

## RELATED FOUNDATIONS:

- Curriculum Teaching & Learning

## RESOURCES:

- [Elementary School Public Health Nurses](#)
- [Human Development and Sexual Health Teaching Resources](#)

## PHN Consultation

**ACTIVITY GOAL:** To support teachers in delivering the Health and Physical Education curriculum related to Human Development and Sexual Health.

### ACTIVITY INSTRUCTIONS:

1. As you plan to teach the Human Development and Sexual Health curriculum, consider consulting with your school Public Health Nurse (PHN)
2. The PHN is available to provide health knowledge and expertise along with materials and curriculum resources.
3. The PHN is available to discuss resources and amount of support required for your classroom.
4. For more information, contact your PHN  
<https://www.healthunit.com/public-health-at-your-school>

### Curriculum Connections

- Grade 4: C1.5 Puberty – changes: emotional and social impact; C2.4 Puberty – personal hygiene and care
- Grade 5: C1.3 Reproductive systems; C1.4 Menstruation, spermatogenesis; C2.4 emotional, interpersonal stresses – puberty
- Grade 6: C1.3 Development of self-concept; C2.5 Understanding of puberty changes, healthy relationships; C2.6 Decision making in relationships; C3.3 Stereotypes and assumptions – impacts and strategies for responding
- Grade 7: C1.3 Delaying sexual activity; C1.4 Sexually transmitted infections; C1.5 STI and pregnancy prevention; C2.4 Sexual health and decision making; C3.3 Relationship changes at puberty
- Grade 8: C2.4 Decision making, contraception

