

Grade 3: General Understanding of Sexuality

Educational aim:

1. To become aware that sexuality has different elements

Children will:

- Understand that sexuality is a part of who we are and is expressed throughout our lives.
- Understand that sexuality has many dimensions and all these dimensions are interconnected (ex: heart, body and mind. I can know things with my mind, feel feelings with my body and move through life, and feel emotions with my heart)
- Understand that there are various ways to receive messages about sexuality (ex: family, peers, media, public environment) and that these messages influence our choices and actions.
- Understand that a curiosity about their bodies is natural and that they can talk about this curiosity with adults they trust.
- Understand that as they grow so does their modesty and a respect for their privacy is important.
- Gain an awareness of the rules and expectations that can influence personal choices (laws, stereotypes, social norms, etc.)
- Discuss why it is important to seek answers to question from a trusted adult.

Activity: Should build on the positive role of sexuality and not just focus on prevention, prepare students for further discussions as they mature, and create a climate of trust necessary for open exchanges.

- Have a discussion with students with regards to the many dimensions of sexuality (head, heart and body).
- Using the words and definition from “The Sexuality Wheel” have students explore questions about what influences us.