



# sexual health education checklist

This checklist is adapted from Saleema Noon's book for parents, *Talk Sex Today*. It is intended to be a guide for parents to know what to teach their children and when.

## *preschool checklist - p to gr.1*

Your preschooler needs to know:

- the three private parts of the body: mouth, breasts, and genitals,
- that they have ownership of their bodies (basics of consent),
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus),
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse,
- that the baby grows in the uterus (not the stomach),
- that the baby is usually born through the vagina,
- that families are formed in different ways and are all unique,
- not to pick up condoms or needles.

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- basics about gender stereotypes,
- basics about periods and wet dreams.

## *primary checklist - gr.2-3*

Your primary child needs to know everything preschoolers need to know, plus:

- the basics about periods and wet dreams as clean and healthy processes.

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- more about body and emotional changes during puberty.

## *books for preschool & primary children*

- **Boys, Girls and Body Science.** By Meg Hickling, published by Harbor Publishing.
- **Sex is a Funny Word.** By Cory Silverberg, published by Seven Stories Press.
- **What Makes a Baby?** By Cory Silverberg, published by Triangle Square.
- **The Very Touching Book.** By Jan Hindman, published by Alex Andria Association.
- **What's the Big Secret? Talking about sex with girls and boys.** By Laurie and Marc Brown, published by Little.
- **It's Not the Stork!** By Robie Harris, published by Candlewick Press.
- **It's So Amazing!** By Robie Harris, published by Candlewick Press.
- **Julian is a Mermaid.** By Jessica Love, published by Walker Books Ltd.
- **I am Jazz.** By Jessica Herthel, published by Dial Books.
- **Red: A Crayon's Story.** By Michael Hall, published by Greenwillow Books
- **Consent (for Kids!): Boundaries, Respect, and Being in Charge of YOU.** By Rachel Brian, published by Little, Brown Books for Young Readers

## *intermediate checklist - gr.4-5*

Your intermediate child needs to know everything the previous age groups have learned, plus:

- the responsibilities that come with the decision to be in a sexual relationship,
- basic information about sexually transmitted infections (STIs),
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect,
- that homophobic and transphobic language, jokes, and attitudes are unacceptable,
- all about physical and emotional changes at puberty,
- basic assertiveness skills,

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- skills that foster a healthy body image,
- digital and media literacy (including pornography),
- how to act responsibly and stay safe on the Internet.

## *intermediate checklist - gr.6-7*

Your intermediate child needs to know everything the previous age groups have learned, plus:

- smart decision making regarding social media, including discussion of cyber-bullying, sexting, and selfies,
- how to think critically about pornography,
- more about sexual consent in the context of relationships,
- how to think critically about gender stereotypes,
- what makes for a healthy relationship,
- factors to consider when exploring emotional readiness for a sexual relationship,
- the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy,
- that most teens are not sexually active,
- about condoms and emergency contraception (EC) use,
- the importance of taking responsibility of one's health (for example, testicular self-examinations) and where to go for confidential support.

## *books for children in puberty*

- **The Care and Keeping of You** and other American Girl Series for girls aged 8 and up.
- **Wait, What? A Comic Book Guide to Relationships, Bodies and Growing Up.** By Heather Corinna, published by Limerence Press.
- **The Body Book for Boys.** By Grace Norwich, published by Scholastic.
- **The Boy's Body Book: Everything You Need to Know for Growing Up You.** By Kelli Dunham, published by Applesauce Press.
- **It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health.** By Robie H. Harris, published by Candlewick Press.
- **Puberty Boy.** By Geoff Price, published by Allen and Unwin.
- **Puberty Girl.** By Shushann Movsessian, published by Allen and Unwin.
- **What's Happening to Me?** Published by Usborne Books. [www.usborne.com](http://www.usborne.com)
- **Go with the Flow.** By Lily Williams and Karen Schneemann, published by First Second.

# adolescent checklist - gr.8-12

Your teen needs to know everything the previous age groups have learned. They should also know:

- about sexual consent and how to express their boundaries assertively
- how to cope with a break-up
- about the proper use of condoms, oral contraception, and IUDs
- about STI and pregnancy myths
- about the availability of and have access to community sexual health resources
- pregnancy options
- what to expect during a sexual health examination

They should also have:

- a deeper understanding of healthy versus unhealthy relationships
- relationship and sexual decision-making skills, as well as effective communication skills
- safety agreements for going to parties

And they should understand:

- the pressure placed on teens to be sexually active
- their personal sexuality-related values and boundaries
- the impact of our hyper-sexualized society

## books for teens

- **S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College.** By Heather Corinna, published by Da Capo Press.
- **The Guy Book: A User's Manual.** By Mavis Jukes, published by Crown Books for Young Readers.
- **Our Bodies, Ourselves.** By Boston Women's Health Book Collective, published by Simon and Schuster.
- **Girl Up: Kick ass, claim your woman card and crush everyday feminism.** By Laura Bates, published by Simon and Schuster.
- **Consent: The New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships.** By Dr. Jennifer Lang, published by Althea Press.
- **Girl: Love, Sex, Romance, and Being You.** By Dr. Karen Rayne, published by Magination Press.
- **Trans+: Love, Sex, Romance, and Being You.** By Dr. Karen Rayne, published by Magination Press.

## websites for teens

- [scarleteen.com](http://scarleteen.com)
- [optbc.org](http://optbc.org)
- [blush.vch.ca](http://blush.vch.ca)
- [sexandu.ca](http://sexandu.ca)
- [goaskalice.com](http://goaskalice.com)
- [iwannaknow.org](http://iwannaknow.org)
- [lacigreen.tv](http://lacigreen.tv)
- [qmunity.ca](http://qmunity.ca)
- [periodaisle.com](http://periodaisle.com)

## books for parents

- **Talk Sex Today.** By Saleema Noon and Meg Hickling, published by Wood Lake.
- **Queen Bees and Wannabes.** By Rosalind Wiseman, published by Three Rivers Press.
- **Beyond Birds and Bees.** By Bonnie J. Rough, published by Seal Press.
- **Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex.** By Dr. Karen Rayne, published by Impetus Books.

## books celebrating diverse families

- **Love Makes a Family.** By Sophie Beer, published by Hardie Grant Egmont.
- **The Different Dragon.** By Jennifer Bryan, published by Two Loves Publishing.
- **Molly's Family.** By Nancy Garden, published by Straus and Giroux.
- **My Family, Your Family.** By Lisa Bullard, published by Millbrook Press.
- **The Family Book.** By Todd Parr, published by Little, Brown Books for Young Readers.
- **And Tango Makes Three.** By Justin Richardson, published by Simon & Schuster Books for Young Readers.
- **Mommy, Mama, and Me and Daddy, Papa, and Me.** By Leslea Newman, published by Tricycle

## websites for kids

- [amaze.org](http://amaze.org)
- [sexedschool.ca](http://sexedschool.ca)
- [kidshealth.org](http://kidshealth.org)

## websites for parents

- [optbc.org](http://optbc.org)
- [scarleteen.com](http://scarleteen.com)
- [sexandu.ca](http://sexandu.ca)
- [urbandictionary.com](http://urbandictionary.com)
- [pflagcanada.ca](http://pflagcanada.ca)
- [teachingsexualhealth.ca](http://teachingsexualhealth.ca)
- [sexpositivefamilies.com](http://sexpositivefamilies.com)
- [sexedrescue.com](http://sexedrescue.com)
- [birdsandbeesandkids.com](http://birdsandbeesandkids.com)
- [beheroes.net](http://beheroes.net)

## on safety

- [mediasmarts.ca](http://mediasmarts.ca)
- [commonsensemedia.com](http://commonsensemedia.com)
- [safeonline.ca](http://safeonline.ca)
- [kidsafe.ca](http://kidsafe.ca)
- [kidshelpphone.ca](http://kidshelpphone.ca)
- [cyberbullying.ca](http://cyberbullying.ca)
- [lifecake.com](http://lifecake.com)
- [mediatedreality.com](http://mediatedreality.com)

## on empowerment

- [newmoon.org](http://newmoon.org)
- [solegirls.org](http://solegirls.org)
- [safeteen.ca](http://safeteen.ca)
- [boyslfe.com](http://boyslfe.com)
- [pinkshirtday.ca](http://pinkshirtday.ca)
- [goodmenproject.com](http://goodmenproject.com)
- [amysmartgirls.com](http://amysmartgirls.com)
- [gday.world](http://gday.world)

**Saleema**  
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**Smart decisions  
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