

# island sexual health society

Established in 1969, Island Sexual Health Society is a non-profit organization committed to promoting the concept of healthy sexuality and healthy choices within our schools and community. ISHS offers a well-respected Education Program to Greater Victoria schools and community organizations and facilitates education for more than 9,000 participants/year. The goal of our Community Education Program is to provide children, youth, and parents with skill-building, factual information in an effort to promote healthy sexuality and healthy choices and to prevent unplanned pregnancies, exposure to sexually transmitted infections, and sexual exploitation.

Developing healthy sexuality begins in the preschool years and continues throughout the elementary, intermediate, and high school years. **We believe that parents are the best primary sexuality educators for their children and therefore, provide Parent Workshops designed to support parents in this role.** Additionally, we have a range of sexual health presentations designed for each specific age group. The school program is intended *to support parents as sexuality educators, not replace them.* The following outline is designed to provide a general overview of topics that can be adapted to meet the needs and concerns of individual classes/groups and meet prescribed provincial learning outcomes. This can be discussed further with the Education Coordinator.

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## ELEMENTARY EDUCATIONAL SERVICES

### "BODY SCIENCE TALK"

The following is a brief outline of the topics included in our workshops, which are adapted to be age appropriate and meet individual needs.

#### Preschoolers

##### *The Human Body*

- "Scientific" names for genitals and reproductive organs

##### *Basic Reproduction*

- Where do babies come from? How a baby is conceived and develops in the uterus
- Birth- how a baby is born through a vaginal delivery or a caesarean section birth

##### *Adult Bodies; What to expect!*

- Basic information about menstruation and nocturnal emissions (wet dreams)

##### *Basic Safety*

- What is a condom? What do you do if you see a condom or needle? Clarification and reassurance about disease and infection transmission.
- Public vs. private behaviour
- How to ask for help



#### Elementary Primaries (grades 1-3)

##### *The Human Body*

- "Scientific" names for genitals, reproductive organs, and urinary and digestive processes (waste elimination)

##### *Basic Reproduction*

- Where do babies come from? How a baby is conceived and develops in the uterus
- Distinction between the reproductive and digestive systems
- Birth- how a baby is born through a vaginal delivery or a caesarean section birth

##### *Introduction to Puberty*

- Basic information about menstruation and nocturnal emissions (wet dreams)
- Basic information about physical changes at puberty

##### *Basic Safety*

- What is a condom? What do you do if you see a condom or needle?
- Public vs. Private behaviours
- Clarification and reassurance about disease and infection transmission
- Respecting your body, respecting other people's bodies
- Who can you talk to - sharing thoughts, questions, and concerns with your parent(s) and safe adults



## Elementary Intermediates (grades 4-5)

### *The Human Body*

- "Scientific" names for genitals, reproductive organs, and urinary and digestive processes (waste elimination)

### *Basic Reproduction*

- Where do Babies come from? How a baby is conceived and develops in the uterus
- Distinction between the reproductive and digestive systems
- Birth- how a baby is born through a vaginal delivery or a caesarean section birth

### *Puberty*

- Full information about menstruation and nocturnal emissions (wet dreams)
- Physical and emotional changes occurring during puberty for boys and girls

### *Basic Information on Sexually Transmitted Infections (STI's)*

- What STI means, common infections, myths
- Basic prevention for adults such as abstinence, condoms

### *Basic Safety*

- What is a condom? What do you do if you see a condom or needle?
- Clarification and reassurance about disease and infection transmission
- Respecting your body, respecting other people's bodies
- Who can you talk to- sharing thoughts, questions, and concerns with your parent(s) and safe adults



**What's happening to my body?**

## Pre-adolescents (grades 6 - 7)

### *Puberty— The 5W's and 1 H of Puberty*

- Physical and emotional changes occurring during puberty for boys and girls
- Human reproduction

### *Human Reproduction*

- Male and female reproductive systems
- Often used in Science classes

### *Sexual Health Overview*

- Introduction to sexuality and sexual health
- Healthy choices, decision making, assessing levels of risk behaviours
- Introduction to sexual activity, birth control methods, and sexually transmitted infections (upon request)

### *Healthy Relationships*

- Characteristics of healthy and unhealthy relationships
- Friendships and dating relationships
- Self Esteem & respect for diversity

**Am I normal?**

**Should I have a bf/gf?**

## **Parent Workshop**

### *The Approachable Parent: Talking With Your Kids About Bodies & Birth*

- Helpful hints for talking with your child or adolescent about sexual health issues
  - What children/youth need to know and when they need to know it
    - Conversation starters
    - How our values and beliefs educate our children
  - Current, factual information on sexual health issues, & resources

### Community Lending Library

Resources include books, videos, teaching tools, and journals for children, youth, parents, teachers and other professionals to borrow at no charge

*For more information or to book a presentation, please contact:*

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