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 grade 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 (grades 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 k to grade 3 body scientists

- **Boys, Girls and Body Science.** By Meg Hickling, published by Harbor Publishing.
- **What Makes a Baby?** By Cory Silverberg, published by Triangle Square.
- **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.
- **Making a Baby.** By Rachel Greener, published by Dial Books, published by CreateSpace.
- **It Isn’t RUDE to be NUDE.** By Rosie Haine, published by Tate.
- **Zak’s Safari: A Story about Donor-Conceived Kids of Two-Mom Families.** By Christie Tyner, published by CreateSpace.
- **Julian is a Mermaid.** By Jessica Love, published by Walker Books Ltd.
- **I am Jazz.** By Jessica Herthel, published by Dial Books.
- **The Different Dragon.** By Jennifer Bryan, published by Two Loves Publishing.
- **Molly’s Family.** By Nancy Garden, published by Straux and Giroux.
- **Red: A Crayon’s Story.** By Michael Hall, published by Greenwillow Books
- **Consent (for Kids!): Boundaries, Respect, and Being in Charge of YOU.** By Rachel Brian, published by Little, Brown Books for Young Readers
- **C is for Consent.** By Eleanor Morrison, published by by Phonics with Finn.
intermediate checklist (grades 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 (grades 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.

websites for body scientists

- amaze.org
- everybodycurious.com
- kidshealth.org
- youtube.com/popnolly
books for grades 4 to 7 body scientists

- **Sex is a Funny Word.** By Cory Silverberg, published by Seven Stories Press.
- **You Know, Sex.** By Cory Silverberg, published by Triangle Square (coming October 2021).
- **The Care and Keeping of You** and other American Girl Series for girls aged 8 and up.
- **It’s Perfectly Normal: Changing Bodies, Growing Up and Sexual Health.** By Robie H. Harris, published by Candlewick Press.
- **Puberty is Gross But Also Really Awesome!** By Gina Loveless, published by Rodale Kids.
- **Positive Sexuality: A Kid’s Inclusive Guide to Being Body Aware.** By Sara Perry, independently published.
- **What’s Happening to Tom?: A Book about Puberty for Boys and Young Men with Autism and Related Conditions.** By Kate E. Reynolds, published by Jessica Kingsley.
- **What’s Happening to Ellie?: A Book about Puberty for Girls and Young Women with Autism and Related Conditions.** By Kate E. Reynolds, published by Jessica Kingsley.
adolescent checklist (grades 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


• Can We Talk about Consent? By Justin Hancock, published by Frances Lincoln.


• How to Understand your Gender. By Alex Iantaffi and Meg-John Barker, published by Jessica Kingsley.


websites for teens

• scarleteen.com
• optbc.com
• blush.vch.ca
• sexandu.ca
• goaskalice.com
• iwannaknow.org
• qmunity.ca
• periodaisle.com
• plannedparenthood.com/learn/roo-sexual-health-chatbot
• transstudent.org
• lovesexrelationships.edu.au
books for parents

- **Talk Sex Today.** By Saleema Noon and Meg Hickling, published by Wood Lake.
- **Sex Positive Talks to Have with Kids.** By Melissa Pintor Carnagey, independently published.
- **Beyond Birds and Bees.** By Bonnie J. Rough, published by Seal Press.
- **Sex Q and A.** By Erin Brown and Erica Smith, independently published.

podcasts for parents

- **Growing Up Game Plan: The Podcast, with Saleema Noon**
- **Sitting In a Car, with Sarah Sproule**
- **Six Minute Sex Ed, with Kim Cavill**
- **On Boys, with Jo Langford**
- **The Puberty Prof, with Lori Reichel**

websites for parents on sexual health

- sexpositivefamilies.com
- amaze.org
- nadinethornhill.com/youtube
- sarahsproule.com
- outspokeneducation.com
- sexandu.ca
- teachingsexualhealth.ca
- plannedparenthood.org
- consentparenting.com
- optbc.org
- shift-education.com
- yestess.ca
- sexedrescue.com
- birdsandbeesandkids.com
- amazingme.com.au
- scarleteen.com
- urbandictionary.com
- kidshelpphone.ca
- guerillasexed.org

on internet safety

- commonsensemedia.org
- beheroes.net
- mediasmarts.ca
- mediatedreality.com
- safeonline.ca

on gender and diversity

- youtube.com/popnolly
- gmunity.ca
- pflagcanada.ca
- genderspectrum.org