

PROMOTING  
**HEALTHY GROWTH  
& DEVELOPMENT**



**A school-based toolkit**  
SUPPORTING THE FOUNDATIONS FOR A HEALTHY SCHOOL



# PROMOTING HEALTHY GROWTH & DEVELOPMENT

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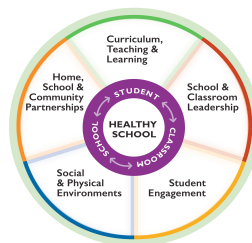
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A Companion Resource to the K-12 School Effectiveness Framework  
(<http://www.edu.gov.on.ca/eng/healthyschools/resourceF4HS.pdf>)

# Human Development and Sexual Health in Secondary Schools

Risky sexual behaviour can lead to poor reproductive health outcomes such as unplanned pregnancy and sexually transmitted infections.

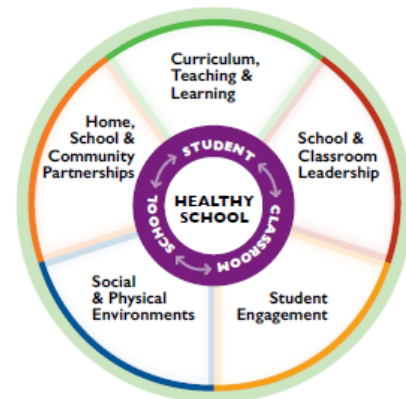
### Purpose:

The purpose of this resource is to provide educators & parents with strategies to reduce risky sexual behaviour among youth. Strategies target: curriculum; teaching & learning; student engagement and home, school & community partnerships.

### How was this resource developed?

This toolkit was designed to support the Foundations for a Healthy School Resource. It recommends that health topics are addressed across each of the components of the framework which include:

- Curriculum, teaching & learning;
- School & classroom leadership;
- Student engagement;
- Social & physical environment;
- Home, school, & community partnerships.



For more information about the Foundations for a Healthy School visit <http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>.

The evidence clearly indicates that for an initiative in the school setting to be impactful, it has to be multicomponent and delivered over long periods of time versus single component or “one off” programming. Therefore, strategies outlined in this toolkit are identified as aligning with the components of the framework.

### **Why do we need to decrease risky sexual behavior among youth?**

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Risky sexual behaviour is a health concern among youth. This can include early initiation of sexual intercourse (Sandfort, Orr, Hirsch & Santelli, 2008); sexual intercourse with multiple partners (Kuortti & Kosunen, 2009; Rotermann, 2012), sexual intercourse without the use of condoms (Sprecher, 2013; Shneyderman & Schwartz, 2012), sexual intercourse without any form of contraception (Bearinger, Sieving, Ferguson, & Sharma, 2007), and sexual intercourse while intoxicated (Shneyderman & Schwartz, 2012; Sprecher, 2013).

The proportion of youth engaging in sexual behaviour increases with age and these trends have not changed in the past 20 years. In 2009/2010, 30% of Canadians aged 15-17 and 68% of Canadians aged 18-19 reported ever having sexual intercourse – a percentage that has remained unchanged since 1996/1997 (Rotermann, 2008, 2012). Sexual initiation occurs before age 15 for approximately 10% of youth and increases to one quarter of the population by age 16 (Rotermann, 2012). Early initiation of sexual intercourse puts youth at risk for other unhealthy sexual behaviours (Sandfort, Orr, Hirsch & Santelli, 2008). For instance, nearly 40% of males and 20% of females in Canada reported having multiple partners (Rotermann, 2012). A substantial proportion of youth are not using condoms and use appears to decline with age (PHAC, 2009/10). The Canadian Community Health Survey reported that in Ontario, only 81% of sexually active 15-17 year-olds reported using a condom at last intercourse which further dropped to only 70% of 18-19 year-olds. Males were more likely to use a condom than females (Rotermann, 2012). These rates are consistent with overall Canadian rates.

Risky sexual behaviour is a health concern among youth that can lead to poor reproductive health outcomes such as unplanned pregnancy and sexually transmitted infections (STIs) (Bearinger, Sieving, Ferguson, & Sharma, 2007). In Middlesex-London in 2009, about 32 of every 1000 female teenagers aged 15-19 were pregnant. Teen pregnancy rates and time trends are similar to those in Ontario and similar health unit areas (Middlesex-London Health Unit, n.d.). The annual average reported incidence rate of chlamydia infections was about 15 per 1000 females 15-19 years of age and 3 per 1000 males in the same age group. Chlamydia rates are over 20 times higher and gonorrhea rates are 10 times higher in London than the rates in the rest of the population (Middlesex-London Health Unit, n.d.).

There are, however, protective factors that are associated with healthy sexual behaviour and may lead to a decrease in the prevalence of negative outcomes of risky sexual behaviours, such as STIs and unplanned pregnancy. Connectedness, including family and school connectedness, can be a protective factor in adolescent sexual and reproductive health (Markham et al., 2010, Kao & Manczak, 2012).

Adolescents are better able to plan and engage in safe sexual practices if they have high self-efficacy in their ability to discuss with a partner about condom use, motivation to use a condom, and concern about pregnancy (Safii, Stovel, Davis, & Holmes, 2013). Another protective factor is parent and child communication (Kao & Manczak, 2012).

In summary, the evidence supports the need to decrease risky sexual behaviour among youth to support healthy sexual and reproductive health.

### **Why should schools play a role?**

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Schools have been identified as an ideal setting to work with children and youth because of the universal enrollment of children in school and the consistent access to this target population. However, a more compelling reason aligns with Ontario's Well-Being Strategy for Education. It is undisputed that healthy students are better prepared to learn. Studies demonstrate that promoting student health and well-being can help schools meet their educational goals, such as reduced absenteeism, fewer behavioural problems and higher school-wide test scores and grades

([http://www.cdc.gov/healthyschools/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyschools/health_and_academics/pdf/health-academic-achievement.pdf)).

A healthy school not only provides educational opportunities but creates a supportive environment for health and well-being. The Foundations for a Healthy School is an Ontario Ministry of Education resource that is designed to support student health and well-being. It emphasizes the importance of taking a comprehensive approach to address health-related topics that contribute to well-being. This approach demonstrates that multiple levels of influence determine individual behaviour and recognize that no single factor can adequately account for why children and youth engage in health risk or health promotion behaviours. This toolkit was designed to support The Foundations for a Healthy School. Activities and resources for staff use, to help reduce risky sexual behaviour are described according to the foundations.

### **Public Health's Commitment to Schools**

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The goal of Middlesex London Health Unit's (MLHU) Child and Youth Program Team is to improve the health of children and youth, and contribute to a positive and healthy school climate. Specifically, our team works with school boards and/or staff of elementary and secondary schools, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies and the creation or enhancement of a supportive environment to address key topics. Each school in London and Middlesex County is assigned a Public Health Nurse (PHN). For a list of PHNs assigned to schools, visit

<https://www.healthunit.com/public-health-at-your-school>. Contact your PHN to determine how they can support this resource and collaborate with your school to improve the health of children and youth.

### References

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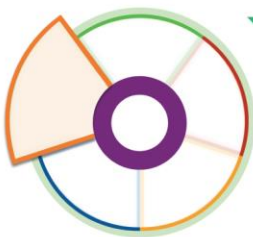
## Curriculum, Teaching and Learning

- Announce It!
- Presentation Series
- STI Critter Games
- Teaching Resources
  - Birth Control
  - Healthy Relationships & Consent
  - Sexually Transmitted Infections
- Teen Mating Game



## School and Classroom Leadership

- Lunch and Learn
- Sexual Health Display



## Home, School and Community Partnerships

- *Got A Plan? Day*



## Social and Physical Environments

- Positive Sexual Health Environment



## Student Engagement

- Girls Group



## RELATED FOUNDATIONS:

- Social & Physical Environments

## RESOURCES:

- Posters
- Announcements
- @MLteens Twitter
- @MLteens Instagram
- Sample Tweets

## Announce It!

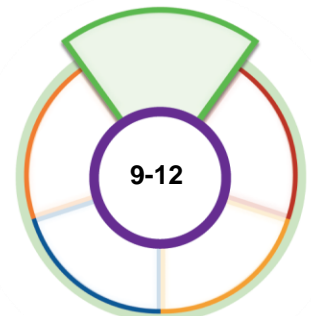
**ACTIVITY GOAL:** To draw students' attention and provide them with education on risky sexual health behaviors, healthy relationships and services available to students.

### ACTIVITY IDEAS:

1. Posters
  - Choose a space to display health information relating to sexual health behaviours, healthy relationships and services available to students.
  - Access available health walls here:  
<https://www.healthunit.com/school-posters>
2. Announcements
  - Provide regular announcements aimed at educating about youth sexual health. See example announcement here:  
<https://www.healthunit.com/announce-it>
3. Social Media
  - @MLTeens is the twitter & Instagram account for teens run by MLHU's Young Adult Team.
  - Tweets frequently address sexual health behaviours, healthy relationships and services available to students.
  - Visit @MLTeens twitter or Instagram to view tweets  
[https://twitter.com/MLTeens?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/MLTeens?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor) &  
<https://www.instagram.com/mlteens/>
  - If you would like to create your own tweets, see the following page for examples <https://www.healthunit.com/school-health-social-media-posts>

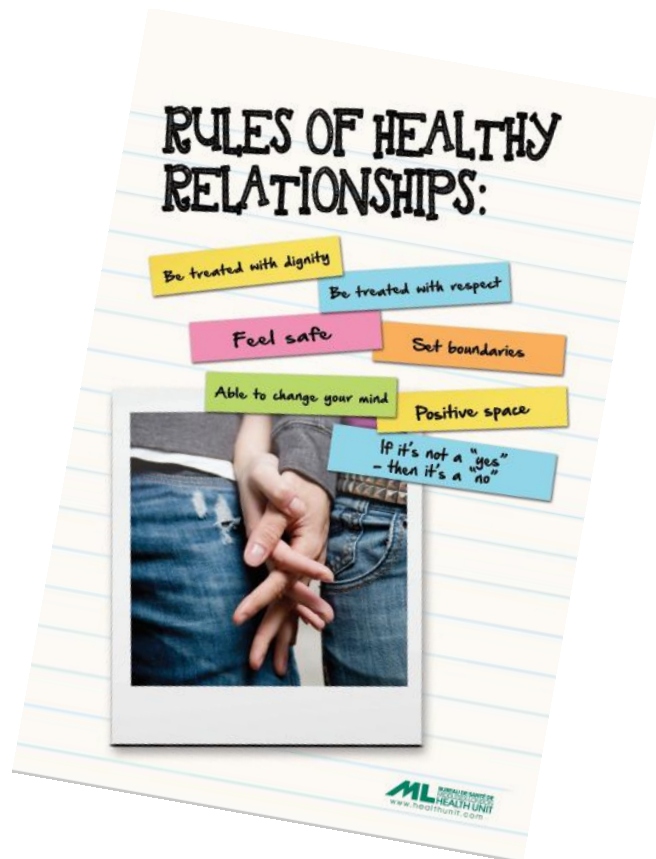
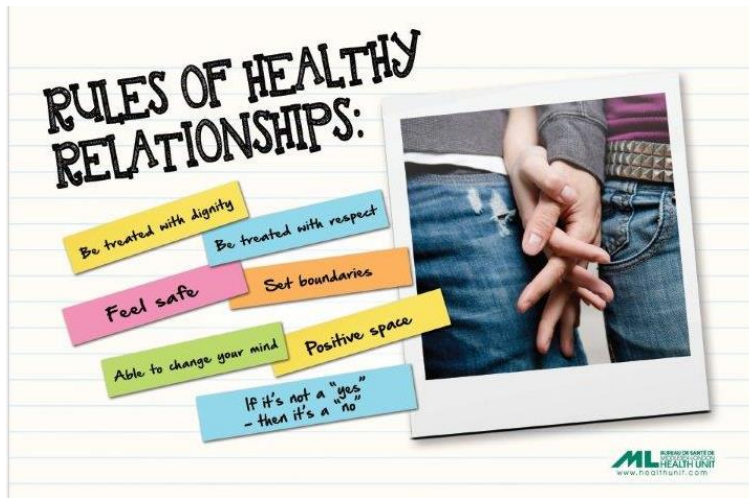
### Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancies and STIs
- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C2.3** Thinking ahead about sexual health, consent, personal limits
- **Grade 10: C2.5** Decision making communication and healthy sexuality
- **Grade 10: C3.4** Misconceptions relating to sexuality
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships



**Promoting Healthy Growth and Development**

(Available for download at <https://www.healthunit.com/announce-it>)



## **Video Announcement Scripts: Examples**

### Consent

- 1: Good morning (school mascot). This is (teacher's name).
- 2: and nurse (school nurse name). Today we are going to be talking about consent
- 1: What does the word consent mean Nurse (school nurse name)?
- 2: Consent means willingly giving permission through words or actions, for something to happen. Before initiating any sexual activity, consent must be given by both people.
- 1: How would someone give consent?
- 2: Consent must be explicitly stated and the person who is consenting must fully understand what they are consenting to. Silence is not consent. If someone does not say "yes", it must be assumed that they are saying "no"
- 1: Yes, and pressuring someone with threats or coercing someone into saying 'yes' is NOT consent either. Now Nurse (nurses name), can a person legally give consent to sexual activity while drinking and/or consuming drugs?
- 2: No, a person cannot consent if they are drunk or high, threatened, coerced, or are in a relationship of trust with the offender.
- 1: Thanks for teaching us all a bit more about consent. Stay tuned tomorrow for a great video to recap what consent means!
- 2: Stay Happy, stay healthy and have a great day!

**From your Public Health Staff**

## Video Announcements Examples

### Sexual Health

1: Good morning (school mascot), this is (teachers name)

2: and nurse (school nurses name)! Today we are going to be talking about sexual health!

1: Nurse (school nurses name), what are some things that students should think about before becoming sexually active?

2: Well the first thing students should consider is if they are ready. Like we talked about last week, it is important that both people consent before beginning a sexual relationship. If someone is unsure, and doesn't know if they are ready, then they probably are not.

1: When someone has decided that they want to have sex, what should they do?

2: It's important to make sure that you are protected and are being safe! To protect yourself from pregnancy, it's important to start Birth Control.

1: What types of birth control are there?

2: There are many different birth control options available. One method may suit your needs better than another. It is important to consider your own medical history, side effects, cost, and lifestyle as these can all affect the choice you make when deciding which method is best for you. You might have heard about different forms of Birth Control such as the Pill, Nuva ring, Patch or IUS. However, it is important to remember that none of these types of Birth Control protect you from STI's!

1: Nurse (school nurses name), what are STI's and how can people protect themselves from getting them?

2: STI's stands for Sexually Transmitted Infections and are spread through sexual contact (through oral, vaginal or anal sex).

To protect yourself from getting an STI, it's important to always use a condom. Even if you or your partner are taking birth control as well. Birth Control such as the pill or patch will help protect you from getting pregnant, however they do not protect you from STI's like a condom does.

1: Where can students get condoms?

2: Condoms can be purchased at any local pharmacy, or you can get them for free from me or at the Middlesex London Health Unit. The Health Unit also offers free STI testing as well.

1: I have heard that sometimes when a person has an STI there are no symptoms at all. Is that true?

2: Yes it is! Often people who have been infected with an STI have no symptoms, and so do not know that they have become infected. Someone could pass an STI onto another partner without knowing. Many STIs are easily treated, but if left untreated some STIs can cause serious illness, or even permanent damage such as infertility. That's why it is so important to get regular STI testing from your family doctor or at the health unit.

1: There you have it! Stay happy, stay healthy and have a great day!

From your Public Health Staff

## **Tweet Examples:**

### Birth Control

1. Having Sex? Don't forget to wrap it up, use a condom! #safesex #condomsarecool
2. Need birth control? Talk to your school's public health nurse #safesex #birthcontrol  
<https://www.healthunit.com/school-team>
3. Don't have a doctor, but want birth control? #MLClinic is your one stop shop for STI testing and birth control!
4. Colours? Flavors? Textures? Condoms are cool, find the kind you like #usethe #staysafe

### Consent and Relationships /Decision Making

1. Has your girlfriend been drinking? Is she sleeping? Take the night off, it's the Law #consent #nomeansno #needstobeconscious #dontbecreepy
2. Sex doesn't = love. You CAN say no. #99thingstodoinsteadofsex (insert document image)
3. Be kind, be thoughtful and treat them right. #relationshipgoals
4. You're dating? Treat them right, ask every time.

### STI's

1. It's as easy as peeing in a cup! #STItesting #testingmadeeasy #MLClinic
2. #toptenreasons: Your partner is cheating? Get tested! #STItesting #MLClinic
3. Oops, didn't use a condom? Get tested! #justdoit #MLclinic
4. In a new relationship? Thinking about having sex? Get tested together #becauseitseasy #MLClinic
5. There are 5 cases of chlamydia diagnosed every day in Middlesex London. R You having sex? then #gettested <http://bit.ly/2aDYbqN>
6. Have questions about birth control or sexually transmitted infections? We can help.  
<http://bit.ly/2bDIsZY> #mlhu #sexualhealth

**From your Public Health Staff**

## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- Teen Mating Game
- Levels of Intimacy Game
- Birth Control Presentation
- Sexual Health Teaching Kit
- Birth Control Quiz
- Birth Control Game
- STI Presentation
- STI Game
- STI Quiz
- Body Image Presentation

## Presentation Series

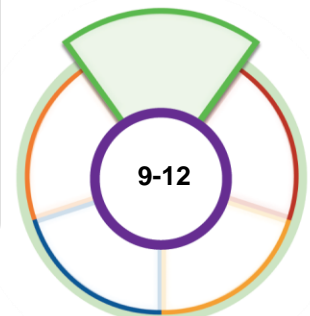
**ACTIVITY GOAL:** To provide students with a four class series of presentations to increase awareness of healthy relationships, birth control options, sexually transmitted infections and body image.

## ACTIVITY INSTRUCTIONS:

1. Use the presentations available from the Health Unit website <https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
  - Session One: Healthy Relationships
    - i. Teen Mating game
    - ii. Levels of Intimacy game
  - Session Two: Birth Control
    - iii. Birth Control PowerPoint presentation
    - iv. Sexual health teaching kit
    - v. Birth Control Jeopardy game or quiz
    - vi. Optional: anonymous question box
  - Session Three: Sexually Transmitted Infections
    - i. STI PowerPoint presentation
    - ii. Sexual health teaching kit
    - iii. Optional: Condom demonstration
    - iv. STI Jeopardy game or quiz
    - v. Optional: anonymous question box
  - Session Four: Body Image
    - i. PowerPoint presentation with worksheets and videos.
2. Contact your schools Public Health Nurse to answer any questions you may have.

## Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancies and STIs
- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C2.3** Thinking ahead about sexual health, consent, personal limits
- **Grade 10: C2.5** Decision making communication and healthy sexuality
- **Grade 10: C3.4** Misconceptions relating to sexuality
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships





## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- STI Critter Game

## STI Critter Game

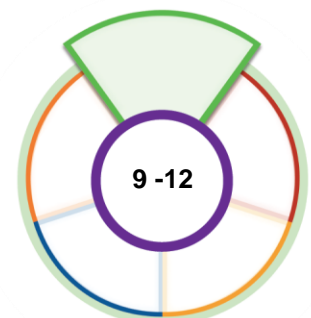
**ACTIVITY GOAL:** To increase students' awareness of sexually transmitted infections (STI) and points of access for STI testing and treatment in the community.

### ACTIVITY INSTRUCTIONS:

1. STI Critter Game includes information cards and stuffed creatures that represent different sexually transmitted infections.
2. This game can be used in a classroom setting or as a hallway display, where trained students can have other students guess what STI the stuffed creature is by giving them some facts about each STI (which are included in the kit).
3. Condoms can be given out and a demonstration on proper condom use may be done by staff or trained student.
4. For more information, please contact your [Public Health Nurse](#).

### Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancies and STIs
- **Grade 9: C2.2** Relationships; skills and strategies
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- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- Birth control presentation
- Birth control pamphlet
- Birth control quiz
- Birth control game
- Sexual Health Teaching Kit

## Teaching Resources - Birth Control

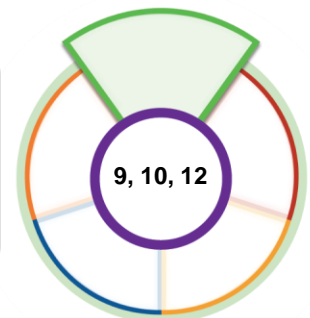
**ACTIVITY GOAL:** To increase students' awareness of birth control options, their effectiveness and points of access within the community.

### ACTIVITY INSTRUCTIONS:

1. Use the Birth Control Presentation available from the Health Unit website <https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>.
2. This presentation reviews various birth control options including use and effectiveness.
  - The Birth Control Options pamphlet can be used as a supplementary resource to review available birth control options.
  - The Birth Control game & quiz are available to test students understanding.
3. The Sexual Health Teaching Kit includes visual aides to demonstrate what different forms of birth control look like, a memory stick that contains a Birth Control Presentation and other related teaching resources.
  - Meet with your school's physical education department head (TVDSB) for information on the location of your schools Sexual Health Teaching Kit.
  - If you would like to borrow a copy of the Sexual Health Teaching Kit from the MLHU Resource Lending System please visit <https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
4. Have an anonymous question box available.
5. Contact your Public Health Nurse for more information.

### Curriculum Connections

- **Grade 9: C1.4** Preventing Pregnancy and STIs
- **Grade 10: C2.5** Decisions making, communication, healthy sexuality
- **Grade 10: C3.4** Misconceptions relating to sexuality
- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- Healthy Relationships presentation
- Teen mating Game

## Teaching Resources - Healthy Relationships and Consent

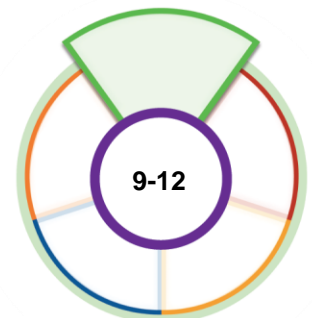
**ACTIVITY GOAL:** To increase students' knowledge of healthy relationships and the importance of consent.

### ACTIVITY IDEAS:

1. Use the Healthy Relationships presentation available from the Health Unit Website to review healthy relationships and consent  
<https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
2. Play the Teen Mating Game with your class to encourage youth to start thinking about what personal qualities are important to them in a relationship.  
<https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
3. Anonymous question box
4. Contact your Public Health Nurse for more information.

### Curriculum Connections

- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C2.3** Thinking ahead about sexual health, consent, and personal limits
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 10: C2.5** Decision making, communication, healthy sexuality
- **Grade 12: C1.1** Harassment, violence, abuse; effects, legal implications and responses
- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- STI PowerPoint Presentation
- STI game
- STI quiz
- Adventures in Sex City

## Teaching Resources - Sexually Transmitted Infections

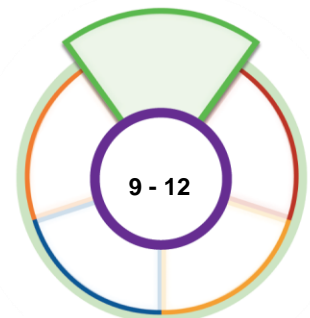
**ACTIVITY GOAL:** To increase students' awareness of sexually transmitted infections (STI) and points of access for STI testing and treatment in the community.

### ACTIVITY IDEAS:

1. Use the STI presentation available from the Health Unit website to review various STI's, including cause, symptoms and treatment.  
<https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
2. To further student understanding, use the STI game & quiz
3. Play the Adventures in Sex City game. Choose a superhero character and answer sexual health questions to defeat the villain  
<https://www.healthunit.com/adventures-in-sex-city>
4. Use an anonymous question box

### Curriculum Connections

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- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

## RESOURCES:

- Teen Mating Game

## Teen Mating Game

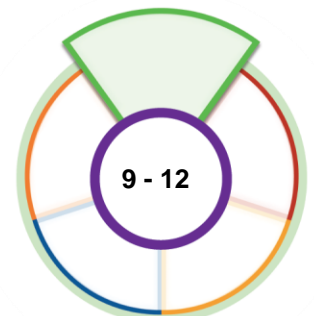
**ACTIVITY GOAL:** To encourage students to critically think about and discuss important qualities for healthy relationships.

### ACTIVITY INSTRUCTIONS:

1. For instructions, discussion cards, personality cards and situation cards visit: <https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>
  - Divide the youth into 4 groups. Each group will get a **discussion card**. Ask the group to brainstorm and answer the question from their **discussion card**. Have them comeback into the large group and discuss their answers.
  - Give each group 5 **Personality cards**. They need to decide if the qualities are those that they could be happy with in a relationship.
  - Once the groups have shared their personality cards; hand out 1 **Situation card** to each person. State that in life many situations change. Have the students discuss the situation on their card and whether they would continue the relationship.

### Curriculum Connections

- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Curriculum Teaching & Learning
- Home, School & Community Partnerships
- Student Engagement

## RESOURCES:

- Public Health Nurse
- Healthy snacks or lunch provided
- Educator Resources for Human Growth and Development

## Lunch and Learn

**ACTIVITY GOAL:** To educate students during the lunch period about various topics related to healthy sexuality and engage them to ask pertinent health questions.

### ACTIVITY INSTRUCTIONS:

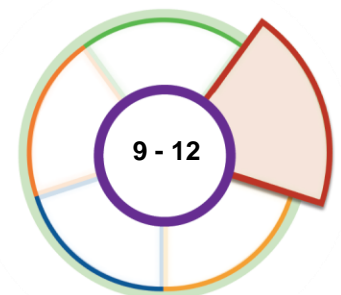
1. In collaboration with a student run committee, identify issues related to healthy sexuality that may be of concern and/or interest to the student body.

Example topics include:

- Consent and Sexual Assault
  - Gender Identity, Sexual Orientation and Supports
  - STIs
  - Birth Control
  - Healthy Relationships
2. Discuss with your schools Public Health Nurse about being a guest speaker at a lunch and learn.
  3. Create a sign up for students and post it in a high traffic area.
    - a. Select a date and time
    - b. Book a room
    - c. Create posters and announcements to advertise. See sample announcements below.
  4. Discuss with student committees the ability to provide healthy foods, or encourage students to bring their own lunch.

### Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancy and STIs
- **Grade 9: C1.5** Factors affecting Gender identity, sexual orientation, and supports
- **Grade 10: C2.5** Decision making, communication, healthy sexuality
- **Grade 10: C3.4** Misconceptions relating the sexuality
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C3.4** Bias and stereotyping in media portrayal of relationships



### **Announcements**

- 1) Have questions about Birth Control and afraid to ask? Come to the lunch and learn and your school nurse will be able to answer all your questions
- 2) Curious about the “Jaydess”? Maybe you don’t even know what it is? Come to the lunch and learn and find out
- 3) Come to the lunch and learn and find out what the top 10 reasons to be tested for and STI are
- 4) Everything you want to know about sex and were afraid to ask, come to the lunch and learn in room \_\_\_\_\_ to find out
- 5) Have you ever wanted to learn how to put a condom on? Come to the lunch and learn and get a free condom
- 6) Get your free condoms, come to the lunch and learn today. There will be a guest speaker to address concerns about birth control.

**From your Public Health Staff**

## RELATED FOUNDATIONS:

- Curriculum, Teaching & Learning
- Student Engagement

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## RESOURCES:

- Display posters
- Spinning Wheel game
- Condoms

## Sexual Health Display

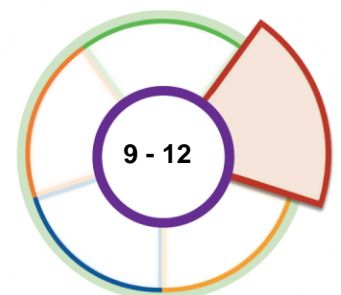
**ACTIVITY GOAL:** To increase students' awareness and knowledge of birth control and sexually transmitted infections.

### ACTIVITY INSTRUCTIONS:

1. Discuss with your school's administration if you can have a sexual health display during lunch or during a health fair.
2. Contact your school Public Health Nurse for access to the displays.
3. To improve student engagement, have student leaders organize games/activities that engage their peers to answer sexual health questions.
  - The Spinning Wheel game; student leaders engage their peers to volunteer to spin the wheel and answer sexual health questions. Questions are about STI's, birth control & healthy relationships. Contact [your school Public Health Nurse](#) for access to this resource.
4. At the display, you can also have MLHU Clinic cards and condoms available for students to take.

### Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancies and STIs
- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C2.3** Thinking ahead about sexual health, consent, personal limits
- **Grade 10: C2.5** Decision making communication and healthy sexuality
- **Grade 10: C3.4** Misconceptions relating to sexuality
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships





## RELATED FOUNDATIONS:

- Curriculum Teaching & Learning
- Social & Physical Environments

## RESOURCES:

- Secondary School Public Health Nurse contact

## Girls Group

**ACTIVITY GOAL:** To increase feelings of connectedness, enhance self-efficacy and self-concept, as well as improve body image through skill building & group activities.

### ACTIVITY INSTRUCTIONS:

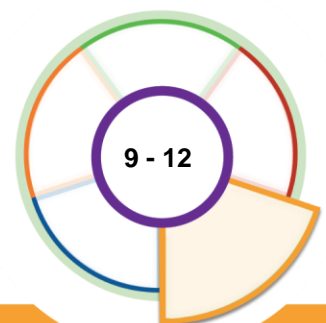
This activity is designed to be completed in schools who have regular support from a Public Health Nurse (PHN). Your school nurse will have access to activities and resources to facilitate weekly sessions. The group must be approved by school administration before beginning.

### Group Details:

1. Determine facilitators: 1 PHN and 1 School staff e.g. teacher/social worker.
2. Review girls group resources to determine the number of sessions and topics.
  - It is recommended to conduct 6 to 10 sessions.
3. Discuss with administration what time of day you plan to run the program (e.g. during school time, over lunch or after school).
4. Students are selected by teachers, school administrators, and staff based on need related to the topics chosen. It is recommended to have no more than 10 students in each session.
  - School administration may require students/parents to complete a consent form as students may be missing classes to attend this group.

### Curriculum Connections

- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C3.4** Social influences; decision-making, communication skills
- **Grade 10: C2.5** Decision making, communication, healthy sexuality
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Home, School & Community Partnership

## RESOURCES:

- Condoms
- School Team Bio
- Health Walls
- Announcements
- @MLTeens Twitter Page
- @MLTeens Instagram

## Positive Sexual Health Environment

**ACTIVITY GOAL:** To encourage positive sexual health messaging, education and supports in the school community.

### ACTIVITY IDEAS:

1. Ensure easy access to condoms and sexual health resources.
2. Public Health Nurses work in some schools and are available onsite for 1:1 sexual health supports. Visit the School Team Bio page <https://www.healthunit.com/school-team> to determine your schools' Public Health Nurse.
3. Positive sexual health messaging:
  - Health walls
  - Announcements
  - Displays
  - Follow @MLTeens on Twitter & Instagram
4. Inclusive environment for LGBTQ2+ identified students
  - Advocate for gender inclusive washrooms
  - School Gay Straight Alliance (GSA)
  - Commitment to use of respectful words; foster a respectful and inclusive school culture in which all members of the school community work, study and live free of discrimination.

### Curriculum Connections

- **Grade 9: C1.4** Preventing pregnancies and STIs
- **Grade 9: C2.2** Relationships; skills and strategies
- **Grade 9: C2.3** Thinking ahead about sexual health, consent, personal limits
- **Grade 10: C2.5** Decision making communication and healthy sexuality
- **Grade 10: C3.4** Misconceptions relating to sexuality
- **Grade 10: C3.5** Relationships; effects on self and others
- **Grade 11: C2.3** Reproductive and sexual health; proactive health measures
- **Grade 12: C1.3** Skills and strategies for evolving relationships



## RELATED FOUNDATIONS:

- Curriculum Teaching & Learning

## RESOURCES:

- Got a Plan? Presentation
- Preconception health BINGO game
- Preconception Case Scenarios
- Birth Control Presentation

## Got A Plan? Day

**ACTIVITY GOAL:** To help students realize the importance of preconception health which supports avoiding unplanned pregnancies.

### ACTIVITY INSTRUCTIONS:

*Got a Plan? Day* is a one-day workshop on preconception, pregnancy, and postpartum health education held at London Health Sciences Centre (LHSC).

1. To register for the program visit <https://www.healthunit.com/got-a-plan-day> or contact your school's public health nurse for more information
2. Prior to attending the workshop teach the Got a Plan? preconception health curriculum which provides a good basis of knowledge for students. Curriculum is available on the health unit website <https://www.healthunit.com/got-a-plan-day>.
3. After the workshop, review birth control options with students by using the resources available here: <https://www.healthunit.com/healthy-schools-teaching-resources#human-development-and-sexual-health>

### Curriculum Connections

- **Grade 11: C 2.3** Reproductive and sexual health; proactive health measures.

