

HEALTH AND PHYSICAL EDUCATION CURRICULUM: HUMAN DEVELOPMENT AND SEXUAL HEALTH SUMMARY GRADES 1 TO 6

GRADE 1 (ages 5 and 6)

- 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
- Students will learn to identify caring behaviours and exploitive behaviours and describe the feelings associated with each

GRADE 2 (ages 6 and 7)

- Students will learn the basic stages of human development (e.g. infant, child, adolescent, adult, older adult) and related bodily changes
- Students will learn the importance of standing up for themselves to enhance their personal safety (e.g. what to do if someone touches them in an inappropriate way)
- Students will learn how to relate positively to others and describe behaviours that can be harmful in relating to others

GRADE 3 (ages 7 and 8)

- 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 (ages 8 and 9)

- 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)
- Students will learn to identify risks associated with communications technology (e.g. Internet, cell phones, text messaging, gaming) and the precautions to take to be safe
- Students will learn to recognize various types of bullying and abuse, including bullying using technology, and appropriate ways to respond

GRADE 5 (ages 9 and 10)

- 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 (the menstrual cycle, getting your period) 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 (e.g. changing bodies and feelings, changing relationships, crushes, conflict between personal desires and cultural feelings) and strategies they can apply to manage stress, build resilience and enhance their mental health and emotional well-being (e.g. being active, writing in a journal, accessing information, talking to a trusted peer or adult, breathing deeply, meditation, seeking cultural advice from elders)

GRADE 6 (ages 10 and 11)

- Students will learn about factors that affect the development of a person's self-concept
- Students will learn how to build confidence and lay a foundation for healthy relationships in relation to the physical, social and emotional changes that occur during adolescence (e.g. body growth, skin changes, increased influence of peers, new interests in romantic relationships, increased intensity of feelings)
- 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 learn how to assess the effects of stereotypes, including homophobia and assumptions regarding gender roles and expectations, sexual orientation, gender expression, race, ethnicity or culture, mental health, and abilities, on an individual's self-concept, social inclusion, and relationships with others, and propose appropriate ways of responding to and changing assumptions and stereotypes