



Grades 7 & Up

Human Development
& Sexual Health
Curriculum Support Document

2019

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Toronto Public Health

Human Development and Sexual Health

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Note to Teacher

Welcome to the newly updated Grade 7 & Up Toronto Public Health Human Development/Sexual Health Curriculum Support Document, 2019. It replaces the Grade 7/8 Sexual Health Curriculum (January 2012).

The goal of this document is to be consistent with the Ontario Human Rights Code, Accepting Schools Act Bill 13, and the Toronto District School Board (TDSB) Equity policies, as well as acknowledge the importance of mental health in the success of all students.

You can download these lesson plans from our website at www.toronto.ca/health/sexualhealth.

Introductory Concepts

Inclusivity

Speaking about body parts directly rather than gender allows language to be more inclusive and to more accurately reflect people's true experiences. This document avoids language that equates gender with body parts. For example, when talking about how sexually transmitted infections (STIs) are transmitted, rather than saying "men can pass chlamydia to women through vaginal intercourse", this document will instead state "chlamydia can be passed from the penis to the vagina through sexual intercourse."

This document uses words like vulva, testicles, and breast. Some people use other words to suit their identities and cultures. Toronto Public Health respects the use of other words.

Sometimes educators make assumptions about the types of information students need and the life experiences they have. In order to be as inclusive as possible, please keep in mind when teaching that:

- Not all students come from families with heterosexual parents.
- Not all students are biologically related to their families.

- Not all students have the same cultural beliefs and values.
- Not all students have the same amount of personal freedom.
- Not all students are heterosexual.
- Not all students are clear about their gender
- Not all students have the same knowledge base.
- Not all students are familiar with dictionary terms for anatomical parts and sexual behaviours.
- Some students may have been exposed to sexual activity or experienced sexual abuse.
- Students have diverse genitals*.

*differences may be due to female genital mutilation (FGM), or intersex (ambiguous) genitals at birth.

Consent

This document makes reference to the concept of **CONSENT** and consensual sex. Below are a few important things to know about consent:

- Everyone agrees to all sexual activity (including kissing and touching with clothes on) without being threatened, pressured, forced, guilted or shamed.
- Consent must be enthusiastic and completely freely given from someone who is sober, not high or drunk.
- Consent is an integral part of sexual activity and pleasure.
- Without consent it is not sex, it becomes assault. Pleasure can be replaced with fear and many other negative emotions.
- Consent involves ongoing checking in and asking your partner how they are feeling and what they want every time.
- We all have the right to change our mind and consent can be withdrawn or taken away at any time, even in long-term relationships.
- Silence or the absence of "no" does not mean consent. We need to be mindful of what people may be trying to communicate with their body language.

When teaching sexual health, it is important to be aware of the legal Age of Consent to sexual activity and the close-in-age provisions according to the Criminal Code of Canada. See www.justice.gc.ca for more information.

Disclosure

It is suggested that teachers review the Ontario Child and Family Services Act as well as their school board's disclosure policy. Please refer to:

<http://www.children.gov.on.ca/htdocs/English/childrensaidthereportingabuse/abuseandneglect.aspx>

Additional Resources

Consultations with Toronto Public Health Sexual Health Promoters can be arranged through your school's liaison Public Health Nurse, or by contacting Toronto Health Connection at 416-338-7600 or publichealth@toronto.ca.

Pamphlets and birth control demonstration samples can also be ordered through Toronto Public Health at 416-338-7600 or publichealth@toronto.ca.

Students may not have had comprehensive puberty education in grades 5 and 6. Toronto Public Health puberty resources are available at www.toronto.ca/health/sexualhealth.

The TDSB Catalogue (<https://tdsb.insigniaails.com/Library/Home>) has puberty resources and birth control kits available.

The Ontario Physical and Health Education Association (Ophea)'s Health & Physical Education (H&PE) Curriculum Resources (<https://teachingtools.ophea.net/lesson-plans/hpe>) also offer many activities.

Promotional materials from corporate organizations may be helpful, but often have a focus on menstruation, sometimes not including information on self-pleasuring, sexual orientation and gender identity, fertility, and other topics that are covered in this Toronto Public Health resource.