

Grade 1: Comprehensive View of Sexuality

Key messages

- *Sexuality is a part of life: humans are sexual from the time they are born.*
- *We experience sexuality with our minds, our hearts and our bodies.*

Children will:

- *Have sexuality defined for them in age appropriate terms (ex: Sexuality is present from birth, and is a part of you for life. Sexuality is not only about learning how babies are made. Rather, sexuality concerns your body, your feelings, your emotions, the way you see yourself, how you compare yourself to other people of your own gender or the opposite gender, being proud of who you are)*
- *Understand that they have a heart (feel things with), mind (know things, ask about things, and remember things) and body (feel things and propels you through life) that responds to stimulus in their environment*

Activity: *Discussion to promote an understanding of the concept of sexuality*

- *Review videos provided to have a discussion about sexuality*
- *Introduce a visual of a heart, mind and body. Show them photos (ex: little boy feeding his father cereal) and ask them what category the photo belongs under (heart, mind or body). The idea is that the photos can go under any of the three as they are all interconnected*
- *Draw a photo of themselves at the center of a paper and ask them to represent their mind, body and heart (ex: mind - something I know about my birth, body - my legs allow me to run, heart - someone I love)*