



Comprehensive Sexual Health Education: Scope & Sequence

Last updated: June, 2024

Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
K	<p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p>	<p>Identify and describe a variety of unsafe and/or uncomfortable situations</p> <p>Develop and demonstrate respectful behaviour when participating in activities with others</p> <p>Identify caring behaviours among classmates and within families</p> <p>Identify sources of health information</p>	<p>Names for parts of the body, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p>	<ul style="list-style-type: none"> • Correct names for body parts • Body parts under bathing suits and inappropriate touching • Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret • Caring behaviours in groups and families • Reliable sources of health information (safe adults) • Respect for diversity
1	<p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p>	<p>Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations.</p> <p>Identify caring behaviours among classmates and within families.</p> <p>Identify sources of health information</p>	<p>Names of body parts, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p>	

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2	<p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p>	<p>Describe ways to access information and support services for a variety of health topics</p> <p>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</p>	<p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p>	<ul style="list-style-type: none"> • Managing and expressing emotions • Relationship between worries and fears (Grade 3) • Hazards and potentially unsafe situations • Correct names for body parts (including genitals) • Assertive communication skills
3	<p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p>	<p>Describe and apply strategies for developing and maintaining positive relationships</p> <p>Describe physical, emotional, and social changes as students grow older</p>	<p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p> <p>Nature and consequences of bullying</p> <p>Factors that influence self-identity</p>	<ul style="list-style-type: none"> • Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret • Strategies for accessing health information (safe adults) • Respect for diversity • Nature and consequences of bullying (Grade 3)

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4	<p>Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p>	<p>Identify and describe factors that influence healthy choices</p> <p>Examine and explain how health messages can influence behaviours and decisions</p> <p>Identify and apply strategies for pursuing personal healthy-living goals</p> <p>Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining positive relationships</p> <p>Describe and apply strategies that promote a safe and caring environment</p>	<p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases, media messaging and body image</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations, including identifying common lures and tricks used by potential abusers</p> <p>Strategies for responding to bullying, discrimination, and violence</p> <p>Physical, emotional, and social changes during puberty^{1/2} including those involving sexuality and sexual identity</p> <p>Factors that influence self-identity, including body image and social media</p>	<ul style="list-style-type: none"> • Sources of health information and support services • (www.kidsheath.org Kids Help Phone 1-800-668-6868) • Identifying common lures or tricks used by potential abusers • Hazards and potentially unsafe situations • Strategies for responding to bullying, discrimination, and violence • Puberty - basic physical changes • Personal hygiene • Body image: social media and media messaging's effects on body image • Respect for diversity • Communicable and non-communicable illness prevention

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5	<p>Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p>	<p>Describe the impacts of personal choices on health and well-being.</p> <p>Describe strategies for communicating medical concerns and getting help with health issues</p> <p>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Describe and apply strategies that promote a safe and caring environment</p> <p>Explore and describe strategies for managing physical, emotional, and social changes during puberty</p> <p>Explore and describe how personal identities adapt and change in different settings and situations</p>	<p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases</p> <p>Sources of health information and support services</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Factors that influencing use of psychoactive substances</p> <p>Physical, emotional, and social changes during puberty, including those involving sexuality, and sexual identity, and changes to relationships</p>	<ul style="list-style-type: none"> • Sources of health information and support services • www.kidshealth.org • Kids Help Phone: 1-800-668-6868 • Body autonomy/consent • Factors influencing use of substances: ie. alcohol, tobacco, illicit drugs, solvents • Responding to discrimination, bullying, stereotyping • Physical, emotional, social changes of puberty in more detail • Personal hygiene • Impacts of social media and media messaging • Respect for diversity • Communicable and non-communicable illness prevention

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6	<p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p>	<p>Describe the impacts of personal choices on health and well-being</p> <p>Analyze health messages and possible intentions to influence behaviour</p> <p>Identify, apply, and reflect on strategies used to pursue personal healthy-living goals</p> <p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</p> <p>Explore and describe strategies for managing physical, emotional, and social changes during</p>	<p>Practices that reduce the risk of contracting sexually transmitted infections (STBBIs)</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Physical, emotional, and social changes during puberty, including those involving sexual identity, gender, values, and beliefs</p>	<ul style="list-style-type: none"> • Sources of health information and support services: <ul style="list-style-type: none"> ○ www.kidshelp.org ○ Kids Help Phone 1-800-668-6868, ○ IHA Crisis Line • Basic principles for responding to emergencies • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Consequences of bullying, stereotyping, and discrimination • Strategies for managing personal and social risks related to the use of substances and potentially addictive behaviour • Practices that reduce the risk of contracting sexually transmitted infections • Physical, emotional, social changes of puberty in more detail • Body image: social media and media messaging's effects on body image • Respect for Diversity • Communicable and non-communicable illness prevention

		puberty and adolescence		
		Explore and describe how personal identities adapt and change in different settings and situations		

Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
7	<p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p>	<p>Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Describe and assess strategies for responding to discrimination, stereotyping, and bullying</p> <p>Describe and apply strategies for developing and maintaining healthy relationships</p> <p>Explore strategies for promoting the health and well-being of the school and community</p> <p>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore the impact of transition and change on</p>	<p>Practices that reduce the risk of contracting sexually transmitted infections (STBBIs)</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> Sources of health information and support services: <ul style="list-style-type: none"> www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Describe and assess strategies for responding to bullying, stereotyping, and discrimination Practices that reduce the risk of transmitting STBBIs and how to seek help if concerned- emphasis on knowing what is 'normal' for one's own body. Understand the influence of the changes experienced during puberty on identities and relationships

		identities		<ul style="list-style-type: none"> • Explore the impact of transition and chance on identities • Respect for diversity
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Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
8	<p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others connects us to our community</p>	<p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Propose strategies for responding to discrimination, stereotyping, and bullying</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe the impact of transition and change on identities</p>	<p>Healthy sexual decision making</p> <p>Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> • Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services: <ul style="list-style-type: none"> - www.kidshhealth.org - Kids Help Phone 1-800-668-6868, - IHA Crisis Line • Healthy sexual decision making • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Potential short-term and long-term consequences of health decisions • Describe and assess strategies for responding to bullying, stereotyping, and discrimination • Basic principles for responding to emergencies: <ul style="list-style-type: none"> Visit ERASE webpage https://erasereportit.gov.bc.ca • Media and social influences related to potentially addictive behaviours:

				<p>peer pressure, self-esteem, boundaries</p> <ul style="list-style-type: none"> • Respect for diversity
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Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
9	<p>Healthy choices influence our physical, emotional, and mental well-being</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others connects us to our community</p>	<p>Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations</p> <p>Propose strategies for developing and maintaining healthy relationships</p> <p>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe factors that shape personal identities, including social and cultural factors</p>	<p>Healthy sexual decision making</p> <p>Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> • Sources of health information and support services: <ul style="list-style-type: none"> - Medical professionals, safe adults, medical clinics, community services - www.kidshealth.org - Kids Help Phone 1-800-668-6868, IHA Crisis Line • Influences of changes on identities and relationships • Healthy sexual decision making • Potential short-term and long-term consequences of health decisions • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Describe and assess strategies for responding to bullying, stereotyping, and discrimination • Basic principles for responding to emergencies: <ul style="list-style-type: none"> - Visit ERASE webpage https://erasereportit.gov.bc.ca

				<ul style="list-style-type: none"> • Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries • Respect for diversity
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10	Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.	<p>Analyze how health-related decisions support the achievement of personal healthy-living goals</p> <p>Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations</p> <p>Develop skills for maintaining healthy relationships and responding to interpersonal conflict</p> <p>Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence</p> <p>Explore and describe factors that shape personal identities, including social and cultural factors</p>	<p>Healthy sexual decision making</p> <p>Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBLs, sleep routines, and technology</p> <p>Sources of health information</p> <p>Basic principles for responding to emergencies</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> • Sources of health information and support services: <ul style="list-style-type: none"> - Medical professionals, safe adults, medical clinics, community services - www.kidshealth.org; Kids Help Phone 1-800-668-6868, IHA Crisis Line • Influences of changes on identities and relationships • Analyze the potential effects of social influences on health [social influences could include: social media, use of technology (i.e. gaming), peer pressure, etc.] • Develop skills for maintaining healthy relationships and responding to interpersonal conflict • Healthy sexual decision making • Potential short-term and long-term consequences of health decisions

				<ul style="list-style-type: none">• Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings• Describe and assess strategies for responding to bullying, stereotyping, and discrimination• Basic principles for responding to emergencies: ERASE webpage https://erasereportit.gov.bc.ca• Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries• Respect for diversity
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