

Human Development and Sexual Health



Understanding Healthy Concepts

C1.3 Delaying sexual activity

Presentation:

Growth and Development - This 1 hour 20 minute session, presented by a Public Health Nurse covers:

- Benefits and Dangers - technology (personal safety - internet, sexting, etc.)
- Delaying Sexual Activity (abstinence, healthy relationships)
- STI's (transmission, diagnosis, treatment, bacterial vs. viral, prevention and protection)
- STI and pregnancy prevention (various methods of contraception, condom use and application, etc)
- Sexual Health and Decision Making (healthy and unhealthy relationships, consent, maturity, responsibility)
- Relationship changes at puberty (privacy, interest in opposite sex, etc.)

C1.4 Sexual Transmitted infections (STIs)

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C1.5 STI and pregnancy prevention

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Making Healthy Choices

C2.4 Sexual Health and decision making

Program:

My Friends – Youth skills for Life -

My Friends Youth Skills for Life is designed to teach youth important emotional and social skills that they can apply to their daily lives. These skills build resilience which protects individuals against stress and enables them to meet the challenges of difficult situations.

To offer this program in a classroom there needs to be a commitment for a 40 – 60 minute class each week for 7 – 10 weeks. Classroom teachers play an important collaborative role by reinforcing the lessons learned each week. Therefore, their presence and involvement during the sessions are encouraged. Resources will be provided for classes to use between sessions. When able, individual classroom needs will be adapted into the program.

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Making Connections for Healthy Living

C3.3 Relationship changes at puberty

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