

Human Development and Sexual Health



Understanding Healthy Concepts

C1.4 Decisions about sexual activity & supports

Presentation:

This 1 hour 20 minute session, presented by a Public Health Nurse covers:

- Decisions about sexual activity; supports (sexting, abstinence, maturity, responsibility, personal goals, education, etc. - CK public health clinic services)
- Gender identity, sexual orientation, self-concept (transgender concepts, gender reassignment surgery, hormone therapy, respect, personal feelings about sexuality and how one identifies internally versus external appearance, etc.)
- Decision making, contraception (consent, various methods - pills, patch, ring, injection, IUS/IUD, condom use and application)
- Relationships and intimacy (healthy vs unhealthy relationships, respect, trust, etc.)

C1.5 Gender identity, sexual orientation & self-concept

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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.

Making Healthy Choices



C2.4 Decision making, contraception

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Making Connections for Healthy Living

C3.3 Relationships & intimacy



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