



Established in 1969, Island Sexual Health Society is a non-profit organization committed to promoting the concept of healthy sexuality and healthy choices within our schools and community. ISHS offers a well-respected Education Program to Greater Victoria schools and community organizations and facilitates education for more than 12,000 participants yearly from Kindergarten-Adult. The goal of our Community Education Program is to provide children, youth, and parents with skill-building, factual information in an effort to promote positive sexuality and choices and to prevent unintentional pregnancies, exposure to sexually transmitted infections, and sexual exploitation.

Developing healthy sexuality begins in the formative years and continues throughout our lives. **We believe that parents are the best primary sexuality educators for their children and therefore, provide Parent Workshops designed to support parents in this role.** Additionally, we have a range of sexual health presentations designed for each specific age group. The school program is intended *to support parents as sexuality educators, not replace them.* The following outline is designed to provide a general overview of topics that can be adapted to meet the needs and concerns of individual classes/groups and meet prescribed provincial learning outcomes. This can be discussed further with the Education Coordinator.

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ELEMENTARY EDUCATIONAL SERVICES

“BODY SCIENCE TALK”

The following is a brief outline of the topics which can be included in our workshops, and adapted to be appropriate and meet individual needs.



Preschoolers

The Human Body

- “Scientific” names for genitals and reproductive organs

Basic Reproduction

- Where do babies come from? How a baby can be conceived and develops in the uterus
- Birth how a baby is born through a vaginal delivery or a caesarean section birth

Adult Bodies; What to expect!

- Basic information about menstruation and nocturnal emissions (wet dreams)

Basic Safety

- What is a condom? What do you do if you see a condom or needle? Clarification and reassurance about disease and infection transmission.
- Public vs. private behaviour
- Body Safety and confidence
- How to ask for help



Elementary Primaries (grades 1-3)

The Human Body

- “Scientific” names for genitals, reproductive organs, and urinary and digestive processes (waste elimination)

Basic Reproduction

- Where do babies come from? How a baby is conceived and develops in the uterus
- Distinction between the reproductive and digestive systems
- Birth - how a baby is born through a vaginal delivery or a caesarean section birth

Introduction to Puberty

- Basic information about menstruation and nocturnal emissions (wet dreams)
- Basic information about physical changes at puberty

Basic Safety

- What is a condom? What do you do if you see a condom or needle?
- Public vs. Private behaviours
- Clarification and reassurance about disease and infection transmission



- Respecting your body, respecting other people's bodies
- Who can you talk to - sharing thoughts, questions, & concerns with your parent(s) and safe adults

Elementary Intermediates (grades 4-5)

The Human Body

- "Scientific" names for genitals, reproductive organs, and urinary and digestive processes (waste elimination)

Basic Reproduction

- Where do Babies come from? How a baby can be conceived and develops in the uterus
- Distinction between the reproductive and digestive systems
- Birth- how a baby is born through a vaginal delivery or a caesarean section birth

Puberty

- Full information about menstruation and nocturnal emissions (wet dreams)
- Physical and emotional changes occurring during puberty for all bodies

Basic Information on Sexually Transmitted Infections (STIs)

- What STI means, common infections, myths
- Basic prevention methods

Basic Safety

- What is a condom? What do you do if you see a condom or needle?
- Clarification and reassurance about disease and infection transmission
- Respecting your body, respecting other people's bodies
- Who can you talk to- sharing thoughts, questions, and concerns with your parent(s) and safe adults



What's happening to my body?

Pre-adolescents (grades 6 - 7)

Puberty—The 5W's and 1 H of Puberty

- Physical and emotional changes occurring during puberty for all bodies
- Coping mechanisms

Human Reproduction

- Reproductive and sexual systems
- Fetal Development

Sexual Health Overview

- Introduction to sexuality and sexual health
- Healthy choices, decision making, assessing levels of risk behaviours
- Introduction to sexual activity, birth control methods, and sexually transmitted infections (upon request)

Healthy Relationships

- Characteristics of healthy and unhealthy relationships
- Friendships and dating relationships
- Self Esteem & respect for diversity

Am I normal?

Should I have a bf/gf?

Parent/Adult Workshop

The Approachable and Knowledgeable Adult



- Helpful hints for talking with your child or adolescent about sexual health issues
- What children/youth need to know and when they need to know it
- Conversation starters
- How our values and beliefs educate our children
- Current, factual information on sexual health issues, & resources

For more information on these or other workshops, please contact:

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