



This checklist is intended to provide parents with guidelines around what to teach their children and when. Saleema Noon Sexual Health Educators endeavor to cover all topics in **bold** during their presentations to elementary school children.

PRESCHOOL CHECKLIST (K-Gr.1)

Your preschooler needs to know:

- That they have ownership of their bodies**
- Scientific words related to sexual health**
- That reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse. There are many different ways that families are formed, all families are unique.**
- That the baby grows in the uterus (not the stomach)**
- That the baby is usually born through the vagina**
- Not to pick up condoms or needles**

PRIMARY CHECKLIST (Gr.2-3)

Your primary child needs to know everything preschoolers need to know, plus:

- The basics about menstruation (periods) and nocturnal emissions (wet dreams) as clean and healthy processes**

INTERMEDIATE CHECKLIST

(Gr. 4-5)

Your intermediate child needs to know everything the previous age groups have learned, plus:

- The responsibilities that come with the decision to be in a sexual relationship**
- Basic information about sexually transmitted infections (STIs)**
- The different ways that families are formed, and that all families (single parent, blended, divorced, gay, adoptive) are deserving of respect**
- That homophobic language, jokes and attitudes are unacceptable**
- All about physical and emotional changes at puberty**

Parents should also discuss the following topics:

- Smart decision-making and safety on the internet (including discussion of pornography)
- Media literacy

(Gr. 6-7)

- Sexual consent**
- Smart decision-making and safety on the internet**
- Different types of sexual activity and the responsibilities that come with each**
- Understanding personal sexuality-related values, beliefs and boundaries**
- Recognizing that most teens are not sexually active**
- Further discussion of STIs and prevention**
- Gender stereotypes, homophobia and transphobia**
- The importance of taking responsibility of one's health (ie. testicular self-examinations)**

ADOLESCENT CHECKLIST (Gr. 8-12)

Your adolescent child needs to know everything the previous age groups have learned, plus:

- The proper use of contraceptive devices, and their rates of effectiveness**
- Availability and access to community sexual health resources**
- An understanding of healthy vs. unhealthy relationships**
- An understanding of their personal sexuality-related values and boundaries**
- Effective relationship and communication skills**
- Effective boundary-setting and assertiveness skills**
- Confidence when going to a doctor, what to expect during a pelvic examination**

THE SEXUALLY MATURE ADULT

- Has a respect and understanding for society's laws, boundaries and taboos around sexuality**
- Makes sexuality-related decisions based not only on accurate information, but on respect for oneself and others involved, and on one's personal, religious and cultural beliefs and values**
- Has no physical or emotional exploitation in his/her intimate relationships**
- Does the self-examinations our doctors expect us to (breast every month, testicular every week)**

Smart decisions start here.

t 604.418.9417
e saleema@saleemanoon.com
w www.saleemanoon.com

