

Comprehensive Sexual Health Education throughout the PHE Curriculum:

Scope & Sequence

Last updated: January 2025



Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
K	Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships. Knowing about our bodies and making healthy choices helps us look after ourselves.	Identify and describe a variety of unsafe and/or uncomfortable situations Develop and demonstrate respectful behaviour when participating in activities with others Identify caring behaviours among classmates and within families Identify sources of health information	Names for parts of the body, including genitals (private parts) Appropriate and inappropriate ways of being touched Caring behaviours in groups and families	• 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	Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships. Knowing about our bodies and making healthy choices helps us look after ourselves.	Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations. Identify caring behaviours among classmates and within families. Identify sources of health information	Names of body parts, including genitals (private parts) Appropriate and inappropriate ways of being touched Caring behaviours in groups and families	

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2	Adopting healthy personal practices and safety strategies protects ourselves and others. Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.	Describe ways to access information and support services for a variety of health topics Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations	Strategies for accessing health information Strategies and skills to use in potentially hazardous, unsafe, or abusive situations	- 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	Adopting healthy personal practices and safety strategies protects ourselves and others. Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.	Describe and apply strategies for developing and maintaining positive relationships Describe physical, emotional, and social changes as students grow older	Strategies for accessing health information Strategies and skills to use in potentially hazardous, unsafe, or abusive situations Nature and consequences of bullying Factors that influence self-identity	- 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	Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. Personal choices and social and environmental factors influence our health and well-being. Developing healthy relationships helps us feel connected, supported, and valued.	Identify and describe factors that influence healthy choices Examine and explain how health messages can influence behaviours and decisions Identify and apply strategies for pursuing personal healthy-living goals Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations Describe and assess strategies for responding to discrimination, stereotyping, and bullying Describe and apply strategies for developing and maintaining positive relationships Describe and apply strategies that promote a safe and caring environment	Practices that promote health and well-being, including those relating to communicable and non-communicable diseases, media messaging and body image Strategies and skills to use in potentially hazardous, unsafe, or abusive situations, including identifying common lures and tricks used by potential abusers Strategies for responding to bullying, discrimination, and violence Physical, emotional, and social changes during puberty^{1/2} including those involving sexuality and sexual identity Factors that influence self-identity, including body image and social media	- 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	Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle. Personal choices and social and environmental factors influence our health and well-being. Developing healthy relationships helps us feel connected, supported, and valued.	Describe the impacts of personal choices on health and well-being. Describe strategies for communicating medical concerns and getting help with health issues Identify, apply, and reflect on strategies used to pursue personal healthy-living goals Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations Describe and assess strategies for responding to discrimination, stereotyping, and bullying Describe and apply strategies for developing and maintaining healthy relationships Describe and apply strategies that promote a safe and caring environment Explore and describe strategies for managing physical, emotional, and social changes during puberty Explore and describe how personal identities adapt and change in different settings and situations	Practices that promote health and well-being, including those relating to communicable and non-communicable diseases Sources of health information and support services Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Factors that influencing use of psychoactive substances Physical, emotional, and social changes during puberty, including those involving sexuality, and sexual identity, and changes to relationships	- 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	We experience many changes in our lives that influence how we see ourselves and others. Healthy choices influence our physical, emotional, and mental well-being. Learning about similarities and differences in individuals and groups influences community health.	Describe the impacts of personal choices on health and well-being Analyze health messages and possible intentions to influence behaviour Identify, apply, and reflect on strategies used to pursue personal healthy-living goals Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations Describe and assess strategies for responding to discrimination, stereotyping, and bullying Describe and apply strategies for developing and maintaining healthy relationships Describe and assess strategies for managing problems related to mental well-being and substance use, for others Explore and describe strategies for managing	Practices that reduce the risk of contracting sexually transmitted infections (STBIs) Sources of health information Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Physical, emotional, and social changes during puberty, including those involving sexual identity, gender, values, and beliefs	- Sources of health information and support services: 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

		physical, emotional, and social changes during puberty and adolescence		Communicable and non-communicable illness prevention
		Explore and describe how personal identities adapt and change in different settings and situations		

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7	We experience many changes in our lives that influence how we see ourselves and others. Healthy choices influence our physical, emotional, and mental well-being. Learning about similarities and differences in individuals and groups influences community health.	Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations Describe and assess strategies for responding to discrimination, stereotyping, and bullying Describe and apply strategies for developing and maintaining healthy relationships Explore strategies for promoting the health and well-being of the school and community Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence	Practices that reduce the risk of contracting sexually transmitted infections (STBBIs) Sources of health information Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Influences of physical, emotional, and social changes on identities and relationships	- Sources of health information and support services: 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

		Explore the impact of transition and change on identities		relationships • Explore the impact of transition and change on identities • Respect for diversity
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8	Healthy choices influence our physical, emotional, and mental well-being. Healthy relationships can help us lead rewarding and fulfilling lives Advocating for the health and well-being of others connects us to our community	Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations Propose strategies for responding to discrimination, stereotyping, and bullying Propose strategies for developing and maintaining healthy relationships Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence Explore and describe the impact of transition and change on identities	Healthy sexual decision making Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines Sources of health information Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Influences of physical, emotional, and social changes on identities and relationships	• Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services: - www.kidshealth.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: Visit 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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Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
9	Healthy choices influence our physical, emotional, and mental well-being Healthy relationships can help us lead rewarding and fulfilling lives Advocating for the health and well-being of others connects us to our community	Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations Propose strategies for developing and maintaining healthy relationships Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence Explore and describe factors that shape personal identities, including social and cultural factors	Healthy sexual decision making Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines Sources of health information Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Influences of physical, emotional, and social changes on identities and relationships	- Sources of health information and support services: - 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:

				- Visit 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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Grade	Big Idea(s)	Curricular Competencies	Content	Possible topics/skills
10	Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.	Analyze how health-related decisions support the achievement of personal healthy-living goals Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations Develop skills for maintaining healthy relationships and responding to interpersonal conflict Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence Explore and describe factors that shape personal identities, including social and cultural factors	Healthy sexual decision making Potential short and long-term consequences of health decisions, including those involving nutrition, protection from STBBIs, sleep routines, and technology Sources of health information Basic principles for responding to emergencies Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Influences of physical, emotional, and social changes on identities and relationships	• Sources of health information and support services: - 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

				• 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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