

School Education Program Objectives



"These sessions will help me make good decisions in the future when it comes to relationships and sex. I know now that it is good to talk about things first and that if someone wants to have sex they should make sure that their "head, heart and body" is all in check." – High School Student

Junior High Program

Grade 7

Students will:

- Learn about the changes that occur during puberty for both boys and girls and that they are a normal part of growing up
- Identify proper names for male and female reproductive anatomy and how they work
- Increase their comfort discussing sexual development
- Learn to use respectful language regarding sexuality
- Discuss how gender norms and social pressures affect sexuality
- Explore and discuss how values influence sexual health
- Practice positive decision-making regarding their sexual health and relationships

Grade 8

Students will:

- Learn what it means to be in a relationship, including sexual relationships
- Increase their comfort discussing sexual health issues
- Learn about birth control and how to prevent pregnancy
- Practice making decisions about STI's and birth control
- Appreciate the importance of decision-making and communication in sexual relationships
- Learn about STI's, and how to prevent their transmission

Grade 9:

Students will:

- Learn what encompasses the term “sexuality”
- Increase their comfort discussing sexuality
- Understand how personal values and society influence their sexual health
- Learn about what consent is and what it involves, and will become more aware of what sexual assault is
- Practice decision-making regarding their sexual health and relationships
- Learn how condoms & birth control can help prevent pregnancy and the transmission of STIs
- Increase their ability to communicate with their partner regarding sexual activity

High School Program: CALM

Students will:

- Learn what encompasses the term “sexuality” and what it means to be sexually healthy
- Increase their comfort discussing sexuality
- Explore how personal and societal values impact their sexual health
- Develop knowledge and regarding gender & sexual diversity
- Learn about choices that are available to them regarding their sexual and reproductive health , such as birth control and choosing abstinence
- Practice identifying risks involved in sexual activities and the options they have available to prevent those risks
- Explore the topic of consent and how it relates to their sexual & reproductive rights
- Examine and gain appreciation for healthy relationships
- Practice decision-making and communication regarding their sexual health in relationships
- Critically reflect on what oppression looks like and how it affects themselves and others
- Determine ways that they can address oppression and embrace diversity

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Counselling (<https://www.calgarysexualhealth.ca/programs-workshops/counselling/>)

School-Based Education (<https://www.calgarysexualhealth.ca/programs-workshops/school-based-education/>)

School Education Program Objectives (<https://www.calgarysexualhealth.ca/programs-workshops/school-based-education/school-education-program-objectives/>)

Community Education (<https://www.calgarysexualhealth.ca/programs-workshops/community-education/>)

Reclaiming Healthy Sexuality ([/programs-workshops/community-education/#reclaiming](https://www.calgarysexualhealth.ca/programs-workshops/community-education/#reclaiming))

WiseGuyz (<https://www.calgarysexualhealth.ca/programs-workshops/wiseguyz/>)

Impact of WiseGuyz (<https://www.calgarysexualhealth.ca/programs-workshops/wiseguyz/impact-wiseguyz/>)

LGBTQ Supports and Services (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/>)

GSA Network (<https://www.calgarysexualhealth.ca/programs-workshops/gsanetwork/>)

Camp fYrefly & fYrefly-in-schools (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/camp-fyrefly/>)

Gender Creative Families Night (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/gender-creative-families-night/>)

Enhancing Supports for LGBTQ Youth (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/enhancing-supports-lgbtq-youth/>)

Gay, Bi and MSM Sexual Health (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/gay-bi-msm-sexual-health/>)

Totally Outright (<https://www.calgarysexualhealth.ca/programs-workshops/lgbtq/totally-outright/>)

Older Adults and Seniors (<https://www.calgarysexualhealth.ca/programs-workshops/older-adults-seniors/>)