

AN INTRODUCTION TO SEXUAL EDUCATION



GROUND RULES
OVERVIEW
CLASSROOM
DISCUSSIONS

GROUND RULES

- 1. Show and Give Respect**
- 2. Confidentiality**
(Exception: Dangerous Behaviors)
- 3. Openness**
(Avoid using names in stories)
- 4. Right to Pass**
- 5. Non-Judgmental**
- 6. Sensitive to Background**
- 7. Have Fun!**

A checklist graphic with three items. The first item has a red checkmark in a box, and the other two have empty boxes. Each item has a horizontal line to its right.

TOPICS TO STUDY

- **Sex, Reproduction and Consent**
- **Growing a Baby**
- **Birth Control and STI's**



Reproduction Overview

During puberty, the male and female genitals mature to facilitate reproduction. Females produce an egg during ovulation, that can become fertilized by the male sperm during sexual intercourse.

Male and Female Reproductive Anatomy



Reproduction Overview

People can reproduce, or make babies, once they start periods and ejaculation. But most people wait until they are much older. Why?

- Most young people are not emotionally, educationally, or financially ready to parent.
- Most young people do not want to have to take care of another person.
- Most young people want to interact with friends and continue to gradually take on responsibilities as they get older.
- In Canada, people have the right to make their own decisions about if they want to have a baby, when they want to have a baby, and how many babies they want.
- Access to birth control and abortion allows people to have control over their reproductive choices.

Consent

Sexual activity includes kissing, sexual touching, and sex (anal, oral, hand or vaginal).

- Consent means people agree to participate in a sexual activity and understand what they are agreeing to.
- Consent is the foundation of healthy sexual relationships and is needed for every sexual activity, every time.



PRESSURING
SOMEONE DOES NOT
MEAN YOU HAVE
CONSENT



What does it mean to give consent?

- Consent is voluntary, affirmative, freely given and part of an ongoing conversation about mutual agreement to do something.
- Consent cannot be assumed or implied by silence, previous sexual history, or clothing.
- Permission to do any type of sexual activity needs to be asked for and clearly given before proceeding.
- Any sexual activity without consent is sexual assault.
- A person can only consent to activities if they are aware of the risks. If the risks are hidden, a person cannot consent as they don't have all the information.
- Sexual assault can happen to anyone of any gender or age and be committed by anyone of any gender or age.



Canadian Law

According to Canadian law, the age of consent is 16. This is the age when a person can legally agree to sexual activity. Age of consent laws apply to all forms of sexual activity, ranging from kissing and fondling to sexual intercourse.

There are “close in age” exceptions to this law.

- 14- and 15-year-olds can consent to sexual activity if the partner is less than 5 years older.
- 12- and 13-year-olds can consent to sexual activity if the partner is less than 2 years older.

Consent cannot be given by anyone under 18 if the:

- other person is in a position of authority (e.g., teacher, coach, or employer)
 - sexual activity is exploitative (e.g., pornography, prostitution, or trading sex for safety)



Canadian Law

Children younger than 12 cannot consent to any type of sexual activity.

Having sex or sexual activities with a child younger than 12 is against the law and is sexual abuse.

A child who is abused or assaulted is never at fault nor the one who has done something illegal.



Fertilization

- **The Reproduction process begins when the sperm meets the eggs and implants in the uterus.**



Growing a baby: The First Trimester

0-4 weeks

- Baby is called an embryo
- About 6 mm long, or about the size of a grain of rice
- Placenta, amniotic sac begin to form
- Early structures of the brain begin to form



Growing a baby: The First Trimester

5-8 weeks

- Embryo is about 2.5 cm long, weighs less than a grape
- Heart starts beating
- Head, brain, internal organs, and teeth are beginning to develop
- Arm and leg buds beginning to show
- Spine starts to show, bones begin growing



Growing a baby: The First Trimester

9-13 weeks

- Baby is now called a fetus
- About 7.6 cm long and weighs about as much as a tube of lipstick
- Eyes, ears, nose, and mouth have formed
- Hands, fingers, and toes have formed
- Sex organs (penis, vagina etc.) have formed
- Fetus can suck their thumb
- Brain cells are growing very quickly



Growing a baby: The First Trimester



Growing a baby: The Second Trimester

13-18 weeks

- Fetus is about 12.5 cm long and weighs about 90 g
- Hair and eyebrows are beginning to grow
- Fingernails and toenails are developed
- Fetus can hear sounds



Growing a baby: The Second Trimester

19-22 weeks

- Fetus is growing longer quickly, is about 25 cm long by 22 weeks and weighs about 250 g
- Fetus kicks, twists, and turns, is often most active when pregnant person is sitting still
- Fetus can grasp and suck



Growing a baby: The Second Trimester

23-26 weeks

- Weighs around 1 kg and is about 32 cm long
- Fetus can hiccup
- Eyelids can open and close
- Fetus has fingerprints



Growing a baby: The Second Trimester



Growing a baby: The Third Trimester

26-31 weeks

- The brain has formed billions of brain cells
- Eyes have eyelashes and eyebrows
- Fetus moves a lot, and other people can see/feel this movement from the outside



Growing a baby: The Third Trimester

32-35 weeks

- Fetus is about 46 cm long and weighs about 2.5 kg
- Fat layers building up under the skin to stay warm after birth
- Some immunity to diseases given by mother's body



Growing a baby: The Third Trimester

36-40 weeks

- Fetus is about 55 cm long and weighs about 2.7- 4 kg
- Skin is pinker and less wrinkled
- Lungs are ready to breathe air after 37 weeks
- Fingernails can scratch their skin



Growing a baby: The Third Trimester



Miscarriage

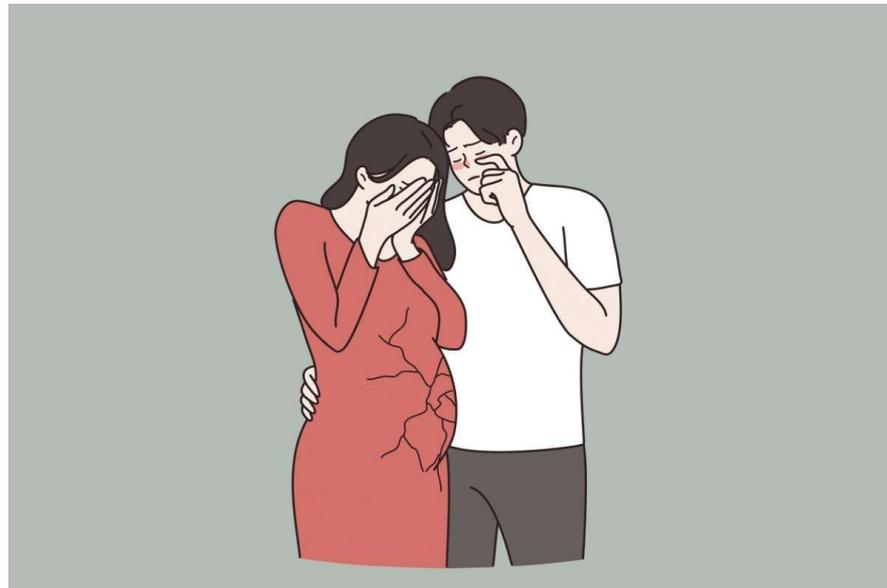
Miscarriage is the loss of a fetus before 20 weeks of pregnancy. About 15-20% of pregnancies end in miscarriage, most often during the first 8 weeks of pregnancy. After the first trimester, the risk of miscarriage drops to about 3%. Most of the time, no one knows why a miscarriage happens.

Some possible reasons include:

- A problem or abnormality in the fetus
- Problems with the cervix or uterus
- Hormonal problems
- Infections
- Using tobacco products, drinking alcohol or drug use
- Abdominal trauma

Miscarriage

When a pregnancy ends in miscarriage it can be a very emotional time for all members of the family. Feelings of fear, anxiety, anger, and grief are common. Some families are open about having had a miscarriage and others are not.



Still Birth

Still birth is the death of a fetus after 20 weeks of pregnancy but before birth. This can happen during pregnancy or labour. Many times, the reason for the stillbirth is not known.

Like a miscarriage, a stillbirth is a very emotional time for a family. Feelings of fear, anxiety, anger, and grief are common. Some families are open about having had a stillbirth and others are not.



Class Discussion



Before and during pregnancy, what can help a person be as healthy as possible?

Class Discussion



Before and during pregnancy, what can help a person be as healthy as possible?

- Regular check-ups with a health care provider
- A healthy diet that follows Canada's Food Guide
- Balance of rest and exercise
- Being a healthy weight
- Using healthy coping strategies to deal with stress
- Taking daily multivitamin/prenatal vitamins with folic acid (pregnant person only)

Class Discussion



Why does a healthy lifestyle before pregnancy impact a future baby?

Class Discussion



Why does a healthy lifestyle before pregnancy impact a future baby?

A teratogen is anything a person is exposed to or ingests during pregnancy that's known to cause fetal abnormalities. Drugs, medicine, chemicals, certain infections and toxic substances are examples of teratogens. Teratogens can also increase the risk for miscarriage, preterm labor or stillbirth.

- A healthy lifestyle will lower the likelihood of teratogens being present during the early weeks of pregnancy, before most people even know they are pregnant.

Class Discussion



Before pregnancy, what are some things that can affect the health of a future baby by affecting the development of eggs and/or sperm?

Class Discussion



Before pregnancy, what are some things that can affect the health of a future baby by affecting the development of eggs and/or sperm?

- Tobacco use and exposure to second hand smoke
- Alcohol use
- Use of cannabis or other drugs
- Excessive heat (sperm only)
- Some sexually transmitted infections

Class Discussion



During pregnancy, what are some things that can negatively affect the development of the baby in the uterus?

Class Discussion



During pregnancy, what are some things that can negatively affect the development of the baby in the uterus?

- Smoking/vaping (first or second hand smoke) or tobacco use
- Alcohol
- Cannabis or other drug use
- Poor nutrition
- Lack of folic acid
- Excessive stress
- Environmental conditions (e.g., air pollution, chemicals)

Class Discussion



How does a person find out they are pregnant?

Class Discussion



How does a person find out they are pregnant?

The person can buy a pregnancy test and take it at home. The person pees on the pregnancy test stick. The hormones that are part of pregnancy make the test show “positive”. If the person is not pregnant, they will not have the pregnancy hormones and the test will show “negative”.

- Some people visit their doctor, midwife, or other health care provider to confirm the test.



Who Else Can Help?



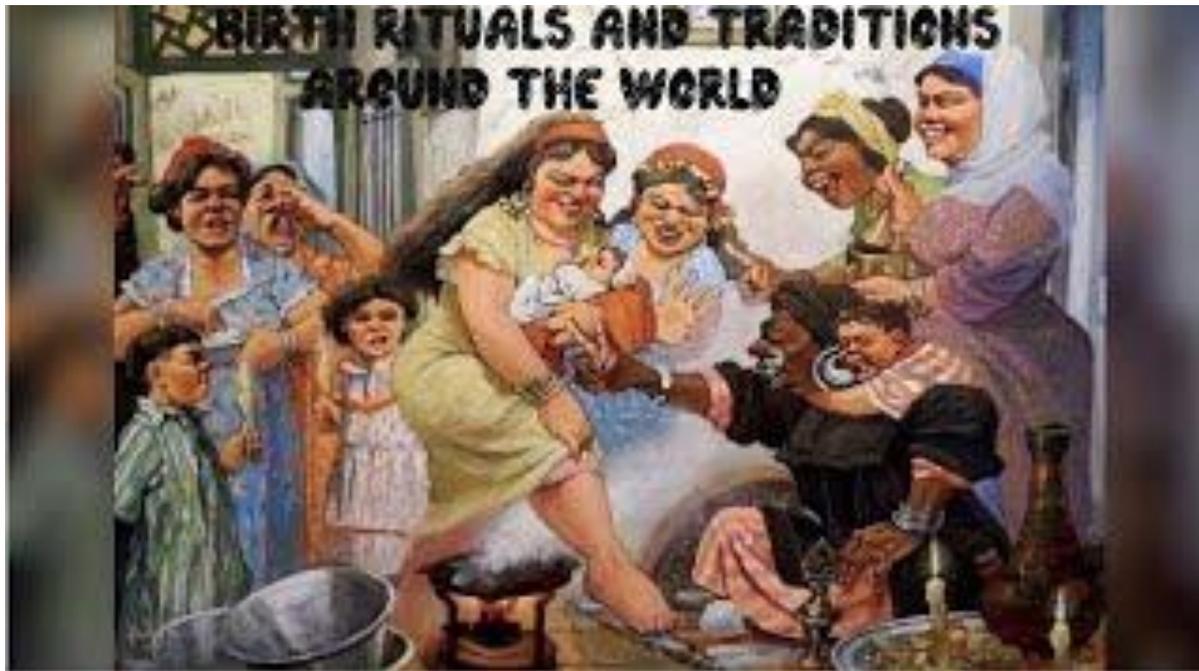
Reproductive health information can be provided by credible sources, such as

- parents and caregivers
- health professionals
- teachers
- spiritual leaders
- Knowledge Keepers
- Elders

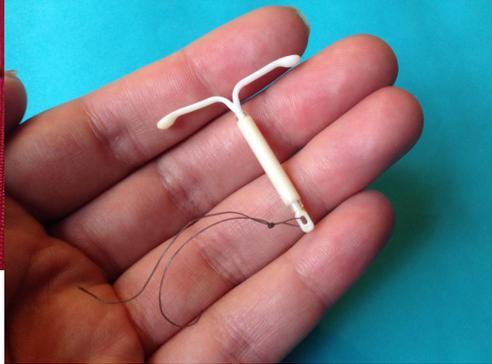
Cultural Practices



There are diverse traditional, cultural, and religious beliefs regarding reproductive health.



Birth Control



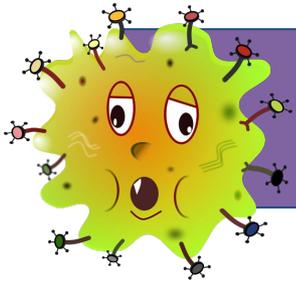
Pregnancy Prevention

Prevention

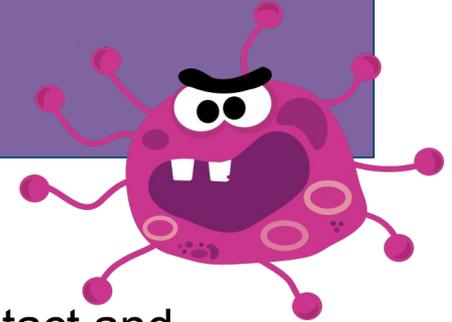
The only sure way to avoid pregnancy is to abstain from any activity where a penis or semen are near the vaginal area (including anal and vaginal sex or penis/vaginal touching).

Aside from abstinence, these strategies can reduce risk of pregnancy:

- Delay sex
- Correctly and consistently using dual protection (condom plus another method of birth control increases contraceptive effectiveness and also reduces risk for STBBIs)
- Clear communication with partners about intentions, limits, and safer sex



STI and STBBI



What is an STI?

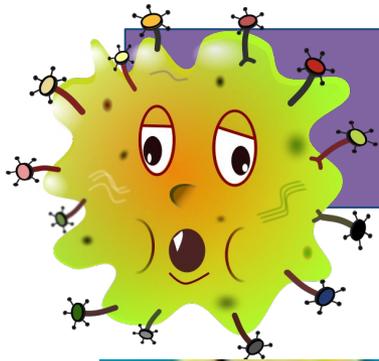
- STIs are infections spread primarily by close sexual contact and sexual intercourse. Sexual contact means any intimate skin-to-skin contact in the genital area. This includes touching or oral, vaginal, or anal sexual activity with partners of any gender. Examples include chlamydia, gonorrhea, syphilis, and HPV.



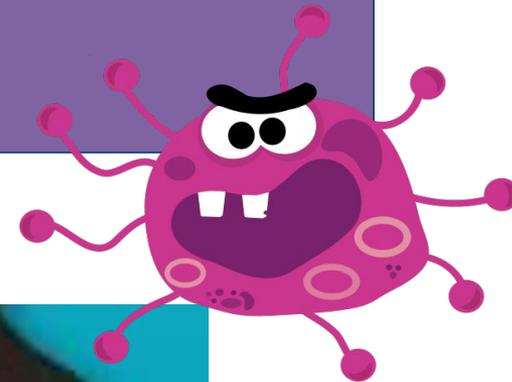
What is a BBI?

- Blood-borne infections are passed from one person to another through an exchange of blood and other body fluids.
- Examples include HIV, hepatitis B and hepatitis C.

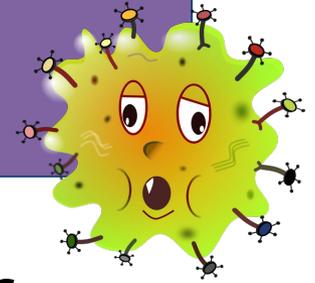
Together these infections are referred to as **STBBIs**. Most STBBIs don't have any symptoms. You can't tell if someone has an STBBI by looking at them.



STI and STBBI

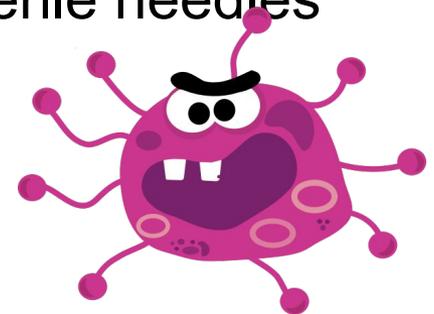


STI and STBBI



What can a person do to reduce their risk for STBBIs?

- Get vaccinated for hepatitis B and HPV
- Abstain from sex and sexual contact
- Use condoms/dental dams for all sexual activity
- Limit the number of sexual partners
- Go for STI testing and complete any treatment as needed
- Get piercings and tattoos only from reputable places that clean and sterilize all equipment and use only sterile needles



Abstinence

What is abstinence?

- Abstinence can mean different things to different people. For some, it means having no sexual contact with other people. For others, it could mean having limited contact, allowing some sexual activities, but not vaginal sex.
- People can choose abstinence at any time, even if they have had sex in the past. Many young people choose abstinence at this age as they don't feel ready for sex.

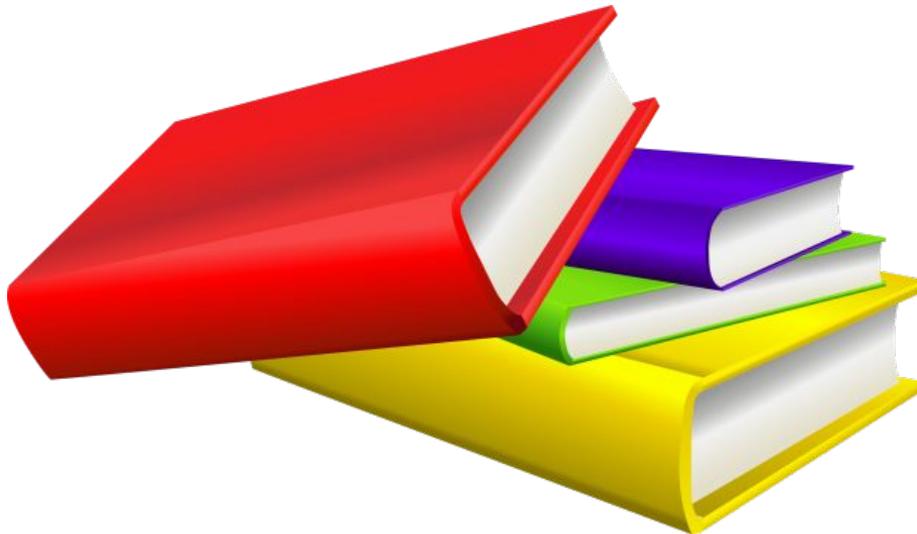
Abstinence

- Many people choose abstinence as a way of reducing the risk of STI transmission and unintended pregnancy.
- Abstinence is often referred to as being 100% safe, meaning that it completely eliminates the risk of STIs and unintended pregnancy. This is only true if the definition includes eliminating any intimate sexual behaviour involving skin to genital (including oral and anal sex), genital to genital or body fluid to genital contact.

Abstinence

- Pregnancy can also occur without vaginal sex if sperm is ejaculated near the entrance of the vagina during sexual touching.
- Oral sex and anal sex are forms of sex and carry the same risks of STIs as vaginal sex. An infection could spread to the area that has been in contact (e.g., anus, mouth, penis, vulva, vagina).

References



Slide material and handouts:

<https://teachingsexualhealth.ca/teachers/grade/grade-6/>