sexual health education checklist
This checklist is adapted from Saleema Noon’s book for parents, *Talk Sex Today*. It is intended to be a guide for parents to know what to teach their children and when.

**preschool checklist - p to gr.1**

Your preschooler needs to know:

- the three private parts of the body: mouth, breasts, and genitals,
- that they have ownership of their bodies (basics of consent),
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus),
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse,
- that the baby grows in the uterus (not the stomach),
- that the baby is usually born through the vagina,
- that families are formed in different ways and are all unique,
- not to pick up condoms or needles.

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- basics about gender stereotypes,
- basics about periods and wet dreams.

**primary checklist - gr.2-3**

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

- the basics about periods and wet dreams as clean and healthy processes.

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- more about body and emotional changes during puberty.

**books for preschool & primary children**

- *Sex is a Funny Word*. By Cory Silverberg, published by Seven Stories Press.
- *What’s the Big Secret? Talking about sex with girls and boys*. By Laurie and Marc Brown, published by Little.
- *It’s Not the Stork!* By Robie Harris, published by Candlewick Press.
- *It’s So Amazing!* By Robie Harris, published by Candlewick Press.
- *Julian is a Mermaid*. By Jessica Love, published by Walker Books Ltd.
- *Consent (for Kids!!): Boundaries, Respect, and Being in Charge of YOU*. By Rachel Brian, published by Little, Brown Books for Young Readers
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),
• more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect,
• that homophobic and transphobic language, jokes, and attitudes are unacceptable,
• all about physical and emotional changes at puberty,
• basic assertiveness skills,

Bonus points (will not be covered in Body Science presentations due to limitations in time):

• skills that foster a healthy body image,
• digital and media literacy (including pornography),
• how to act responsibly and stay safe on the Internet.

intermediate checklist - gr.6-7

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

• smart decision making regarding social media, including discussion of cyber-bullying, sexting, and selfies,
• how to think critically about pornography,
• more about sexual consent in the context of relationships,
• how to think critically about gender stereotypes,
• what makes for a healthy relationship,
• factors to consider when exploring emotional readiness for a sexual relationship,
• the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy,
• that most teens are not sexually active,
• about condoms and emergency contraception (EC) use,
• the importance of taking responsibility of one’s health (for example, testicular self-examinations) and where to go for confidential support.

books for children in puberty

• The Care and Keeping of You and other American Girl Series for girls aged 8 and up.
• What’s Happening to Me? Published by Usborne Books. www.usborne.com
• Go with the Flow. By Lily Williams and Karen Schneemann, published by First Second.
adolescent checklist - gr.8-12

Your teen needs to know everything the previous age groups have learned. They should also know:

• about sexual consent and how to express their boundaries assertively
• how to cope with a break-up
• about the proper use of condoms, oral contraception, and IUDs
• about STI and pregnancy myths
• about the availability of and have access to community sexual health resources
• pregnancy options
• what to expect during a sexual health examination

They should also have:

• a deeper understanding of healthy versus unhealthy relationships
• relationship and sexual decision-making skills, as well as effective communication skills
• safety agreements for going to parties

And they should understand:

• the pressure placed on teens to be sexually active
• their personal sexuality-related values and boundaries
• the impact of our hyper-sexualized society

books for teens


websites for teens

• scarleteen.com
• optbc.org
• blush.vch.ca
• sexandu.ca
• goaskalice.com
• iwannaknow.org
• lacigreen.tv
• qmunity.ca
• periodaisle.com
books for parents

- **Talk Sex Today.** By Saleema Noon and Meg Hickling, published by Wood Lake.
- **Queen Bees and Wannabes.** By Rosalind Wiseman, published by Three Rivers Press.
- **Beyond Birds and Bees.** By Bonnie J. Rough, published by Seal Press.

books celebrating diverse families

- **Love Makes a Family.** By Sophie Beer, published by Hardie Grant Egmont.
- **The Different Dragon.** By Jennifer Bryan, published by Two Loves Publishing.
- **Molly’s Family.** By Nancy Garden, published by Straus and Giroux.
- **My Family, Your Family.** By Lisa Bullard, published by Millbrook Press.
- **And Tango Makes Three.** By Justin Richardson, published by Simon & Schuster Books for Young Readers.
- **Mommy, Mama, and Me and Daddy, Papa, and Me.** By Leslea Newman, published by Tricycle

websites for kids

- amaze.org
- sexedschool.ca
- kidshealth.org

websites for parents

- optbc.org
- scarleteen.com
- sexandu.ca
- urbandictionary.com
- teachingsexualhealth.ca
- sexpositivefamilies.com
- sexedrescue.com
- birdsandbeesandkids.com
- beheroes.net

on safety

- mediasmarts.ca
- commonsensemedia.com
- safeonline.ca
- kidsafe.ca
- kidshelpphone.ca
- cyberbullying.ca
- lifecake.com
- mediatedreality.com

on empowerment

- newmoon.org
- solegirls.org
- safeteen.ca
- boyzlife.com
- pinkshirtday.ca
- goodmenproject.com
- amysmartgirls.com
- gday.world