



Grade 4-5 Sexual Wellness Sessions by Ok SWEET

Okanagan Sexual Wellness Education & Empowerment Tools

Your child will be learning about the anatomy and physiology of the reproductive system, genital development, puberty changes, gender, and reproduction.

Terms explored:

vulva	penis
clitoris	glans
labia	scrotum
cervix	epididymis
urethra	anus
fallopian tube	vas deferens
vagina	prostate gland
eggs	sperm
ovaries	testicles
uterus	foreskin

Puberty is the process of a child's body changing into an adult's body capable of reproduction. Changes that occur in all bodies: hormones are released, nose/feet/hands grow first, growth spurts, chest growth, voice changes, skin changes, body odour, hair growth & darkening, mood changes, and crushes. Bodies assigned-female-at-birth start menstruating (periods) while bodies-assigned-male-at-birth have more frequent erections and nocturnal emissions (wet dreams). We'll review ways to handle all these changes.

Reproduction means to make again; humans make new humans through sexual reproduction after going through puberty. Families are made in many ways when a sperm and egg combine inside or outside the body, through adoption or fostering. Bodies are assigned sex based on appearance of genitals at birth: male, female, or intersex.

While sex is assigned at birth, gender is the expectations for males/females to dress, behave or express themselves in a given society. We will explore how everyone is unique and some people don't follow cultural gender rules. It's ok to cry and like pink as a boy, or to be assertive and like cars as a girl. Freedom of expression allows us to be the best version of ourselves.

Your child will be encouraged to review the information they learned with you. This is an opportunity for you to discuss your family values as they relate to the terms used and discussed.

Your ability to be the trusted adult in your child's life will help them weather the turbulent years of puberty and adolescence. As they grow into young adults, you are ideally able to be a source of accurate information and support. I encourage you to continue dialogue regarding sexual wellness and approach this content positively and scientifically. Kids who have more knowledge are more likely to delay their sexual debut, be safer when they do start engaging in sexual activity and are more likely to have healthy relationships free from assault, coercion and exploitation when they are ready and in alignment with their values.

Online Resources to help support your family:

www.sexsense.org OR call 1800 SEX SENSE

www.scarleteen.com

www.amaze.org

everybodycurious.com

Your local library has so many puberty books. Any book to have lying around is helpful! Here's a couple suggestions:

It's Perfectly Normal by Robie Harris & Michael Emberley

Sex is a Funny Word by Cory Silverberg

Puberty is Gross and Also Really Awesome by Gina Loveless

So That's What's Happening by Gina Dawson

If you need any more assistance or would like information on more content, contact:

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