

HEALTH AND PHYSICAL EDUCATION CURRICULUM: HUMAN DEVELOPMENT AND SEXUAL HEALTH SUMMARY

GRADE 1

- Students will learn to identify body parts, including genitalia (e.g., penis, testicles, vagina, vulva) using correct terminology
- Students will learn to identify the five senses (sight, touch, smell, hearing, taste) and describe how each sense functions

GRADE 2

- Students will learn the basic stages of human development (e.g. infant, child, adolescent, adult, older adult) and related bodily changes

GRADE 3

- Students will learn to identify the characteristics of healthy relationships (e.g. respect, honesty) and learn ways of overcoming challenges (e.g. bullying) in a relationship
- Students will learn to identify factors that affect physical and/or emotional development (e.g. sleep, food, physical activity, sense of belonging)
- Students will learn how to show respect for visible and invisible differences between people (e.g. skin colour, body size, clothing, gender identity, family background, abilities)

GRADE 4

- Students will learn to describe the physical changes that occur in males and females at puberty (e.g. growth of body and hair, breast development, skin changes etc.) and the emotional and social impacts that may result from these changes
- Students will learn personal care needs and hygiene practices associated with puberty (e.g. regular bathing, use of hygiene products, oral care)

GRADE 5

- Students will learn to identify the parts of the reproductive system and describe how the body changes during puberty

- Students will learn the process of menstruation (how the menstrual cycle works) and spermatogenesis (how the body creates sperm) and how these processes relate to reproduction and overall development
- Students will learn about the emotional and interpersonal stresses that relate to puberty and strategies they can apply to manage stress, build resilience and enhance well-being

GRADE 6

- Students will learn about factors that affect the development of a person's self-concept
- Students will learn how to build confidence and healthy relationships in relation to the physical, social and emotional changes that occur during adolescence
- Students will learn to make informed decisions that demonstrate respect for themselves and others and help build healthier relationships, using a variety of skills
- Students will assess the effects of stereotypes and assumptions regarding gender, race, culture, sexual orientation etc. and learn ways of responding to and changing them

GRADE 7

- Students will learn the importance of having a shared understanding with a partner about delaying sexual activity until an older age, the reasons for not engaging in sexual activity, the concept of consent, how consent is communicated and clear communication about making decisions about sexual activity within the relationship
- Students will learn to identify common sexually transmitted infections (STIs) and describe their symptoms
- Students will learn ways of preventing STIs and unintended pregnancy
- Students will learn physical, emotional, social and psychological factors that need to be considered when making decisions about sexual health

GRADE 8

- Students will learn to identify and explain factors that can affect an individual's decisions about sexual activity and identify sources of support regarding sexual health
- Students will learn about gender identity, gender expression, and sexual orientation and identify factors that can help all individuals develop a positive self-concept
- Students will learn about safety, including contraception, condom use, consent
- Students will learn the matters they need to consider and the skills they need to use in order to make safe and healthy decisions about sexual activity