. 41). An emphasis on the negative outcomes of adolescent sex and overall absence of the positive outcomes may also be due in part to a general discomfort around adolescent sexual pleasure (for an analysis of the missing discourse of desire in the Ontario curriculum, see Connell, 2005).

Lastly, the list illustrates gaps in information for specific populations. There is a lack of on-line resources for sex educators who deliver programs to Aboriginal youth or to youth with disabilities. Additionally, there are few resources that have been developed in the French language, although some documents that have been developed in English have been translated into French, such as the Yukon Government's *Choices and Changes*, CFSH's *Beyond the Basics* and the Healthy Sexuality Working Group's *Sex? A Healthy Sexuality Resource Book*. Most French language videos focus on HIV/AIDS to the exclusion of other sexual health issues. Most resources developed for gay, lesbian and bisexual youth address homophobia and heterosexism – an important endeavour – but few deal with sexual identity formation or provide targeted information to this population with regard to sexual relationships, sexual decision-making and other sexuality issues.

5 Conclusion

All provincial and territorial ministries of education, with the exception of Quebec, include sexual health education curriculum guidelines and by extension, recommend resources to assist in the delivery of such education. Clearly, schools are recognized as pivotal organizations in providing sexual health education (Health Canada, 2003, p. 17).

While this report outlines several successes – specifically, the development of Canada-specific resources and the increasing development of on-line resources, particularly by way of collaborative partnerships – it also outlines some possible areas for improvement. These include the extension of sexual health education into senior high school grades, the development of resources that take into account the positive aspects of sexuality in addition to the potentially harmful outcomes and the development of resources for specific populations.

6 Definitions

The Canadian Guidelines for Sexual Health Education

The Canadian Guidelines for Sexual Health Education provide a framework for developing and evaluating sexual health education programs, policies and services. The *Guidelines* were originally produced in 1994 and were revised in 2003.

Comprehensive Sexual Health Education

Comprehensive sexual health education is a broad based activity offered by teachers, public health nurses, peer educators and others and aims to impart knowledge, motivational supports and skill building opportunities. It includes a range of topics such as developmental changes (puberty), relationships, communication, setting of personal limits, media, stereotypes, prevention of STI/HIV, effective contraception, sexual assault, gender-role expectations and sexual orientation.

HIV

HIV is the abbreviation for Human Immunodeficiency Virus; the virus that causes AIDS. HIV is acquired through unprotected sex, sharing needles and mother-to-child transmission.

Sexual Health

Sexual health is a state of physical, emotional mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity, as defined by the World Health Organization (WHO). Sexual health can also be understood as socially constructed due to its normative dimensions (see Health Canada 2003, p. 6-7).

STI

STI is the abbreviation for Sexually Transmitted Infection. It refers to the range of infections acquired through oral, vaginal or anal sex. STIs are sometimes referred to as sexually transmitted diseases (STDs).

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Comprehensive Approaches

Resources

- Title: *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. 2nd Edition
Au delà de l'essentiel: Guide-ressources sur l'éducation en matière de santé sexuelle et reproductive. deuxième édition
- Organization: Canadian Federation for Sexual Health (CFSH) / Fédération canadienne pour la santé sexuelle, author and publisher (2006)
- Website: English: <http://cfsh.ca/ppfc/media/sourcebook2006contentwithform.pdf>
French: <http://cfsh.ca/ppfc/media/frenchsourcebook2006contentswithform.pdf>
- Description: This resource binder covers a variety of topics related to sexual and reproductive health including values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, STIs and HIV.
- Language: English and French
- Title: *The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)*
- Organization: The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)
- Website: <http://www.cahperd.ca/>
- Description: Includes information and resources on health education.
- Language: English and French
- Title: *C'est pas à soir qu'on va se noyer*
- Organization: Vidéoscopique de Montréal (1994)
- Description: Video
- Language: French
- Title: *Introduction to Adolescent Sexuality and Teaching Sex Education*
Introductions à la sexualité adolescente & à l'enseignement de la sexualité
- Organization: Stephanie Mitelman, author. Published by Sexpressions, Montreal,
- Website: <http://www.sexpressions.ca>
- Description: This manual includes information and activities on puberty, anatomy, reproduction, contraception, sexually transmitted infections, condom use, healthy relationships, respecting diversity, sexuality and disability and First Nations communities.
- Language: English and French

Title: *Lifechoices Relationships*
Des choix... pour la vie! Vivre en société, les relations interpersonnelles

Organization: Judith Campbell, author. Published in English by Pearson Education Canada, and in French by Les Éditions de la Chenelière

Description: This colourful magazine-style book explores issues and concerns about relationships, and discusses how to deal with conflict and sexuality. Teacher's guide is available.

Language: English and French

Organization: Media Awareness Network / Réseau Éducation-Médias

Website: <http://www.media-awareness.ca/>

Description: Includes resources and tools on media and information literacy for young people.

Language: English and French

Title: *Ontario Health and Physical Education Curriculum Support: Kindergarten to grade 10*

Organization: The Ontario Physical and Health Education Association (OPHEA), author and publisher (2000)

Description: This resource package, developed in partnership with a number of Ontario school boards, provides teachers (both in the Catholic and public school systems) with activities on healthy growth and sexuality(grades K – 10).

Language: English

Title: *Sex? A Healthy Sexuality Resource. 2nd Edition*
Le Sexe? : pour une sexualité saine. Deuxième édition

Organization: Healthy Sexuality Working Group /Groupe de travail pour une sexualité saine
Nova Scotia Office of Health Promotion/Ministère de la Promotion et de la Protection de la santé, Nouvelle Écosse (2006)

Website: English: http://www.gov.ns.ca/hpp/publichealth/content/pubs/11032_sexbook_dec06_en.pdf
French: http://www.gov.ns.ca/hpp/publichealth/content/pubs/11038_SEXBook_Dec06_Fr.pdf

Description: This resource book includes information on relationships, decision-making, sexual assault, sexually transmitted infections and preventing pregnancy. It is intended to be distributed to all grade 7 students in the province of Nova Scotia. Available on-line and in print.

Language: English and French

Title: *The Sex Educator*
Ça sexprime

Organization: Ministère de la Santé et des Services sociaux, Université du Québec à Montréal and Tel-Jeunes

- Website: English: http://www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?id=74,224,0,0,1,0
French: http://www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?id=56,114,0,0,1,0
- Description: The *Sex Educator* is designed for educators who are offering sex education activities for young people of secondary school age. It provides pertinent information and activity suggestions.
- Language: English and French
- Title: *Sexpressions Classroom Activity Kits*
Trousses d'Activité Scolaire pour Enseignants
- Organization: Stephanie Mitelman, author. Published by Sexpressions, Montreal
- Website: <http://www.sexpressions.ca>
- Description: The kits include lesson plans complete with instructions and playing pieces on the following topics: HIV, condom use, reproduction, sexual values, love and relationships. Can be modified for students with special needs (grades 7 – 10).
- Language: English and French
- Title: *Sexpressions DVD Games*
Jeu-questionnaire sur DVD
- Organization: Stephanie Mitelman, author. Published by Sexpressions, Montreal
- Website: <http://www.sexpressions.ca>
- Description: These DVD games offer accurate sexual health information. The six DVDs cover the following topics: Boy Bodies, Girl Bodies, Safer Sex, The Doctor Says, Making Babies and Relationships by using multiple choice questions, true and false, fill in the blanks and general answers (grades 7 – 11).
- Language: English and French
- Title: *Sexual Health Promotion/Education. Promotion/Education de la santé en matière de sexualité.*
- Organization: Health Canada / Santé Canada
- Website: English: http://www.phac-aspc.gc.ca/std-mts/publications_e.html#education
French: http://www.phac-aspc.gc.ca/std-mts/publications_f.html#education
- Description: Includes lesson plans.
- Language: English and French
- Title: *Student WebQuests: Online, Interactive, Student Research Projects*
- Organization: Canadian Association for School Health
- Website: <http://www.safehealthyschools.org/webquests/welcome.htm>
- Description: This site is for teachers who want to use the Internet for health education through carefully designed student research projects (Webquests) that

include virtual and real activities.

Language: English

Title: *Teaching Sexual Health*

Organization: Alberta Health and Wellness

Website: <http://www.teachingsexualhealth.ca>

Description: Provides educators, students, parents and health professionals with information for teaching sexual health.

Language: English

Programs

Title: *Choices and Changes*

Organization: Yukon Government (Lisa Evans, Jeff Wackett, Joan Turner).

Description: A sexual health education program for grades 4 – 7 that explores healthy relationships, puberty, sexuality and the media, contraception, sexually transmitted diseases, abuse, gender roles, personal space and sexuality. Originally published in 2001, revised in 2004, to be revised in 2007.

Language: English

Title: *Health for Life 1*
Objectif Santé 1

Organization: Judith Campbell, author. Published in English by Pearson Education Canada, Toronto, 2004, and in French by Chenelière Éducation

Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward.

Language: English and French

Title: *Health for Life 2*
Objectif Santé 2

Organization: Judith Campbell, author. Published in English by Pearson Education Canada, Toronto (2004), and in French by Chenelière Éducation

Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward, including sexual abuse, contraceptives, sexual relationships and sexually transmitted diseases

Language: English and French

Title: *Health Issues 7, Health Issues 8, Health Issues 9*

Organization: Jaime Johanson, author. Published by McGraw-Hill Ryerson (2003)

Description: *The Health Issues* series is a literature based approach for the teaching of health and life skills – organized in three sections, wellness, relationships and life learning.

Language: English

Sexual Abuse Prevention

Resources

Title: *Silence on s'ex--prime. Volet 2. L'abus sexuel. Les MTS*
Organization: CECOM, Hôpital Rivière-des-Prairies, Productions Kaboum (1997)
Description: Video
Language: French

Programs

Title: *Kids in the Know*
Organization: Child Find Manitoba
Website: <http://www.kidsintheknow.ca>
Description: This multi-grade sequential safety program, covering kindergarten to grade 10, is designed to reduce child victimization by teaching effective personal safety strategies.
Language: English and French

Puberty Education

Resources

Title: *Always Changing*
Organization: Procter and Gamble Inc. with the endorsement of Ophea and the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) (2006)
Website: <http://www.ophea.net/Ophea/Ophea.net/alwayschanging.cfm>
Description: This free resource is designed to teach pre-teens about the transition between childhood and adolescence, and the beginning stages of puberty. It comes with instructor's guide, DVD and student workbook (grades 5 – 6).
Language: English and French

STI and Contraception Education

Resources

Organization: Canadian AIDS Society (CAS)
Website: URL: <http://www.cdn aids.ca>
Description: Includes information on HIV/AIDS and contact information for members across Canada.
Language: English and French

Organization: Canadian Health Network (Public Health Agency of Canada)
Website: <http://www.canadian-health-network.ca/>
Description: Includes credible and Canadian information and resources on health and sexuality.
Language: English and French

Organization: Canadian HIV/AIDS Information Centre
Centre canadien d'information sur le VIH/sida
Website: <http://www.aidssida.cpha.ca>
Description: Includes information and ordering information for resources dealing with HIV/AIDS.
Language: English and French

Title: *Compétences pour des relations saines*
Organization: Lambert Multimédia, 1993
Description: A video designed for teenagers on sexuality, sexually transmitted diseases and HIV/AIDS.
Language: French

Title: *En VIH de savoir? : outils d'intervention auprès les jeunes*
Organization: Mouvement d'Aide et d'Information Sida Bas-Saint-Laurent (2006)
Description: Video on HIV.
Language: French

Title: *Faites vos jeux!*
Organization: Action Intervention Jeunesse, Action Sida Laval
Description: This kit for adolescents features five games on HIV/AIDS prevention.
Language: French

Title: *Je t'ai à l'oeil! : MTS-SIDA*
Organization: Mouvement Jean-Boudreau pour la prévention du sida Centre de santé publique de Québec (1998)
Description: Video
Language: French

Title: *Sexuality and U / masexualite.ca*
Organization: The Society of Obstetricians and Gynaecologists of Canada / la Société des obstétriciens et gynécologues du Canada
Website: English: <http://www.sexualityandu.ca/>
French: www.masexualite.ca
Description: Provides teachers with information and lesson plans on human sexuality.
Language: English and French

Title: *Thinking positive: A film about youth and HIV/AIDS*
Organization: National Film Board of Canada(1993)
Description: This is a video documentary about living with AIDS in a small community. It takes place in Newfoundland and tells the story of Trudy Parson, a young woman who became infected with HIV at 20 years old.
Language: English

Title: *Vous sentez-vous concernes?*
Organization: Action Intervention Jeunesse, Montreal (1992)
Description: Video featuring interviews with people living with HIV and AIDS and adolescents who share their views on condoms and sexuality.
Language: French

Aboriginal Youth

Resources

Title: *Chako: Coming of Age*
Organization: Chee Mamuk, author. Published by BC Centre for Disease Control, Vancouver (2002)
Description: This film follows six Aboriginal youths as they participate in a traditional coming-of-age ceremony. Speakers and counsellors discuss traditional teachings around balanced living and respect, and risk factors such as drug use, alcoholism, HIV, sexually transmitted infections (STIs) and hepatitis.
Language: English

Title: *Finding Our Way: A Sexual and Reproductive Sourcebook for Aboriginal Communities*
Organization: Aboriginal Nurses Association of Canada and Canadian Federation for Sexual Health, author and publisher (2002)
Description: This resource addresses a variety of topics on the sexual health of youth and adults. Information about world views, colonization and loss of identity provides an underlying framework for approaching many sexual health topics. Sexual diversity is discussed and suggestions are given for promoting respect for two-spirited people.
Language: English

Title: *Introduction to Adolescent Sexuality and Teaching Sex Education*
Introductions à la sexualité adolescente & à l'enseignement de la sexualité
Organization: Stephanie Mitelman, author. Published by Sexpressions, Montreal
Website: <http://www.sexpressions.ca>
Description: This manual includes information and activities on puberty, anatomy, reproduction, contraception, sexually transmitted infections, condom use, healthy relationships, respecting diversity, sexuality and disability and First Nations communities.

Language: English and French
Title: *The Long Walk*
Organization: National Film Board (1988)
Description: This video documents the life of Ken Ward, the first Native Canadian to go public with his HIV diagnosis.

Language: English

Title: *Youth strengthening the circle: The choice is yours*
Organization: Chee Mamuk, author. Published by BC Centre for Disease Control, Vancouver (2003)

Description: This DVD was produced and created by six youths, two Elders and five front-line workers who worked on the Youth Strengthening the Circle project, a harm reduction project that focused on the prevention of HIV, hepatitis and sexually transmitted infections (STIs) in Aboriginal youth. This film was designed as a tool to generate discussions on the risks of peer pressure, alcohol, teen pregnancy, HIV, STIs and hepatitis.

Language: English

Programs

Title: *NWT Skills for Healthy Relationships: A program about sexuality, AIDS and other STDs*

Organization: Northwest Territories Department of Education, Culture and Employment, author and publisher (1998)

Description: Program includes healthy relationships, sexuality, AIDS and other STDs.

Language: English

Youth with Disabilities

Resources

Title: *After You Tell*

Organization: Susan Ludwig, author. Published by Sex Information and Education Council of Canada (1995)

Description: This booklet uses clear text and engaging illustrations to guide readers through the experiences that may occur after someone discloses that they have been sexually abused. While useful for a wide audience, the booklet will be particularly helpful for people with developmental disability, problems with literacy, learning or communication or anyone who uses Blissymbols.

Language: English and French

Title: *Being Sexual: An Illustrated Series on Sexuality and Relationships. 2nd Edition*

- Organization: Dave Hingsburger and Susan Ludwig, authors. Published by Sex Information and Education Council of Canada (2006)
- Description: This 17 booklet series aims to meet the educational needs of people with developmental disabilities or problems with language, learning and communication.
- Language: English
- Title: *Easy For You To Say: Q & As For Teens Living With Chronic Illness or Disability*
- Organization: Miriam Kaufman, M.D, author. Published by Firefly Books (1995)
- Description: This book provides information on sexuality, family relationships, friends and dating.
- Language: English
- Title: *Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed*
- Organization: Kate Moss and Robbie Blaha, authors. Published by DB-Link Publishers (2001)
- Website: <http://www.tr.wou.edu/dblink/pdf/sex-ed.pdf>
- Description: Available in printed or pdf format.
- Language: English
- Title: *Sexuality, Relationships and Me*
- Organization: Canadian Down's Syndrome Society, author and publisher (1999)
- Description: Eight booklets for young adults on such topics as body changes, masturbation and privacy, pregnancy, STIs, intimacy and sexual hurting.
- Language: English
- Title: *STARS 2 for Children: A Guidebook for Teaching Positive Sexuality and Preventing Sexual Abuse for People with Developmental Disabilities*
- Organization: Susan Heighway and Susan Kidd Webster, authors. Published by Future Horizons (1993)
- Description: A guidebook for teaching positive sexuality and the prevention of sexual abuse for children with developmental disabilities.
- Language: English
- Programs**
- Title: *Circles: Intimacy and Relationships*
- Organization: Published by James Stanfield Company (1993)
- Description: This program includes teaching photos, videos, a coloured circles floor mat and laminated icons, and a guide for education about social distance, relationships and levels of intimacy.
- Language: English

- Title: *Life Horizons I The Physiological and Emotional Aspects of Being Male & Female;*
Life Horizons II The Moral, Social and Legal Aspects of Sexuality
- Organization: Winifred Kempton, M.S.W, author. Published by James Stanfield Publishing Co. (1999)
- Description: These two curricula are for people with mild to moderate developmental disabilities.
- Language: English
- Title: *Sexuality: A Curriculum for Individuals Who Have Difficulty With Traditional Learning Methods*
- Organization: Susan Ludwig, author. Published by Regional Municipality of York Public Health (1989)
- Description: Curriculum for individuals who have difficulty with traditional learning methods.
- Language: English
- Title: *Talking Sex! Practical Approaches and Strategies for Working with People Who Have Developmental Disabilities When The Topic is Sex*
- Organization: Thompkins County Planned Parenthood, author (1999)
- Description: This curriculum consists of information, activities and overheads that provide strategies toward making sexuality education more accessible to people with developmental disabilities.
- Language: English

Gay, Lesbian, and Bisexual Youth

Resources

- Title: *Apercevoir l'arc-en-ciel : Les enseignants parlent de la bisexualité, l'homosexualité, le transgenre et la bispiritualité.*
- Organization: Fédération canadienne des enseignantes et des enseignants, author
- Description: Resource materials for discussing sexual diversity.
- Language: French
- Title: *Apples and Oranges*
- Organization: National Film Board of Canada (2003)
- Description: The video takes place in an elementary level classroom with students engaged in an exercise about bullying, stereotypes and the harmful effect of words. Comes with teacher's guide (grades 4 – 7).
- Language: English

- Title: *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. 2nd Edition
Au delà de l'essentiel : Guide-ressources sur l'éducation en matière de santé sexuelle et reproductive. Deuxième édition
- Organization: Canadian Federation for Sexual Health (CFSH) / Fédération canadienne pour la santé sexuelle
- Website: English: <http://cfsh.ca/ppfc/media/sourcebook2006contentwithform.pdf>
French: <http://cfsh.ca/ppfc/media/frenchsourcebook2006contentswithform.pdf>
- Description: This resource binder covers a variety of topics related to sexual and reproductive health including sexual orientation and diversity.
- Language: English and French
- Organization: The Centre
- Website: <http://www.lgbtcentrevancouver.com/>
- Description: Develops resource materials and provides education and outreach services.
- Language: English
- Title: *Finding Our Way: A sexual and reproductive sourcebook for Aboriginal Communities*
- Organization: Aboriginal Nurses Association of Canada and Canadian Federation for Sexual Health, author and publisher (2002)
- Description: This resource addresses a variety of topics on the sexual health of youth and adults. Information about world views, colonization and loss of identity provide an underlying framework for approaching many sexual health topics. Includes units on sexual orientation and diversity.
- Language: English
- Organization: Gay and Lesbian Educators of BC
- Website: <http://www.galebc.org>
- Description: Provides resources and workshops on homophobia.
- Language: English
- Organization: Gay, Lesbian and Straight Educator's Network
- Website: <http://www.glsen.org>
- Description: Provides resource material on homophobia.
- Language: English
- Title: *Heather Has Two Mommies*
- Organization: Leslea Newman, author. Published by Alyson Books (2000)
- Description: A print resource telling the story of a young girl, Heather, who learns that there are lots of different kinds of families and the most important thing is that all the people love each other.
- Language: English

Organization: Helping Out (Manitoba)
Website: <http://www.helpingout.ca/>
Description: Provides information and resources on homophobia for educators and students.
Language: English

Title: *Homophobia Hurts: A Teacher's Resource Guide for Dealing with Lesbian, Gay and Bisexual Issues in the Classroom*

Organization: Leighann Wichman, author. Published by Lesbian, Gay and Bisexual Youth Project, Halifax, NS (2005)
Description: Printed teacher resource guide.
Language: English

Title: *In Other Words*

Organization: National Film Board of Canada (2001)
Description: This video explores issues of homophobic name calling.
Language: English

Title: *Introduction to Adolescent Sexuality and Teaching Sex Education*
Introductions à la sexualité adolescente & à l'enseignement de la sexualité

Organization: Stephanie Mitelman, author. Published by Sexpressions, Montreal,
Website: <http://www.sexpressions.ca>
Description: This manual includes units on sexual orientation and diversity as well as many other topics.
Language: English and French

Organization: Lesbian, Gay and Bisexual Youth Project (Nova Scotia)
Website: <http://www.youthproject.ns.ca/>
Description: Provides information and educational services on GLB youth and homophobia.
Language: English

Title: *Mom and Mum Are Getting Married!*

Organization: Ken Settingington, author. Published by Second Story Press (2004)
Description: A print resource telling the story of a young girl, Rosie, who describes the excitement of planning and taking part in the wedding between her two moms.
Language: English

Title: *One of Them*

Organization: National Film Board (2000)
Description: This high school drama examines homophobia and discrimination through the eyes of a group of students.
Language: English

Title: *Out: Stories of Lesbian and Gay Youth*
Organization: National Film Board (1993)
Description: This video explores the experiences of lesbian and gay youth in Canada.
Language: English

Organization: Parents and Friends of Lesbians and Gays (Canada)
Website: <http://www.pflag.ca>
Description: Provides resource information on sexual identity and gender identity.
Language: English and French

Title: *Sexual Orientation and Gender Identity (Alberta)*
Organization: The Alberta Teachers' Association
Website: www.teachers.ab.ca/Issues+In+Education/Diversity+and+Human+Rights/Sexual+Orientation
Description: Provides a range of resources for educators on sexual identity and gender identity.
Language: English

Title: *Tackling Gay Issues in School: A Resource Module*
Organization: Leif Mitchell, editor. Published by Gay, Lesbian and Straight Education Network (GLSEN) (1999)
Description: This resource for educators, administrators, counselors, trainers and others working to create safe and inclusive school environments includes a rationale for including lesbian, gay, bisexual and transgender issues in schools, recommended curriculum and staff development activities, resource lists and more.
Language: English

Title: *Trevor*
Organization: Water Bearer Films (1994)
Description: This film is about a boy named Trevor who has a crush on another boy and must deal with homophobia from those around him.
Language: English

Reference Resources

Organization: Sex Information and Education Council of Canada (SIECCAN)
Website: <http://www.sieccan.org/>
Description: Includes research on sexual health education, including a link to the Canadian Journal of Human Sexuality.
Language: English

9 Appendix B: Approved Learning Resources by Jurisdiction ²

British Columbia

Comprehensive Resources

Title: *Health for Life 1*
Organization: Pearson Education Canada (2004)
Description: Student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward.
Grade(s): 7
Language: English

Title: *Health for Life 2*
Organization: Pearson Education Canada (2005)
Description: Student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward, including sexual abuse, contraceptives, sexual relationships and sexually transmitted diseases.
Grade(s): 8
Language: English

Title: *Sexual Health Promotion/Education*
Promotion/Éducation de la santé en matière de sexualité (Santé Canada)
Organization: Public Health Agency of Canada
Agence de la santé publique du Canada
Website: English :http://www.phac-aspc.gc.ca/std-mts/publications_e.html#education
French: http://www.phac-aspc.gc.ca/std-mts/publications_f.html#education
Description: Resources, also lesson plans for grades 8 – 13.
Grade(s): Grades 8 – 13
Language: English and French

Puberty Education

Title: *Always Changing*
Organization: Proctor and Gamble, Inc. (2005)

2 This list does not include discontinued or out-of-print resources.

Description: A video about the physical, emotional and social changes associated with puberty. Includes discussion guide.

Grade(s): 5

Language: English

Title: *Être bien dans sa peau*

Organization: C.A.R.E. Productions Association of BC

Description:

Grade(s): 4 – 6

Language: French

Title: *The New Me: About boys*

The New Me: About girls

Organization: Sunburst Visual Media (2004)

Description: Videos on puberty with teacher discussion guide, activities and reproducible handouts.

Grade(s): 4

Language: English

Title: *What Kids Want to Know about Sex and Growing Up*

Organization: BC Learning Connection Inc. (1997)

Description: Fifty-five minute video dealing with puberty, sex and sexual reproduction. Includes teacher's guide.

Grade(s): 6

Language: English

Sexual Abuse Prevention

Title: *Dealing with Teen Dating Abuse: Matters of Choice*

Organization: McIntyre Media Ltd. (2004)

Description: Video with teacher's guide.

Grade(s): 9

Language: English

Title: *Kids in the Know*

Organization: Child Find Manitoba

Description: This multi-grade sequential safety program is designed to reduce child victimization by teaching effective personal safety strategies.

Grade(s): K – 7

Language: English

Title: *Let's Talk About Touching – A Child Sexual Abuse Prevention Program for Young Children*. Second Edition
Organization: Early Childhood Educators of BC (2001)
Description: A child sexual abuse prevention program.
Grade(s): K – 1
Language: English

Title: *Talking About Touching – Grade 1 to 3*. Third Edition
Organization: Committee for Children (2001)
Description: Lesson cards, teacher's guide and video about personal safety and disclosure issues.
Grade(s): 1 – 3
Language: English

Sexual Diversity

Organization: Gay and Lesbian Educators BC (GALEBC)
Website: <http://www.galebc.org/main.htm>
Description: Resources and workshop for educators addressing sexual diversity on homophobia.
Grade(s): K – 12
Language: English

STI and Contraception Education

Title: *AIDS Update: The Latest Facts about HIV and AIDS*
Organization: McIntyre Media Ltd. (2004)
Description: Video and teacher's guide.
Grade(s): 9
Language: English

Title: *Canadian HIV/AIDS Information Centre*
Centre canadien d'information sur le VIH/sida
Organization: Canadian Public Health Association
Website: <http://www.aidssida.cpha.ca>
Description: Up-to-date resources and information about HIV/AIDS.
Grade(s): Reference
Language: English and French

Organization: GALEBC (Gay and Lesbian Educators BC)
Website: <http://www.galebc.org/main.htm>
Description:

Grade(s): Reference
Language: English

Title: *Je me renseigne sur le SIDA*
Organization: Centre canadien d'information sur le VIH/sida, un program de l'Association canadienne de santé publique
Website: <http://www.aidssida.cpha.ca>
Description: A colourful booklet with games and puzzles to teach children in grades 5 and 6 the basic facts about AIDS. Teachers guide is available. Also available in English.

Grade(s): 4 – 6
Language: French

Title: *Pacific AIDS Resource Centre Library*
Organization: AIDS Vancouver
Website: <http://www.aidsvancouver.org/parclibrary>
Description: One of the largest HIV/AIDS libraries and resource centres in North America.
Grade(s): Reference
Language: English

Title: *Viens t'asseoir avec moi*
Organization: Margaret Merrifield, M.D., author
Description: AIDS prevention book, also available in English.
Grade(s): 2 – 3
Language: French

Other Resources

Title: *Canadian Health Network*
Réseau canadien de la santé
Organization: Public Health Agency of Canada
Agence de la santé publique du Canada
Website: <http://www.canadian-health-network.ca/>
Description: Up-to-date, accurate health information, including sexual health.
Grade(s): Reference
Language: English and French

Title: *Communities and Schools Promoting Health*
Website: <http://www.safehealthyschools.org/>
Description: A gateway to information on comprehensive school health (CSH) and health promoting schools (HPS).
Language: English and French

Organization: Directorate of Agencies for School Health (DASH)
Website: <http://www.dashbc.org/>
Description: Website supporting DASHs mission to inspire school communities to adopt a health-promoting framework that encourages lifelong learning, health and well-being.
Language: English

Organization: Health Canada
Santé Canada
Website: <http://www.hc-sc.gc.ca/english>
http://www.hc-sc.gc.ca/index_f.html
Description: Up-to-date, accurate health information, including sexual health.
Language: English and French

Alberta

Body Image and Self-Esteem

Title: *Becoming Barbie*
Organization: Moving Images Distribution (1993)
Description: A thought-provoking video that explores the powerful role of the media in promoting unrealistic and unattainable standards of physical attractiveness in females.
Grade(s): Career and Life Management (CALM)
Language: English

Title: *Body Image*
Organization: Filmwest
Description: This 24 minute program deals with the struggle many teens have to look, act and feel cool.
Grade(s): 7 – 9
Language: English

Title: *Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem*
Organization: Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist (2001)
Description: This resource focuses on body image education. The interactive student activities and handouts attempt to help individual students improve their body image in order to prevent the development of an eating disorder.
Grade(s): Career and Life Management (CALM)
Language: English

Comprehensive Resources

Title: *Health Issues 7: Teacher's Resource*
Organization: McGraw-Hill Ryerson (2003)
Description: The *Health Issues* series is a literature-based approach for the teaching of health and life skills – organized in three sections wellness, relationships and life learning.
Grade(s): 7
Language: English

Title: *Health Issues 8: Teacher's Resource*
Organization: McGraw-Hill Ryerson (2003)
Description: The *Health Issues* series is a literature-based approach for the teaching of health and life skills – organized in three sections, wellness, relationships and life learning.
Grade(s): 8
Language: English

Title: *Health Issues 9: Teacher's Resource*
Organization: McGraw-Hill Ryerson (2003)
Description: The *Health Issues* series is a literature-based approach for teaching health and life skills. The student text, *Health Issues 9*, contains a literary selection of short stories, nonfiction, essays, poems and an article – grouped by wellness, relationships and life learning.
Grade(s): 9
Language: English

Title: *Straight Talk about Sexual Health: Choices and Consequences*
Organization: Marsh Media (2001)
Description: This 2 video package discusses image, identity and sexual health. Topics include resisting peer and commercial pressures, healthy relationships, hormonal changes during puberty, values and decision making, pregnancy, sexually transmitted diseases and abstinence.
Grade(s): 7 – 9
Language: English

Title: *Teach & Talk: The Subject Is Sex*
Organization: ETR Associates (2001)
Description: This teaching resource offers practical, engaging and enjoyable ways to develop a classroom environment conducive to teaching sexuality education.
Grade(s): 4 – 6
Language: English

Title: *Teen Sex: Reality Strikes Back*
Organization: Winfield House Publishing (2002)
Description: This resource explores a variety of myths regarding teen sex and presents medical information on sexually transmitted diseases and adolescent sexuality, examines different lifestyle options and emphasizes responsible decision making.
Grade(s): Career and Life Management (CALM)
Language: English

Title: *We're Growing Up!*
Organization: Marsh Media (1996)
Description: This informative 12 minute video, hosted by a teen male and female, identifies the male and female reproductive systems, physical and emotional changes in puberty, and health and hygiene habits. It includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities.
Grade(s): 4 – 6
Language: English

Puberty Education

Title: *Growing Up! For Girls and Growing Up! For Boys*
Organization: Marsh Media (1995)
Description: These informative 15 minute videos outline changes experienced during puberty, the parts and functions of the reproductive system, the emotional issues associated with puberty, and overall health and hygiene. The video includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities.
Grade(s): 4 – 6
Language: English

Title: *Healthy & Well: Teacher Resource*
Organization: Pearson Canada (1996)
Description: This user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany *Healthy & Well (Student Resource) LifeChoices*. A glossary of terms is also included in the guide.
Grade(s): Career and Life Management (CALM)
Language: English

Title: *Just Around the Corner: For Girls and Just Around the Corner: For Boys*
Organization: Marsh Media (2000)
Description: These 15 minute videos explain the physical and emotional changes that occur at puberty.

Grade(s): 4 – 6
Language: English

Title: *Puberty for Boys: Amazing Changes Inside & Out*

Organization: AGC/United Learning

Description: This 21 minute close-captioned video presents information and addresses issues pertinent to male adolescent development. The video is accompanied by a teacher guide, pre- and post-viewing activities, handouts, script and assessment activities.

Grade(s): 7 – 8
Language: English

Relationships

Title: *Choices for Positive Youth Relationships Instructional Guide* (includes the video “*A Love That Kills*”)

Organization: Speers Society / National Film Board of Canada (2002)

Description: Includes a 20 minute National Film Board video and a facilitator guide. The video, entitled “*A Love That Kills*,” depicts the true story of a 19-year-old girl who is murdered by her former boyfriend. Includes facilitator guide.

Grade(s): Career and Life Management (CALM)
Language: English

Title: *The Dark Side of Dating*

Organization: Visual Education Centre (2002)

Description: A series of three videos for the grades 8 to 12 audience on the topics of stress, depression and dating. Each 20 minute video delves into the topic through teen interviews and discussions. Positive, helpful sources of support are recommended. This US produced series is very transferable to a Canadian teen audience.

Grade(s): 8 – 9
Language: English

Title: *Date Rape Drugs: An Alert*

Organization: KineticVideoCom (1999)

Description: This video is an informative look at date rape drugs, their street names, appearance and effects. Useful strategies for self-protection are presented.

Grade(s): Career and Life Management (CALM)
Language: English

Title: *The Dating Bill of Rights*
Organization: Films for the Humanities and Sciences (2001)
Description: This 26 minute video is useful as an introduction to dating relationships. Skits, dialogue and quizzes engage the audience and present sensitive material in an involving format.
Grade(s): 8 – 9
Language: English

Title: *Helping Children Learn about Healthy Relationships: A Teacher's Guide to Addressing Children's Concerns*
Organization: Calgary YWCA Family Violence Prevention Centre (2002)
Description: This video kit includes outcomes for each lesson along with worksheets and student activities. The kit uses a short video comprised of child testimonies. The topics covered include abuse, healthy and unhealthy relationships, feelings and emotions, understanding anger and keeping safe.
Grade(s): 4 – 5
Language: English

Title: *Kids Having Kids*
Organization: Filmwest
Description: This 24 minute program gives a realistic portrayal of teen parenthood. Through drama and interviews with teenage moms and dads, some of the joys and sacrifices of having a baby as a teen parent are discussed.
Grade(s): 9
Language: English

Title: *Relationships: Teacher Resource*
Organization: Pearson Canada (1996)
Description: This user-friendly teacher resource provides background information and numerous related teaching and learning activities to accompany *Relationships (Student Resource) LifeChoices*. A glossary of terms is also included in the guide.
Grade(s): Career and Life Management (CALM)
Language: English

Title: *Student Workshop: Building Healthy Relationships*
Organization: Sunburst Communications, Inc. (2002)
Description: This 24 minute video consists of three parts: Looking at Relationships, Standing Up for Yourself and Working It Out. Each part provides strategies to recognize and develop healthy relationships. The teacher's guide consists of a script, blackline masters and several classroom activities to support each part of the program.
Grade(s): 3 – 5
Language: English

Sexual Abuse Prevention

Title: *Sexual Harassment*
Organization: Filmwest
Description: Sexual harassment, a topic not fully understood nor taken seriously by many teens, is explained in this 24 minute video. Several examples are examined by teens and experts. Ways of dealing with sexual harassment are discussed and depicted.
Grade(s): 7 –8
Language: English

Title: *Sexual Harassment in School: Your Rights and Responsibilities: Teacher's Manual*
Organization: Alberta Civil Liberties Research Centre (1997)
Description: This locally-developed resource, consisting of a student manual and a teacher's manual, is intended to provide information and activities about sexual harassment. Student book available.
Grade(s): 7 – 9
Language: English

Title: *Talking About Sexual Harassment*
Organization: KineticVideoCom (2001)
Description: This 21 minute video uses a series of vignettes to discuss the definition of harassment, its effects and strategies to deal with it. It illustrates the following relationships: adult/teens, males/females and Internet chat lines.
Grade(s): 7
Language: English

Title: *Unsuitable Actions*
Organization: National Film Board (1997)
Description: A 26 minute resource on sexual harassment in school and outside school. A discussion guide is included with appropriate activities suggested.
Grade(s): 7
Language: English

Title: *When I Say Stop, I Mean Stop!*
Organization: Sunburst Communications Inc. (1999)
Description: This 25 minute video features teens, experts and educators who offer practical and specific advice on handling sexual harassment and pressure to be sexually active.
Grade(s): Career and Life Management (CALM)
Language: English

STI and Contraception Education

Title: *Abstinence First: Teen Birth Control Decisions (Version B)*
Organization: McIntyre Media Limited (2003)
Description: This 29 minute video and teacher's guide gives viewers information on current methods of birth control, stressing that the only 100 percent effective method is abstinence. Implications of becoming sexually active are addressed. The video is narrated by several teenagers and a medical doctor. Teacher's guide included.
Grade(s): 8
Language: English

Title: *Abstinence: Pick and Choose Activities for Grades 7-12*
Organization: ETR Associates (1996)
Description: This resource is designed to provide teachers with classroom activities they can use to promote sexual abstinence. The activities focus on the areas of self-esteem, interpersonal relationships, decision-making skills and life planning.
Grade(s): 7 – 9
Language: English

Title: *HIV and AIDS: Staying Safe*
Organization: Marlin Motion Pictures Ltd.
Description: This 15 minute claymation program accurately and clearly describes HIV/AIDS. Associated risk factors, such as tattooing, needle drug use, unprotected sex, body piercing and blood transmission, are also addressed. The video format uses factual information and the personal testimonial of a child with HIV.
Grade(s): 6
Language: English
Title: *The Long Walk*

Organization: National Film Board (1998)
Description: This video documents the life of Ken Ward, the first Native Canadian to go public with his HIV diagnosis.
Grade(s): Career and Life Management (CALM)
Language: English

Title: *STD: Taking Care of Yourself and Others*
Organization: Alberta Health and Wellness (2000)
Description: This pamphlet provides current information about sexually transmitted diseases, including how to prevent them and how to deal with them. In addition to information about STDs in general, the resource also gives more detailed information on specific types of STDs.

Grade(s): 8, Career and Life Management (CALM)

Language: English

Title: STD: Teaching Outline and Resource Guide

Organization: Alberta Health and Wellness (2000)

Description: This booklet is a comprehensive teaching resource on sexually transmitted diseases. It contains clear and concise medical information, student learning activities, transparency masters, resource lists and a glossary.

Grade(s): 8, Career and Life Management (CALM)

Language: English

Other Resources

Title: *Teaching for the Prevention of Fetal Alcohol Spectrum Disorder (FASD) grades 1–12: A Resource for Teachers of Health and Life Skills, and Career and Life Management*

Description: This resource attempts to raise awareness of the effects and characteristics of Fetal Alcohol Spectrum Disorder (FASD) through learning activities that teachers can incorporate into the Health and Life Skills and Career and Life Management programs.

Grade(s): 1 – 12

Language: English

Saskatchewan

Aboriginal

Title: *Finding Our Way: A Sexual and Reproductive Sourcebook for Aboriginal Communities*

Organization: Aboriginal Nurses Association of Canada (2002)

Description: Written from an Aboriginal perspective, this resource addresses a variety of topics on the sexual health of youth and adults. Information about world views, colonization and loss of identity provide an underlying framework for approaching many sexual health topics. Sexual diversity is discussed and suggestions are given for promoting respect for two-spirited people

Grade(s): 6, 9

Language: English

Body Image and Self Esteem

Title: *Body Image for Boys*
Organization: Cambridge Educational (2002)
Description: This video explores some of the issues facing young men today as they struggle to define themselves in society.
Grade(s): 6, 8
Language: English

Title: *The Earth, My Butt, and Other Big, Round Things*
Organization: Candlewick Press (2003)
Description: Fifteen-year-old Virginia Shreves has an inferiority complex and feels like a stranger among her family. Virginia's older siblings are slim and "perfect" until this image is shattered by the news of her brother's date rape on campus. Virginia realizes that images are only that – images.
Grade(s): 8 – 9
Language: English

Comprehensive Resources

Title: *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*
Organization: Planned Parenthood Federation of Canada (PPFC) (2001).
Description: This teacher friendly resource binder covers a variety of topics related to sexual and reproductive health. It includes helpful information and suggests numerous learning activities. Topics include values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, STIs and HIV.
Grade(s): 9
Language: English

Title: *Health for Life 1*
Organization: Pearson Education Canada (2004)
Description: This user friendly resource touches on a range of health topics important to young adolescents. Each chapter provides brief segments of background information related to personal choices that affect healthy relationships, and physical and mental health.
Grade(s): 6 – 7
Language: English

Title: *Just for Girls: Facilitator's Manual*. 2nd edition
Organization: Salal Communications Inc. (2003)
Description: This new edition of a previously recommended resource provides a

discussion program to aid adolescent girls as they experience changes in their sense of self. It offers suggestions for activities that explore topics such as body image and awareness, bullying, food and dieting, self-esteem, feelings, families and friendships.

Grade(s): 6 – 7

Language: English

Title: *Life Skills: 225 Ready-to-Use Health Activities for Success and Well-Being*

Organization: Jossey-Bass (2004)

Description: This resource covers a wide range of health-related topics: drugs, alcohol and smoking, sex and sex-related issues, love, relationships, marriage and family, life skills, stress, food and food-related issues, your body and body image, and self-esteem and knowing yourself.

Grade(s): 6 – 10

Language: English

Sexual Diversity

Title: *Apples and Oranges*

Organization: National Film Board of Canada (2003)

Description: This video takes place in an elementary level classroom with students engaged in an exercise about bullying, stereotypes and the harmful effect of words. The students create pictures that portray situations such as a young girl who has two moms and two boys whose friendship comes to a halt when one of them finds out the other is gay. Stereotypes about gays and lesbians are dispelled and the students learn about respect and acceptance. Comes with teacher's guide.

Grade(s): 6 – 9

Language: English

Title: *Mom and Mum Are Getting Married!*

Organization: Second Story Press (2004)

Description: Refreshing, sensitive, colourful, fair, engaging and inclusive are just a few of the words that can be used to describe this excellent story about same-sex marriage. With love and affection, Rosie, the young daughter, describes the excitement of planning and taking part in the wedding of her two moms. The text and illustrations portray a loving family where diversity and respect are accepted.

Grade(s): 1 – 3

Language: English

STI and Contraception Education

Title: *AIDS*
Organization: Thomson Gale (2005)
Description: This comprehensive resource describes HIV/AIDS from its origins to the latest research in the field. It provides insight into the lives of people who are HIV positive and identifies the signs and symptoms of AIDS. Information is also included on risky behaviours and on ways the virus may be transmitted.
Grade(s): 7 – 9
Language: English

Title: *AIDS*
Organization: Raintree Steck-Vaughn Company (2002)
Description: This book provides a very thorough presentation of facts and information related to HIV/AIDS that is written at a level suitable for middle level students. Topics include the immune system, signs and symptoms of the disease, ways in which it is transmitted, testing procedures and the challenge of living with HIV/AIDS. A chapter on avoiding infection presents important information for youth to consider when making decisions related to healthy behaviours including safe sex practices.
Grade(s): 7 – 9
Language: English

Title: *Bye-bye, Secrets: A Book About Children Living With HIV or AIDS in Their Family*
Organization: The Teresa Group (2002)
Description: In this book, five young girls tell about their experiences of living with HIV/AIDS, or of living with someone who has HIV/AIDS. They share stories of stigma, fear, anger and hope. Information about how HIV/AIDS can and cannot be transmitted is included.
Grade(s): 5
Language: English

Title: *HIV/AIDS*
Organization: Glencoe/McGraw-Hill (2003)
Description: In an appealing and concise format, this useful resource presents a variety of information related to HIV/AIDS including the effects of HIV on the immune system, the ways in which HIV is spread, tests available for HIV, the progressive stages of the disease, the challenges of living with HIV/AIDS, research and treatment and the importance of making responsible choices including safe sex practices.
Grade(s): 7 – 9
Language: English

Title: *Home Truths: Living With AIDS* (The National Series)
Organization: Canadian Broadcasting Corporation (CBC) (2002)
Description: In this CBC national broadcast, a reporter interviews HIV positive individuals who are living in a small Newfoundland community.
Grade(s): 9
Language: English

Title: *The Immune System*
Organization: The KidHaven Science Library Series (2004)
Description: This book describes elements of the immune system, problems that can occur and man-made ways to supplement the immune process.
Grade(s): 7
Language: English

Manitoba

Comprehensive Resources

Title: *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*
Organization: Canadian Federation for Sexual Health
Website: English: <http://cfsh.ca/ppfc/media/sourcebook2006contentwithform.pdf>
French: <http://cfsh.ca/ppfc/media/frenchsourcebook2006contentswithform.pdf>
Description: This resource binder covers a variety of topics related to sexual and reproductive health including values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, STIs and HIV.
Grade(s): 5 – 8
Language: English and French

Title: *Health for Life 1*
Organization: Judith Campbell, author. Published in English by Pearson Education Canada, Toronto, 2004, and in French by Chenelière Éducation
Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward.
Grade(s):
Language: English and French

Title: *Health Issues 7*
Organization: McGraw-Hill Ryerson
Description: Student book and teacher's resource guide (includes Blackline Masters CD-ROM).
Grade(s): 7
Language: English

Title: *Health Issues 8*
Organization: McGraw-Hill Ryerson
Description: Student book and teacher's resource guide (includes Blackline Masters CD-ROM)
Grade(s): 8
Language: English

Title: *Human Sexuality: A Resource for Kindergarten to Grade 8 Physical Education/Health Education*
La sexualité - Une ressource pour Éducation physique et Éducation à la santé de la maternelle à la huitième année
Organization: Manitoba Education, Citizenship and Youth / Éducation, Citoyenneté et Jeunesse Manitoba (2005)
Description: Resource book.
Grade(s): K – 8
Language: English and French

Title: *La sexualité - Une ressource pour Éducation physique et Éducation à la santé de secondaire 1(9e année) et secondaire 2 (10e année)*
Organization: Éducation, Citoyenneté et Jeunesse Manitoba (2005)
Description: Resource book.
Grade(s): 9, 10
Language: French

Ontario

Comprehensive Resources

Note: The *Course Profiles* series was prepared for teachers to use in meeting local classroom needs, as appropriate. They are not a mandated approach to the teaching of the course. The *Course Profiles*, funded by the Ministry of Education, have been developed by partnerships between school boards and subject associations.

Title: *Course Profiles Healthy Active Living Education, Grade 9, Public*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/9/physed_p.shtml

Grade(s): 9, Public
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 9, Catholic*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/9/physed_c.shtml
Grade(s): 9, Catholic
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 10, Public*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/10/physed_p.shtml
Grade(s): 10, Public
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 10, Catholic*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/10/physed_c.shtml
Grade(s): 10, Catholic
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 11, Public*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/11/physed_p.shtml
Grade(s): 11, Public
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 11, Catholic*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/11/physed_c.shtml
Grade(s): 11, Catholic
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 12, Public*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/12/physed_p.shtml
Grade(s): 12, Public
Language: English

Title: *Course Profiles Healthy Active Living Education, Grade 12, Catholic*
Organization: Ontario Curriculum Centre
Website: http://www.curriculum.org/csc/library/profiles/12/physed_c.shtml
Grade(s): 12, Catholic
Language: English

Title: *Esquisses de cours – Vie active et santé*
Organization: Centre Franco-ontarien de ressources pédagogiques
Website: <http://www.cforp.on.ca/cforpweb/esquisses/cours/eduphy.htm>
Description: Course profiles for French.
Grade(s): 9 – 12
Language: French

Relationships

Title: *The Fourth R*
Organization: Debbie Townsley, BA, BEd; Claire Crooks, PhD, CPsych; Ray Hughes, MEd; David A. Wolfe, PhD, authors (2005)
Description: *The Fourth R* is a series of three units that focus on healthy relationships: Unit 1: Personal Safety and Injury Prevention; Unit 2: Healthy Growth and Sexuality; Unit 3: Substance Use and Abuse.
Grade(s): 9
Language: English

Sexual Abuse Prevention

Title: *Kids in the Know*
Organization: Child Find Manitoba
Website: <http://www.kidsintheknow.ca>
Description: This multi-grade sequential safety program is designed to reduce child victimization by teaching effective personal safety strategies.
Grade(s): K – 10
Language: English and French

Quebec

Note: Quebec is the only province that does not have curriculum guidelines for sexual health education. Since its recent deregulation, sex education is treated as a cross-curricular competency; that is, it is no longer the responsibility of one teacher, one professional or one program, but of all members of the school team working in cooperation with each other and with partners in the community. This involves integrating issues across subjects (e.g., English, moral education) and

offering complementary educational services (e.g., theme weeks, clinical/counseling services, workshops). There are no recommended resources at this time.

Comprehensive Resources

- Title: *Ça sexprime*
The Sex Educator
- Organization: Ministère de la Santé et des Services sociaux, Université du Québec à Montréal and Tel-Jeunes
- Website: French: http://www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?id=56,114,0,0,1,0
English: http://www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?id=74,224,0,0,1,0
- Description: *The Sex Educator* is designed for educators who are offering sex education activities for young people of secondary-school age. It provides pertinent information and activity suggestions.
- Grade(s): 7 – 11
- Language: French and English

New Brunswick

Comprehensive Resources

- Title: *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. 2nd Edition
Au delà de l'essentiel : Guide-ressources sur l'éducation en matière de santé sexuelle et reproductive. Deuxième édition
- Organization: Canadian Federation for Sexual Health (CFSH) / Fédération canadienne pour la santé sexuelle
- Website: English: <http://cfsh.ca/ppfc/media/sourcebook2006contentwithform.pdf>
French: <http://cfsh.ca/ppfc/media/frenchsourcebook2006contentswithform.pdf>
- Description: This resource binder covers a variety of topics related to sexual and reproductive health, including values and sexuality, puberty and reproductive health, self-esteem, sexual identity, relationships, communication, decision making, contraception, STIs and HIV.
- Grade(s): 6 – 8
- Language: English and French
- Title: *Des choix... pour la vie! Vivre en société, les relations interpersonnelles*
- Organization: Judith Campbell, author. Published by Les Éditions de la Chenelière
- Description: This colourful magazine-style book explores issues and concerns about relationships, and discusses how to deal with conflict and sexuality.

A teacher's guide is available. Also available in English as *Lifechoices Relationships*.

Language: French

Title: *Health Issues 7, Health Issues 8, Health Issues 9*

Organization: Jaime Johanson, author. Published by McGraw-Hill Ryerson (2003)

Description: The *Health Issues* series is a literature-based approach for the teaching of health and life skills – organized in three sections wellness, relationships and life learning.

Grade(s): 6 – 8

Language: English

Title: *Human Sexuality: Responsible Life Choices*

Description: Discusses teenage sexual development, the risks of sexual activity and how responsible decision making can help teenagers protect their life goals and develop close relationships.

Grade(s): 6 – 8

Language: English

Title: *Objectif Santé 1*

Organization: Judith Campbell, author. Published in French by Chenelière Éducation

Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward. Available in English as *Health for Life 1*.

Grade(s): 6 – 8

Language: English and French

Sexual Abuse Prevention

Title: *It's Up To Me: A Kit on Dating Violence*

Organization: Coalition Against Abuse in Relationships, 770 Main Street, 9th Floor, Moncton, NB, E1C 1E7, (506) 392-5120

Description: Teacher resource.

Grade(s): 6 – 8

Language: English

Sexual Diversity

Title: *Seeing the Rainbow: Teachers Talk about Bisexual, Gay, Lesbian and Transgender and Two-spirited Realities*

Apercevoir l'arc-en-ciel : Les enseignants parlent de la bisexualité, l'homosexualité, le transgendérisé et la bispiritualité

Organization: Canadian Teacher's Federation / Fédération canadienne des enseignantes et des enseignants
Description: Teacher resource.
Grade(s): 6 – 8
Language: English and French

STI and Contraception Education

Organization: AIDS New Brunswick / SIDA Nouveau-Brunswick
Website: <http://www.aidsnb.com/>
Description: Pamphlets.
Grade(s): 6 – 8
Language: English and French

Title: *Education for Sexuality and HIV/AIDS*
Organization: Linda Brower Meeks, Philip Heit, and John J. Burt, authors (1993)
Description: This book focuses on healthful sexuality within the context of developing loving and responsible relationships.
Grade(s): 6 – 8
Language: English

Nova Scotia

Comprehensive Resources

Title: *Faire l'éducation sexuelle à l'école*
Organization: Marie-Paule Desaulniers, author. Published by Atlantic Book Ltd. (1995)
Description: Teacher resource.
Language: French

Title: *Programme d'éducation sexuelle*
Organization: Lise Durocher and Martine Fortier, authors. Published by Bibliothèque des Centres jeunesse de Montréal (1999)
Description: Topics include love and friendship, puberty, sex, contraception and prevention, STI's, sexual abuse and incest and prostitution.
Language: French

Title: *Sex? A Healthy Sexuality Resource. 2nd Edition*
Le Sexe?: pour une sexualité saine. Deuxième édition
Organization: Healthy Sexuality Working Group / Groupe de travail pour une sexualité saine
Nova Scotia Office of Health Promotion / Ministère de la Promotion et de

- la Protection de la santé, Nouvelle Écosse (2006)
- Website: English: http://www.gov.ns.ca/hpp/publichealth/content/pubs/11032/sexbook_dec06_en.pdf
 French: http://www.gov.ns.ca/hpp/publichealth/content/pubs/11038/SEXBook_Dec06_Fr.pdf
- Description: This resource, produced and published through the Department of Health Promotion and Protection, is distributed to provide grade 7 students who have received parental/guardian consent with information related to healthy sexuality, healthy relationships and healthy sexual choices. Available on-line and in print.
- Grade(s): 7
- Language: English and French
- Title: *The Watts Teen Health Dictionary*
- Organization: Scholastic Canada Ltd. (1996)
- Description: This full health resource covers the spectrum of young people's health concerns – from acne to emotional disorders, mononucleosis, sexually-transmitted diseases, sports injuries and beyond.
- Grade(s): 9
- Language: English

Puberty Education

- Title: *The Reproductive System: Injury, Illness and Health*
- Organization: Steve Parker, author. Published by Heinemann Library (2003)
- Description: Contents include: reproduction, female reproductive organs, female cycle, egg cells, female menstrual problems, male reproductive organs, sperm cells, male problems, reproductive infection, reproductive health, sperm and egg, embryo and fetus, childbirth, infancy and childhood, adolescence and puberty, fertility problems, fertility control, assisted reproduction, reproduction and genetics.
- Grade(s): 6 – 8
- Language: English

Relationships

- Title: *Lifechoices Relationships*
Des choix... pour la vie! Vivre en société, les relations interpersonnelles
- Organization: Judith Campbell, author. Published in English by Pearson Education Canada and French by Les Éditions de la Chenelière (1996)
- Description: This colourful magazine-style book explores issues and concerns about relationships and discusses how to deal with conflict and sexuality. A teacher's guide is available.
- Grade(s): 11
- Language: English and French

Sexual Abuse Prevention

- Title: *Healthy Relationships: A Violence Prevention Curriculum* Complete 3-volume set
- Organization: Men for Change (1994)
- Website: <http://www.m4c.ns.ca/>
- Description: Curriculum for grades 7 through 9. Grade 7: Dealing with Aggression; grade 8: Gender Equality and Media Awareness; grade 9: Forming Healthy Relationships.
- Grade(s): 7 – 9
- Language: English and French

Sexual Diversity

- Title: *Gay Parents/Straight Schools: Building Communication and Trust*
- Organization: Virginia Casper and Steven B Schultz, authors. Published by Teachers College Press, New York (1999)
- Description: This is a professional development resource for all teachers. It provides research, first voice experiences and “how-to” suggestions.
- Language: English

- Title: *Heather Has Two Mommies*
- Organization: Leslea Newman, author. Published by Alyson Books (2000)
- Description: A print resource telling the story of a young girl, Heather, who learns that there are lots of different kinds of families and the most important thing is that all the people love each other.
- Grade(s): K – 3
- Language: English

STI and Contraception Education

- Title: *A Young Man’s Journey with AIDS: The Story of Nick Trevor*
- Organization: Luellen Reese, author. Published by Franklin Watts (1997)
- Description: Luellen Reese takes her readers on a journey that has become all too common, the death of a child to AIDS.
- Language: English

Prince Edward Island

Note: A health curriculum committee is revising and updating the curriculum. The new curriculum outcomes are supported with *Literature Support Kits* that include fiction and non-fiction titles. There are three kits per grade: *Wellness Choices*, *Relationship Choices*, and *Life-Learning Choices*. Grades 4 – 6 will be renewed in 2007

– 2008. A revised intermediate health program is being implemented in Fall 2007.
In addition to the Literature Support Kits, the following are also recommended:

Comprehensive Resources

Title: *Education in Sexuality*

Organization: Mary Bronson Merki, author. Published by Glencoe (1996)

Description:

Grade(s): Senior High

Language: English

Title: *Growing Through Knowing: Issues in Sexuality Book 3*

Organization: Kieren (1988)

Grade(s): Senior High

Language: English

Title: *Health for Life 1*

Organization: Judith Campbell, author. Published in English by Pearson Education Canada, Toronto (2004)

Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward. Also available in French as *Objectif Santé 1*, published by Chenelière Éducation.

Grade(s): 7

Language: English and French

Title: *Health for Life 2*

Organization: Judith Campbell, author. Published in English by Pearson Education Canada, Toronto (2004)

Description: Consists of a student book and accompanying teacher's guide. The student text includes eight chapters dealing with life learning, wellness choices, relationship choices and looking forward, including sexual abuse, contraceptives, sexual relationships and sexually transmitted diseases. Also available in French as *Objectif Santé 2*, published by Chenelière Éducation.

Grade(s): 8

Language: English and French

Title: *Young Canada Health 1, Young Canada Health 2, Young Canada Health 3*

Organization: Ellis, Grant, et al. authors. Published by ITP Nelson Canada

Description: Each level in this series is divided into eight relevant themes: self development, human relationships, fitness and nutrition; development, function, and care of the body; disease prevention and community health,

medicines and other drugs, safety and first aid, and environmental health. Teacher's guide available.

Grade(s): 4, 5, 6
Language: English

Relationships

Title: *Dimensions Of Life : A Book About Self, Family, Work*
Organization: Gail H. Henderson, author. Published by South-Western Publishing Company (1985)
Grade(s): Senior High
Language: English

Title: *Families Today*
Organization: Connie R. Sasse, author. Published by McGraw-Hill
Description: A program that equips students with strong relationship skills. It covers a wide range of topics: families and society, balancing work and family life, conflict resolution, divorce, financial problems, death, family violence, substance abuse, building a strong marriage and many more.
Grade(s): Senior High
Language: English

Title: *Married and Single Life*. 5th Edition
Organization: Riker, Palm, Brisbane, authors. Published by Glencoe
Description: A practical guide for planning and preparing for life as a single adult, as a married couple and as part of a family or other group arrangements.
Grade(s): Senior High
Language: English

Title: *Your Marriage and Family Living*
Organization: Paul H. Landis, author. Published by Macmillan/McGraw-Hill School.
Description: Recent changes in family life and male and female role concepts are acknowledged in this high school text.
Grade(s): Senior High
Language: English

Sexual Abuse Prevention

Title: *Choices for Positive Youth Relationships Instructional Guide* (includes the video "A Love That Kills")
Organization: Speers Society / National Film Board of Canada (2002)
Description: Includes a 20 minute National Film Board video and a facilitator guide. The

video, entitled “*A Love That Kills*,” depicts the true story of a 19-year-old girl who is murdered by her former boyfriend. Includes facilitator guide.

Grade(s): 9
Language: English

Other Resources

Organization: Sexual Health Unit – PEI Department of Education
Grade(s): 7 – 9

Newfoundland and Labrador

Comprehensive Resources

Title: *Adolescence: Relationships and Sexuality*
Description: Teacher’s resource with overheads and student activity book.
Grade(s): 9
Language: English

Title: *L’adolescence: styles de vie sains: Guide du programme de santé et de développement personnel 7^e, 8^e, 9^e.*
Organization: Le ministère de l’Éducation et de la Formation de Terre-Neuve et du Labrador (1995)
Website: <http://www.ed.gov.nl.ca/edu/sp/interflp.htm>
Description: Curriculum materials.
Grade(s): 7 – 9
Language: French

Title: *Degrassi Talks Sex*
Description: In this video teenagers share their experiences with actors from the series “Degrassi High”. The host talks to young couples, with a sex/love life and also talks to a kid who just came out as being gay.
Grade(s): 9
Language: English

Title: *Degrassi Talks Sexuality*
Description: In this video teenagers share their experiences with actors from the series “Degrassi High”. Issues covered in this video range from changing body shape, hormones, attitudes towards the opposite sex, attraction towards the same sex and first sexual experiences.
Grade(s): 7, 9
Language: English

Title: *Healthwise 1*
Organization: Published by ITP Nelson Canada (1990)
Description: This book presents various health-related topics. Its intent is to help students design programs for their own well-being by making healthy choices.
Grade(s): 7
Language: English

Title: *Healthwise 2*
Organization: ITP Nelson Canada (1990)
Description: This book presents various health-related topics. Its intent is to help students design programs for their own well-being by making healthy choices.
Grade(s): 8
Language: English

Relationships

Title: *Power Of Choice: Friendship And Dating*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: This video shows how to create and maintain quality relationships. It encourages teens to take the initiative in shaping their relationships, explores what goes into good friendships and how their own actions either strengthen or weaken them. Examines the dynamics of boy-girl interactions and explains what members of the opposite sex desire and expect in romantic relationships.
Grade(s): 9
Language: English

Title: *Teenage Parents: Their Lives Have Changed*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Kim, Teresa, Danny, Susan and other teenage parents share their experiences of how becoming parents brought drastic changes in their lifestyles. They talk about what it is like to raise a baby and how devastating it is to lose the support of their family, boyfriend or girlfriend. The added health risks to the teenage mother and her baby and about the undeniable stresses of daily living are talked about. It tells how they are unable to enjoy the usual activities of normal-teenage life.
Grade(s): 9
Language: English

Sexual Abuse Prevention

Title: *Date Rape: It Happened to Me*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Is it really rape? How does it happen? What do we do about it? This program begins with the story of a high school romance gone bad. Young love spins out of control when Rick refuses to accept “no”.
Grade(s): 8
Language: English

Title: *Dating, Sex and Trouble: Acquaintance Rape*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Teenagers are especially vulnerable to sexual coercion because of their unrealistic dating expectations, uncertainty about their rights and inexperience at setting clear sexual limits. Pointing out that sexual assault can be anything from unwanted kissing and touching to rape, this video program emphasizes every person’s right to safeguard his or her own body. Using interviews with real rape victims, it points out that rape can happen to anyone, male or female and that half of all reported rapes happen on dates.
Grade(s): 8
Language: English

Title: *Sexual Abuse Prevention*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: The gentle yet straightforward presentation in this video prepares students to recognize and cope with a problem that one out of four will have to deal with. Up-to-date information dispels some of the old myths and alerts students to situations they may encounter. By watching their peers cope with threatening situations, students learn to identify potential danger and to develop abuse-prevention tactics. Students with a history of abuse gain a better understanding of their predicament and learn what they can do about it.
Grade(s): 8
Language: English

Title: *When Romance Turns to Rape*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Date rape occurs on a date or in a romantic situation when a girl is forced to have intercourse against her will. Contrary to popular belief, three-fourths of all rapes are committed not by strangers but by acquaintances and most of these are committed during dates. The series of vignettes in this video shows what can occur during a date rape and how women

can protect themselves. Professionals and date rape survivors share their insights and encourage open communication between men and women in dating situations.

Grade(s): 8, 9
Language: English

STI and Contraception Education

Title: *AIDS: The British Approach*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Video
Grade(s): 9
Language: English

Title: *AIDS: The Facts and the Future*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: Video
Grade(s): 9
Language: English

Title: *The AIDS Movie*
Organization: Directed by Ginny Durrin. This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices.
Description: Three people with AIDS talk about how to live with the disease and explain how to protect against it.
Grade(s): 7, 9
Language: English

Title: *AIDS: The New Facts of Life/Pour L'Amour de la Vie*
Organization: Canadian Public Health Association, 1989. This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: An educational video produced by CPHA AIDS Education and Awareness Program for high school students. Knowing the facts is not enough for this age group. They need help in learning how to deal with situations in which they are unsure and subject to peer pressure. A teacher's manual includes lesson plans, case studies and overheads/handouts. Can be used in a single class or spread over four class periods.
Grade(s): 7
Language: English and French

Title: *AIDS: What Every Responsible Canadian Should Know*
Organization: James D. Greig, author. Published by Scarborough, Globe/Modern Curriculum Press (1987)
Description: This short book is simply a myriad of information about AIDS arranged in a question and answer format that focuses on the most often asked questions. The areas covered include the symptoms, high-risk groups, the types of tests, as well as how the virus is spread, how easily it is spread and by what means it is spread other than by human contact.
Grade(s): 9
Language: English

Title: *AIDS: What Everyone Needs to Know*
Organization: SVE and Churchill Media
Description: Information, interviews, animation and live-action illustrate facts and misconceptions about HIV and AIDS, the progression from HIV to AIDS, the important role of a supportive family and friends, and focuses on women and HIV, correct condom use for safer sex, and changing perceptions of HIV positive people and their quality of life.
Grade(s): 7
Language: English

Title: *AIDS: What Young Adults Should Know*
Organization: William L. Yarber, author. Published by AAHPERD Publications
Description: Teacher's guide with student booklet. This curriculum allows students to learn about Acquired Immune Deficiency Syndrome (AIDS) at their own pace. The instructor's manual presents the goals of AIDS education in a three-session lesson plan. The manual also outlines eight learning opportunities to reinforce in students the personal health behaviours and attitudes emphasized in the guide.
Grade(s): 9
Language: English

Title: *Choosing to Wait: Sex and Teenagers*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices
Description: This video dramatizes the stories of three teenage couples to help viewers make thoughtful, self-confident, personal sexual decisions. Provides support for young people who are not sexually active. Addresses the issue of whether sexually active couples can reverse their behaviour and helps all young people, sexually active or not, see that abstinence is an appealing and viable option.
Grade(s): 8, 9
Language: English

Title: *Power Of Choice: Sex*
Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices

Description: Recent polls have shown that over half of North America's teens are sexually active by age 17. With teen pregnancies at an all time high, an added worry of this careless choice is AIDS. The video encourages teens to think more critically about their attitudes and approaches to sexual behaviour and provides a realistic look at the potential consequences of being sexually active and ways to be responsible about their choices. Teens learn how to make choices tonight that they can live with tomorrow.

Grade(s): 9

Language: English

Title: *Taking Charge: You and AIDS*

Organization: Pyramid Film, NA

Description: Myths and misconceptions are examined by teenagers as they realize the AIDS era demands a personal code of caution, common sense and compassion. An upbeat video with an emphasis on awareness and self-protection.

Grade(s): 7, 9

Language: English

Title: *Talking with Teens About AIDS*

Organization: Available from the Provincial Information and Library Resources Board

Description: Video

Grade(s): 7, 9

Language: English

Title: *Sexual Responsibility: A Two-Way Street*

Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices

Description: This video examines the need for both partners to participate in making decisions about such sexual issues as abstinence, intercourse, contraception, pregnancy and STDs. It dramatizes the need for making decisions that are "responsible" for both partners and discusses common myths about sex and sexuality and how they block real communication.

Grade(s): 8

Language: English

Title: *Skills for Healthy Relationships: A Program About Sexuality, AIDS and Other STDs (Kit)*

Organization: Queen's University (1993)

Description: This one-hour video program focuses on sexuality, HIV/AIDS and other STDs. Its comprehensive approach to these topics includes teaching strategies for cooperative learning, peer leaders, role playing, video scenarios and parent involvement. The four units include information about AIDS/STDs, responsible behaviour related to abstinence,

responsible behaviour and safer sex, and health-enhancing supports. Emphasis is placed on skill development, peer support for responsible behaviour and parent involvement.

The teacher's resource package includes 23 activities that may be completed in a variety of ways and five additional activities recommended for completion with the students' parents or guardians.

Grade(s): 9

Language: English

Title: *Teen Contraception*

Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices

Description: This video teaches young people how not to get pregnant. It explains how our bodies work with respect to menstruation, pregnancy and sex, dispels common myths about preventing pregnancy, discusses abstinence as the only sure method and goes on to outline the effectiveness, advantages, disadvantages and possible side effects of prescription and non-prescription birth control. It states that you must use one method and use it correctly every time and emphasizes that if you decide to have sex, it's up to you to prevent pregnancy.

Grade(s): 8, 9

Language: English

Title: *Thinking Positive*

Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices

Description: This video is designed for teenagers in rural areas, to provoke discussion about the risk of contracting HIV/AIDS. Teens are encouraged to assume responsibility for their own sexual behaviour. Trudy Parsons, a Newfoundlander who is HIV+, talks with other teens as they examine their attitudes towards their own sexuality, lack of communication among partners, peer pressure and the role of drugs and alcohol in the spread of HIV infection.

Grade(s): 8, 9

Language: English

Other Resources

Title: *Power Of Choice: Acting On Your Values*

Organization: This video is available from the Newfoundland and Labrador Provincial Information and Library Resources Board as well as district offices

Description: Shows how knowing their values can guide teenagers in making choices that are right for them. A candid look at the values on which today's teens base their lives, where those values have come from and

what meaning they have as they grow into adulthood. Young people will think critically about their behaviours and beliefs, the benefits of knowing ones own values and how they can serve as a tool for making good choices. Explains how values provide people with power over their lives and elevates their self-esteem.

Grade(s): 9
Language: English

Northwest Territories

STI and Contraception Education

Title: *NWT Skills for Healthy Relationships* (1996)
Organization: Northwest Territories Ministry of Education, Culture & Employment
Website: http://www.ece.gov.nt.ca/Divisions/kindergarten_g12/Skills_Heathy_relationships/Healthy%20Relationships.htm
Description: Program to be taught before the end of grade 9.
Grade(s): 9
Language: English

Nunavut

STI and Contraception Education

Title: *NWT Skills for Healthy Relationships* (1996)
Organization: Northwest Territories Ministry of Education, Culture & Employment
Website: http://www.ece.gov.nt.ca/Divisions/kindergarten_g12/Skills_Heathy_relationships/Healthy%20Relationships.htm
Description: Program to be taught before the end of grade 9.
Grade(s): 9
Language: English

Yukon

Note: The Yukon on-line curriculum materials database is currently under construction. Due to staffing shortages in their department, they were not able to provide a list of recommended resources for teaching sexual health. Yukon follows the British Columbia curriculum for the most part and will have the resources available that are recommended in the applicable IRPs.

10 Appendix C: Organizations and Experts

This report was developed on behalf of the Joint Consortium for School Health by the Canadian Federation for Sexual Health (CFSH)

Canadian Federation for Sexual Health - Affiliate Resources and Programs

British Columbia

- Organization: Options for Sexual Health (OPT)
- Area Served: OPT educators are located in: Campbell River and Northern Vancouver Island; Central Vancouver Island including Qualicum, Parksville, Nanaimo, Ladysmith and Duncan; Comox Valley; East and West Kootenays; Fraser Valley; Lower Mainland; North Central BC including Prince George, Prince Rupert and other northern communities; Sea to Sky Corridor including Squamish, Whistler and Pemberton; and Sunshine Coast.
- Services and Programs: OPT provides educational programming to schools, organizations and other community groups. Most programs are interactive and can be tailored to fit groups' needs.

Alberta

- Organization: Sexual Health Access Alberta
- Area Served: Alberta, and across the country, via the website.
- Services and Programs: Resources include:
- Birth Control Demonstration & Sexual Health Promotion Kit:* The kit is used in classrooms by teachers and sexual health educators during the birth control teaching unit at various grade levels. In addition to samples of all birth control methods, the kits include pamphlets and information on a wide range of sexual health topics. Thirty-six kits were purchased by Health Canada, First Nations and Inuit Branch, Edmonton, for use by health visitors with the Maternal Child Health Outreach program on First Nations reserves across Alberta.
- The After Party: Sex, Drugs and Alcohol.* A DVD resource with lesson plans produced for junior and senior high school students to explore the associations between drug/alcohol use and sexual decision-making, risk-taking behaviour and outcomes.
- Sexual Health Resource Centre: Print resources are available for distribution on a wide range of sexual health issues from coast to coast. The on-line Resource Centre Catalogue

includes a listing of resources for use by teachers broken into elementary, junior high and senior high categories.

Organization: The Calgary Sexual Health Centre
Area Served: Calgary area
Services and Programs: *The Comprehensive High School Program* is delivered to students in the public school system, as a component of the Career and Life Management class. Program components include: reproductive anatomy and physiology; birth control options; abstinence; sexually transmitted infections and safer sex; exploring values and decision making; and anti-homophobia. *The Junior High School Program* is delivered in the public school system. The grade 7 program components include puberty awareness through a naked body drawing activity; the grade 8 program components include learning how pregnancy happens and birth control methods to prevent pregnancy, as well as abstinence as a way to prevent pregnancy; and the grade 9 components include learning about STI transmission and how to reduce the risks of transmission.

Organization: Planned Parenthood Association of Edmonton
Area Served: Edmonton area
Services and Programs: Provide services to schools, such as:
Are We There Yet? Interactive theatre presentations and workshops on setting boundaries and sexual decision making for Junior High students;
Workshops on sexual decision making for Senior High students; Training peer educators from 30 schools through the *Expecting Respect Peer Education Program*; one-on-one support and referrals to students regarding a range of sexual health issues.

Saskatchewan

Organization: Sexual Health Centre Saskatoon
Area Served: Saskatoon and the surrounding community
Services and Programs: This youth-friendly, pro-choice charitable organization provides sexual health information and resources, low-cost birth control, pregnancy options counseling and support, and doctor referrals.

Organization: Planned Parenthood Regina (PPR) Sexual Health Centre
Area Served: Regina and the surrounding community
Services and Programs: PPR provides services to over 10,000 youth per year through education and clinical activities. For example, *Y.E.A.H. (Youth Educating About Health)* is a youth driven program that examines the use of alcohol and other drugs and their effect on decision-making. This program educates about risky behaviour through peer education.

Manitoba

Organization: Sexuality Education Resource Centre (SERC)
Area Served: Winnipeg/Brandon
Services and Programs: SERC provides educational services in schools. For example, the *Teen Talk* program provides realistic prevention education focusing on sexuality, reproductive health, body image, mental health and anti-violence issues that are essential to one's well being. The *Think Again* campaign provides information and encourages teens and their friends, partners and families to discuss relationships, decision making and other issues related to teen pregnancy, sexually transmitted infections and HIV/AIDS prevention.

Ontario

Organization: Health Initiatives for Youth
Area Served: Hamilton
Services and Programs: Educational seminars are offered on relationships and dating, sexually transmitted infections, birth control, safer sex, mental health, sexual assault, body image and gender image, sexual harassment, self-esteem, puberty, stress management, anger management, conflict resolution, healthy sexuality, substance use and sexual activity, finding appropriate health care and risk reduction.

Organization: Planned Parenthood Ottawa (PPO)
Area Served: Ottawa
Services and Programs: Trained PPO staff and volunteers provide fun and interactive presentations in schools. The presentations give practical, up-to-date information that emphasizes skill building. All can also be tailored towards English/French as a second language. Presentations are offered on the following topics: healthy relationships, safer sex and contraception, sexually transmitted infections and HIV, pregnancy options, attitudes and values and GLBTQ awareness.

Specific programs include: *Insight Theatre*, a youth theatre program that is by, for and about youth. Every year a group of young people, ages 14 – 19, face the challenge of creating, directing and acting in their own show and presenting it to their peers;

The Peer Education Program is an afternoon high school Cooperative Education Program whereby youth in grades 11 and 12 learn about sexual and reproductive health and then facilitate a series of workshops for grade 7, 8 or 9 classes. The topics are: attitudes and values, healthy relationships, communication, anatomy and contraception, sexually transmitted infections (including HIV/AIDS) and drug and alcohol awareness.

Organization: Planned Parenthood Waterloo Region (PPWR)
Area Served: Waterloo Region
Services and Programs: The PPWR education team of trained staff and volunteers share information on sexual health issues during presentations and at booths at schools, health fairs and community agencies. Presentations include interactive games, discussion and videos that provide accurate information to empower individuals to make informed decisions about healthy and responsible sexuality for their lives.
Specific programs include: *Peer Theatre Education Program*, which educates and entertains local youth on various issues of healthy sexuality. The cast is comprised of local high school and university students – a population that the audience can relate to and feel comfortable receiving sexual health information from;
Sexploration, PPWR’s latest addition to the Peer Theatre Education Program, has been touring senior public and secondary schools and community groups in the Waterloo Region.

Organization: Planned Parenthood Toronto (PPT)
Area Served: Toronto area
Services and Programs: Planned Parenthood Toronto offers a range of workshops for youth in high schools that promote healthy sexuality and informed decision-making. PPT aims to give youth the information and skills that they need to make the most informed decisions for themselves. Workshop topics for youth include: building healthier relationships, healthy sexuality, birth control options (including emergency contraception), sexually transmitted infections, and sexual readiness and safer sex negotiation.
Specific programs include: *Teens Educating and Confronting Homophobia (T.E.A.C.H.)*: This anti-homophobia program trains lesbian, gay, bisexual and transgender youth facilitators to tell their stories and lead anti-homophobia activities that encourage participants to think critically about homophobia and heterosexism in their communities and the issues faced by lesbian, gay, bisexual and transgender youth;
Self-Esteem, Health, Appreciation and Respect Project (SHARP): SHARP strives to improve sexual health outcomes for newcomer youth and their communities by developing an innovative sexual health model that specifically engages newcomer youth within high school settings. SHARP aims to build capacity in newcomer communities by training newcomer youth to become sexual health peer educators, by enhancing teachers’ delivery of the sexual health curriculum in schools with high newcomer populations and by supporting newcomer parents in understanding the sexual health needs of their children.

Quebec

Organization:	Sexual Health Network of Quebec
Area Served:	Quebec
Services and Programs:	<p>The <i>Pre-teen</i> program is designed with a quick and easy approach to sexuality for pre-teens. Topics covered include puberty and hygiene; sexual and reproductive anatomy; sexual functions: conception, pregnancy and childbirth; body image and self-esteem; first feelings of emotional attraction; differences between the sexes; healthy relationships; and attitudes, emotions and feelings.</p> <p>The <i>Teens</i> program is designed to stimulate teens to think critically about sexuality and to make better choices concerning sexual health. Topics covered include: multidimensional aspects of sexuality; sexual and reproductive anatomy; sexual functions: conception, pregnancy and childbirth; sexually transmitted infections, including HIV/AIDS; sexual health; STI and unplanned pregnancy prevention; contraception and condom use; attitudes, values, beliefs, myths and opinions; cultural influence on sexual behaviours; sexual identity, roles and stereotypes; social norms and boundaries; moral and ethical concerns: responsibilities and decisions; emotional and romantic relationships; sexual exploitation and violence; and respecting diversity.</p>

Nova Scotia

Organization:	Cape Breton Centre for Sexual Health (CBCSH)
Area Served:	Cape Breton
Services and Programs:	<p>CBCSH aims to ensure that information concerning human sexuality and fertility is available, and to encourage informed, responsible attitudes towards healthy sexuality from childhood to old age.</p> <p>CBCSH has two specific programs for grades 8 – 12. One is on sexually transmitted infections and the other is on the history and contemporary use of contraception. In the past seven years, the principal educator has taught 24,000 people in the Cape Breton area with the highest number being students and youth groups.</p>
Organization:	Sexual Health Centre for Cumberland County
Area Served:	Cumberland County
Services and Programs:	<p>Sexual Health Centre for Cumberland County works to promote informed, responsible attitudes towards sexuality. Programs include:</p> <p><i>Worth Waiting: A Postponing Sexual Involvement Program</i> for grade 6 (2007, rev.) that includes lesson plans on sexual decision-making, healthy relationships, saying no and dealing with sexual pressure; and</p> <p><i>Sexual Harassment Prevention</i> (2001): a 45–60 minute classroom</p>

presentation raising awareness about sexual harassment.

Organization: Halifax Sexual Health Centre
Area Served: Halifax area
Services and Programs: A trained sexuality educator delivers workshops on a variety of topics that highlight sexual communication and personal decision-making. Emphasis is placed on healthy sexuality, which involves accentuating the positive and life-enhancing aspects of sexuality as well as avoiding negative health problems (e.g., unintended pregnancy, unhealthy relationships, sexually transmitted infections, shame and guilt). The workshops provide current and comprehensive information, facilitate the development of skills and personal insight, raise awareness of available resources in the community and assist participants in becoming comfortable with communicating about sexuality issues.

Organization: Sheet Harbour Sexual Health Centre
Area Served: Sheet Harbour
Services and Programs: Sheet Harbour Sexual Health Centre is dedicated to providing sexual and reproductive health in an environment that respects and supports choice.

Organization: Sexual Health Centre Lunenburg County
Area Served: Lunenburg County
Services and Programs: School presentation topics include: birth control, STIs, healthy relationships, respecting sexual orientation, sexual harassment, proper condom use and education, proper oral dam use, safer sex, abstinence, sexual abuse prevention, puberty, date and acquaintance rape, and breast and testicular exam information.

Organization: Pictou County Centre for Sexual Health (PCCSH)
Area Served: Pictou County
Services and Programs: PCCSH is a non-profit, charitable organization that promotes healthy sexuality in an accurate, unbiased and confidential manner. The organization provides comprehensive and accessible sexual and reproductive health information and services to people of all ages and stages.

Newfoundland and Labrador

Organization: The Newfoundland and Labrador Sexual Health Centre (NLSHC)
Area Served: Newfoundland and Labrador

Services and Programs: NLSHC is a non-profit, pro-choice sexual health centre promoting positive sexual health through education, community partnerships, information and services within an environment that supports and respects individual choice. NLSHC goals are:

To provide knowledge, resources and skills needed to make informed sexual health choices;

To promote positive sexual health attitudes and practices;

To encourage a pro-active approach to sexual health education and practices;

To provide sexual health services and education in cooperation with community partners.

Other Organizations and Experts

Organization: Alberta Health and Wellness

Website: <http://www.teachingsexualhealth.ca>

Organization: American School Health Association (ASHA)

Website: <http://www.ashastd.org/>

Organization: Canadian Abortion Rights Action League (CARAL)

Website: <http://www.caral.ca/>

Organization: Canadian AIDS Society (CAS)

Website: <http://www.cdnaids.ca>

Organization: The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)

Website: <http://www.cahperd.ca/>

Organization: Canadian Association for School Health—Schoolfile

Website: <http://www.schoolfile.com/>

Organization: Canadian Public Health Association (CPHA)

Website: <http://www.cpha.ca/>

Organization: Canadian Women's Health Network

Website: <http://www.cwhn.ca/indexeng.html>

Organization: Communities and School Promoting Health

Website: <http://www.safehealthyschools.org>

Organization: Discovery Education

Website: <http://school.discovery.com>

Organization: Gay, Lesbian and Straight Education Network (GLSEN)

Website: <http://www.glsen.org/cgi-bin/iowa/home.html>

Organization: Health Promotion Clearinghouse

Website: <http://www.hpclearinghouse.ca>

Organization: Health Teacher (US)

Website: <http://www.healthteacher.com>

- Organization: Media Awareness Network
Website: <http://www.media-awareness.ca/>
- Organization: Manitoba Healthy Living
Website: <http://www.gov.mb.ca/healthyliving>
- Organization: The National Campaign to Prevent Teen Pregnancy (US)
Website: <http://www.teenpregnancy.org/>
- Organization: Ottawa, City of People Services Department – Health
Website: http://www.ottawa.ca/residents/health/families/planning/index_en.html
- Organization: Parents and Friends of Lesbians and Gays (PFLAG), Canada
Website: <http://www.pflag.ca/>
- Organization: Peel Region Public Health
Website: <http://www.region.peel.on.ca/health/>
- Organization: Planned Parenthood Federation of America
Website: <http://www.plannedparenthood.org/>
- Organization: Planned Parenthood Federation of Canada (PPFC)
Website: <http://www.ppfc.ca/>
- Organization: Planned Parenthood Federation of Canada: HIV: Women and Youth
Website: <http://www.ppfc.ca/ppfc/HIV/>
- Organization: Public Health Agency of Canada: Canadian Guidelines for Sexual Health Education
Website: http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/cgshe_index.htm
- Organization: Public Health Agency of Canada: Canadian Health Network
Website: <http://www.canadian-health-network.ca>
- Organization: Public Health Agency of Canada: Lesson Plans for Sexual Health Educators – Grades 8-13
Website: http://www.phac-aspc.gc.ca/publicat/std-mts-res/workshop/index_e.html
http://www.phac-aspc.gc.ca/publicat/std-mts-res/workshop/index_f.html

- Organization: Public Health Agency of Canada: National Clearinghouse on Family Violence
Website: <http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/>
- Organization: Public Health Agency of Canada: Sexual Health and Sexually Transmitted Infections
Website: <http://www.phac-aspc.gc.ca/std-mts/>
- Organization: Rainbow Resource Centre – Helping Out
Website: <http://www.helpingout.ca>
- Organization: Resource Center for Adolescent Pregnancy Prevention (ReCAPP)
Website: <http://www.etr.org/recapp/programs/index.htm>
- Organization: Sex Information and Education Council of Canada (SIECCAN)
Website: <http://www.sieccan.org/>
- Organization: Sexuality Education Resource Centre (SERC), Manitoba
Website: <http://www.serc.mb.ca/>
- Organization: Sexuality Information and Education Council of the United States (SIECUS)
Website: <http://www.siecus.org/>
- Organization: The Society of Obstetricians and Gynecologists of Canada – Sexuality and U for Parents and Teachers
Website: <http://www.sexualityandu.ca/>
- Organization: Sutter Health
Website: <http://www.babies.sutterhealth.org/babygrowth/fetaldev>
- Organization: Teaching Sexual Health.ca
Website: <http://www.teachingsexualhealth.ca>
- Organization: US Department of Health and Human Services. Centers for Disease Control and Prevention
Website: <http://www.cdc.gov>



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