



Grade 6-7 Sexual Wellness Leaflet by Ok SWEET

Okanagan Sexual Wellness Education & Empowerment Tools

Your child will be learning about the reproductive system, puberty changes, relationships, consent, body safety and accessing accurate health resources. This information is required to be delivered by BC curriculum standards in Physical and Health Education.

<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

Topics of exploration are as follows:

- Reproductive Anatomy & Physiology
- Puberty Changes & Coping Skills
- Bodily Autonomy & Consent
- Healthy Relationship Components
- Sexual Orientation terminology
- Gender Identity terminology
- Sexually Transmitted Infections
- Contraception
- Resources and Safety

Your child has been encouraged to review this information with you. This is an opportunity for you to discuss your family values as they relate to the terms used and discussed. It is also an opportunity to encourage your child to share what they learned with you so you can gain some valuable knowledge yourself.

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 and sexual experiences free from assault, coercion, and exploitation.

Online Resources to help support your family:

www.sexsense.org OR call 1800 SEX SENSE

www.scarleteen.com

www.amaze.org

<https://everybodycurious.com/>

Your local library has so many puberty and sexual health books to check out. Any book to have lying around are helpful! A few suggestions:

It's Perfectly Normal by Robie Harris & Michael Emberley

Let's Talk About Sex by Robie Harris & Michael Emberley

Sex is a Funny Word by Cory Silverberg

Puberty is Gross and Also Really Awesome by Gina Loveless

The Every Body Book: The LGBTQ+ Inclusive Guide for Kids About Sex, Gender, Bodies, Families by Rachel E. Simon

Wait, What? By Heather Corinna

You Do You by Sarah Mirk

Some great books for parents to navigate these topics:

- *Talk to Me First* by Deborah Roffman
- *For Goodness Sex: Changing the Way We Talk to Teens about Sexuality, Values and Health* by Al Vernachio
- *Talk Sex Today* by Saleema Noon and Meg Hickling

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

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