



**RESOURCE LIST:  
SEXUAL HEALTH & WELLBEING GRADES 7-9**

**A GUIDE FOR TEACHERS (GRADES 7-9) TO SUPPORT SEXUAL HEALTH AND WELLBEING CURRICULUM OUTCOMES**

This resource list was created to aid teachers by providing resources that can be paired with the appropriate curriculum outcomes for grades, 7, 8 and 9 under the topic of sexual health and wellbeing – “human sexuality”, as it is stated in the curriculum outcomes.

Sexual Health Resources to support parents can be found under the Student and Families section of the NLESD website. For more information, please contact your local Public Health Nurse.

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SEPTEMBER 2016

**CONTENTS:**

- Grade 7 - Reproductive system, menstrual cycle, puberty, conception (embryo to birth), sexually transmitted infections (STIs)**
- Grade 8 - Puberty, labor & birth, contraception**
- Grade 9 - Reproductive anatomy and physiology (male + female, sexual orientation continuum, contraception, teen pregnancy, responsibilities of parenthood, STIs)**

**GRADE 7**

<b>Curriculum Concept/Objective</b>	<b>Resource</b>
<p>Reproductive system (structure, function, endocrine glands)</p>	<p><b><u>Female Reproductive System:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 10:14</li> <li>• This video captures the endocrine glands</li> </ul> <p><b><u>Anatomy of Female Reproductive System:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 11:21</li> <li>• Hand drawn doodle animation video</li> </ul> <p><b><u>Male Reproductive System:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 10:44</li> <li>• This video captures the endocrine glands</li> </ul> <p><b><u>Anatomy of Male Reproductive System:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 10:58</li> <li>• Hand drawn doodle animation video</li> </ul> <p><b><u>Male Reproductive System: Function, Organs and Anatomy:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 3:56</li> <li>• This is less focused on endocrine glands and more anatomy/physiology focused, but short and engaging</li> </ul>
<p>Menstrual cycle</p>	<p><b><u>How menstruation works:</u></b></p> <ul style="list-style-type: none"> <li>• Time: 4:11</li> <li>• Does include endocrine glands/hormones</li> <li>• Gives context to the individual differences among females in menstruation</li> <li>• Also includes a lesson with <a href="#">additional resources</a></li> </ul>
<p>Puberty</p>	<p><b><u>Am I Normal? (Girls and Puberty)</u></b></p> <ul style="list-style-type: none"> <li>• Time: 1:56</li> <li>• Does not address physiological processes</li> <li>• Psychosocial process of puberty and what is “normal”</li> <li>• Kidshealth.org</li> </ul> <p><b><u>What Boys Want to Know About Puberty</u></b></p> <ul style="list-style-type: none"> <li>• Time: 3:55</li> <li>• Kidshealth.org</li> <li>• Psychosocial + physical</li> </ul>

	<p><a href="#"><u>How Does a Boy’s Voice Change?   Puberty</u></a></p> <ul style="list-style-type: none"> <li>• Time: 1:13</li> <li>• Physician advice</li> </ul> <p><a href="#"><u>Ages &amp; Stages of Puberty for Boys   Puberty</u></a></p> <ul style="list-style-type: none"> <li>• Time: 1:42</li> <li>• Physician advice</li> </ul>
<p>Conception (embryo-birth)</p>	<p><a href="#"><u>Fertilization (Conception)</u></a></p> <ul style="list-style-type: none"> <li>• Time: 5:50</li> <li>• Explains the scientific process of conception</li> </ul>
<p>STIs</p>	<p><a href="#"><u>Am I Ready? Making Healthy Sexual Decisions</u></a></p> <ul style="list-style-type: none"> <li>• Time: 24:26</li> <li>• Comprehensive Sexual Health Educational video</li> </ul> <p><b>Eastern Health</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Healthy Living A-Z - Sexually Transmitted Infections</u></a></li> </ul>

**GRADE 8**

<b>Concept</b>	<b>Resource</b>
Puberty (physical and emotional changes)	<p>Physical – see puberty section for gr. 7</p> <p><a href="#"><u>Emotional Changes Girls Experience   Puberty</u></a></p> <ul style="list-style-type: none"><li>• Time: 2:08</li><li>• Physician advice</li></ul> <p><a href="#"><u>Sexual Feelings that Girls Experience   Puberty</u></a></p> <ul style="list-style-type: none"><li>• Time: 1:57</li><li>• Physician advice</li></ul> <p><a href="#"><u>Sexual &amp; Emotional Changes in Boys   Puberty</u></a></p> <ul style="list-style-type: none"><li>• Time: 1:42</li><li>• Physician advice</li></ul>
Labor & birth	<p><a href="#"><u>Reproductive System, Part 4 – Pregnancy &amp; Development</u></a></p> <ul style="list-style-type: none"><li>• Time: 10:44</li><li>• Birth starts ~8:50 min</li></ul>
Contraception (include abstinence)	<p><a href="#"><u>Let's Actually Talk About Birth Control</u></a></p> <ul style="list-style-type: none"><li>• Time: 4:49</li><li>• A video showing youth who have questions about birth control; Physicians explaining birth control</li></ul> <p><a href="#"><u>Male &amp; Female Condom, Latex Barrier Demonstration Videos</u></a></p> <ul style="list-style-type: none"><li>• Male video: 3:03</li><li>• Female video: 2:31</li><li>• Latex Barrier Demo: 2:14</li></ul> <p><a href="#"><u>Birth Control Pills</u></a></p> <ul style="list-style-type: none"><li>• Time: 5:58</li><li>• Animation</li></ul> <p><b>Eastern Health</b></p> <ul style="list-style-type: none"><li>• <a href="#"><u>Healthy Living A-Z - Birth Control and Contraception</u></a></li></ul>

## GRADE 9

Concept	Resource
Male + Female reproductive anatomy & physiology	See Reproduction section under Grade 7
Sexual orientation continuum	<p><b>*note: this includes all LGBTQ+ material*</b></p> <p><a href="#"><u>Why Pronouns Matter for Trans People</u></a></p> <ul style="list-style-type: none"> <li>• Time: 2:29</li> <li>• People who are transgender explain the importance of using appropriate pronouns</li> </ul> <p><a href="#"><u>How We Found Pride Being Trans</u></a></p> <ul style="list-style-type: none"> <li>• Time: 2:11</li> <li>• Transgender individuals discuss how they found pride within themselves and their community</li> </ul> <p><b>Eastern Health</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Healthy Living A-Z - Sexual Orientation</u></a></li> <li>• <a href="#"><u>Healthy Living A-Z - Sexual Orientation and Coming Out</u></a></li> </ul>
Contraception (and why some people don't use Birth Control)	<p><a href="#"><u>Let's Actually Talk About Birth Control</u></a></p> <ul style="list-style-type: none"> <li>• Time: 4:49</li> <li>• A video showing youth who have questions about birthday control; Physicians explaining birth control</li> </ul> <p><a href="#"><u>The Science of 'Plan B' - Emergency Contraception</u></a></p> <ul style="list-style-type: none"> <li>• Time 2:46</li> <li>• Explains Plan B – Emergency Contraception</li> </ul> <p><b>Eastern Health</b></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>Healthy Living A-Z - Birth Control and Contraception</u></a></li> </ul>
Teen pregnancy	<p><a href="#"><u>Am I Ready? Making Healthy Sexual Decisions</u></a></p> <ul style="list-style-type: none"> <li>• Time: 24:26</li> <li>• Comprehensive Sexual Health Educational video</li> </ul>
Responsibilities of parenthood	<p><a href="#"><u>Am I Ready? Making Healthy Sexual Decisions</u></a></p> <ul style="list-style-type: none"> <li>• Time: 24:26</li> <li>• Comprehensive Sexual Health Educational video</li> </ul>
STIs	<p><a href="#"><u>Am I Ready? Making Healthy Sexual Decisions</u></a></p> <ul style="list-style-type: none"> <li>• Time: 24:26</li> <li>• Comprehensive Sexual Health Educational video</li> </ul>

	<p><b>Eastern Health</b></p> <ul style="list-style-type: none"><li>• <a href="#"><u>Healthy Living A-Z - Sexually Transmitted Infections</u></a></li></ul>
STIs (mental/physical/emotional effects)	<p><a href="#"><u>Am I Ready? Making Healthy Sexual Decisions</u></a></p> <ul style="list-style-type: none"><li>• Time: 24:26</li><li>• Comprehensive Sexual Health Educational video</li></ul>