

# Sexuality Health Education

## Grade 5 (10-11 years old)

### SEXUAL GROWTH AND BODY IMAGE

#### Knowing the changes that occur during puberty and developing a positive body image

Children will become aware of the psychological and physical changes that come with puberty. They will explore the role of hormones during puberty, five stages of puberty for boys and girls, the needs of a changing body (ex: food, hygiene), psychological changes (ex: moodiness, independence, etc.), and feelings about the changes and strategies to cope during this transition. They will also explore the role puberty plays in the body's ability to reproduce. This will include growing up, fertility, and female/male reproduction ability.

**Why?** Puberty is a part of development that comes with physical, emotional and social changes. These changes are visible and may sometimes lead those around us to consider someone more mature than they are thus modifying how we might interact with them or our expectations of them. Puberty takes place for all with individual variations and is essential in the steps towards romantic feelings and emerging sexual behaviours. Students adjust to these changes depending on when the changes first emerge, the rate the changes occur, and social norms that dictate the ideals of beauty. At this stage children have generally started maturing physically and will begin to notice the first changes in their bodies.

**Approach...** help children become aware of the changes that occur during puberty. Help students accept the changes that are occurring in their bodies to promote a positive body image.

Comprises many dimensions



...biological, social, cultural, ethical, moral physical, etc.

Many sources of information



...peers, family, media, etc.

Present from 0-99



...develops over ages.

1

#### POSITIVE ROLE

not just focus on the "risks" or prevention

2

#### LEARNING LEVELS

prepare students for learning content over the different ages

3

#### ESTABLISH TRUST

that is conducive to sharing and discussions



# Sexual Assault

Children look at different contexts that involve sexual assault with a view to preventing or stopping a harmful situation. They will take into account that it could be with a person they know well, not very well or a stranger. The discussions will include children in the environment of recreational activities, outings, activities with friends and in public places to name a few. It will also include the discussion of cyberspace in terms of interacting with someone you know well, someone you don't know well or using the internet with friends. Children will become aware that the rules to keep them safe can apply in different contexts. Situations like identifying strategies used by aggressors, knowing what information can be safely shared in the real and virtual world, avoiding meeting with someone you don't know virtually or in real life, recognizing and reacting to sexual solicitation in the real or virtual world, and other situations that could harm children.

**Approach...** focus on the the student's increasing abilities to recognize areas of risk, understand that there are exceptions and their increase their ability to analyze aspects of this issue. Continue to increase their ability to be self efficient by building on the concepts they have learned since kindergarten.

