

*The VCH Healthy Sexuality Program aims to support and equip teachers with knowledge, skills, and comfort for teaching the **Grades 8-10 Physical and Health Education Curriculum** sexual health education content and competencies.*

Why does sexual health education matter?



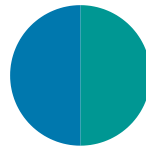
Youth report a significant **decline** in **condom use** (AHS, 2023)

60%

of youth identify **school as their primary source** of **sexual health education** (YDI, 2024)



Many use unreliable contraceptive methods (AHS, 2023)



20% of youth report **not receiving this education** in school. Half find it helpful (AHS, 2023)

OUR PROGRAM

VCH Public Health Nurses (PHNs) can partner with you and offer a range of supports tailored to help you meet your sexual health education goals for your classroom.



Professional Development Workshops: 60-minute workshops to help you learn the basics of teaching sexual health topics covered in the Gr 8-10 PHE Curriculum. Workshops can be arranged for Pro-D days, a group of teachers at your school, or one-to-one.



Lesson Plans: A collection of up-to-date, health-approved, grade-based lesson plans and teaching resources, covering all sexual health topics from the PHE curriculum.



In-Classroom Support: PHNs can help you build skills and confidence for delivering sexual health education in a supported environment, including co-teaching and debriefing lessons with you, and answering student questions.

WHAT CAN TEACHERS AND ADMINISTRATORS EXPECT?

Your school PHN will reach out to your school administrator about the program and your school's needs and goals for delivering the PHE Curriculum, meet with you to understand your current strengths and goals for sexual health education in your classes, and work with you to tailor supports to meet your goals.

Professional Development Workshops

Available 2024/2025:

- Getting started (teaching sexual health)
- Reproductive Systems & Pregnancy Prevention
- Sexually transmitted and blood borne infections (STBBIs)
- Sexual Orientation & Gender Identity and Diversity

Available in 2025/2026:

- Growing Up
- Healthy Relationships, Communication & Consent
- Staying Safe from Abuse and Violence
- Internet Safety & Media Literacy

Lesson Plans & Teaching Resources

We have partnered with teachingsexualhealth.ca, an Alberta Health Services program that joins health experts and teachers to develop sexual health education lesson plans and supports for teachers.

We can help you navigate and co-teach these to help you learn.



For more information about the school health promotion program, please contact your school's Public Health Nurse

