

Topic Resource List: Healthy Growth and Development

Last Revised December 2018



Call your Healthy Schools Public Health Nurse for more information or to book this resource











Available for loan through TBDHU Library by visiting bit.ly/library_resources or by calling 625-5901

Available in French






Lesson Plans




Title	Category	Description	Grade	Other Info
Oral Health Curriculum Resources	Online lesson plans & available in the library.	Ontario Association of Public Health Dentistry (OAPHD), has specially created oral health modules to align with the Ontario Curriculum: Health and Physical Education. 2009. http://www.oaphd.on.ca/index.php/learn-more/for-teachers	Grade 1-8	
Peel Region "Changes in Me"	Downloadable document with lesson plans for teachers.	Educational resources that have been designed to simplify the task for junior level teachers teaching students about adolescent development. This resource includes information on healthy relationships, anatomy, menstruation, ovulation, pregnancy and puberty. www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/index.htm	Grade 4-6	2011 second edition
Peel Region "Helping Teens to Make Healthy Decisions about Sex and Relationships"	Downloadable lesson plans, handouts, visual aids, student-centred activities, evaluation tools, a video, overheads and further resources for teachers.	Resource for sexual health teachers and educators with evidence-based sexual health education and delivery methods on sexuality, contraception and sTIs. https://www.peelregion.ca/health/helping-teens/download/index.htm	Grade 9	does not yet reflect 2015 curriculum

Alberta Health Services	Online lesson plans, teaching tools, group activities, and videos for teachers and parents.	This website is an excellent evidenced based resource for teachers and parents. It covers topics related the healthy sexuality on gender, STIs, consent, pregnancy, contraception, puberty, and relationships. http://www.teachingsexualhealth.ca/	Grade 4-12	2018
It Starts With You	Online social media campaign, video stories, activities, E-learning modules	Resources, lessons and information for male role models about how to develop healthy, equal relationships. http://www.itstartswithyou.ca/educators/	Grades 6 - 12	 
Media Smarts	Online lesson plans, research, tools and activities for teachers and parents.	Help for youth to wisely navigate the digital world. Various topics covered including relationships, sexuality, media, consent, stereotypes, and more. http://mediasmarts.ca/search/relationships	K - 12	 
OPHEAs Always changing: co-ed 5/6 Leaders Guide	Downloadable teachers guide, student worksheets, quizzes, crosswords, and DVD (can be ordered).	This free, school-based resource comes with teaching strategies to help students understand their changing bodies, the stages of puberty and the role of personal appearance in a positive self-image. https://www.ophea.net/product/always-changing-co-ed-5-6-leaders-guide-updated-version#.W75Og6aWzoo	Grade 5-6	 
Straightlaced: How Gender's Got Us All Tied Up	DVD video, lesson plan and activities available from the TBDHU library.	A powerful and intimate look at how popular pressures around gender and sexuality are shaping the lives of American teens. The film proudly showcases the diverse and unscripted voices of more than 50 high school students from a variety of roles and their struggles to be who they are. The Film is accompanied by a lesson plan with many different types of activities.	Grade 7 - 12	2009 HQ 744 STR 



Teen Romantic Relationships: as they see it	DVD with lesson plan and activities	In this DVD, through personal video diaries and teen-led discussions, students learn hard-won lessons about relationships in today's world from the ones who know it best- their peers (2011).	Grade 7 - 12	**Note - this resource is missing from library PS 86
The Dangers of Sexting: What teens need to know	DVD with lesson plan and activities	Created to educate students about the social, emotional and legal consequences of sexting (2010).	Gr. 7-12	**Note - this resource is missing from library
White Ribbon Draw the Line Lessons	Online lesson plans and information for teachers, parents and students.	For parents, educators and students, a resource that focusses on sexual violence prevention in collaboration with ETFO. http://www.dtl.whiteribbon.ca	Gr. 4-12	


Workshops





Title	Category	Description	Grade	Curriculum Linked
Sexual Health	Workshop - two 90 minute sessions	These two interactive nurse-led workshops for either grade 7 or 8 students are done in two sessions of 90 minutes each. Content includes sexually transmitted infections, consent, healthy relationships, and contraception.	Gr. 7 & 8	ü 
Puberty	Workshop - one 90 minute session	These two nurse-led interactive workshops are for grade 4 or 5. Each workshop is 90 minutes in length. Grade 4 covers changes associated with puberty and personal hygiene. Grade 5 covers reproductive anatomy, menstruation and spermatogenesis.	Gr. 4&5	ü 
Healthy Relationships	Workshop - one 90 minute sessions	Your school public health nurse can provide one 90 minute workshop that addresses factors that influence relationships, including technology, as well as characteristics of healthy and unhealthy relationships.	Gr. 7&8	ü 


Healthy Sexuality Education - Sexually Transmitted Infections	Presentation	Students learn about different types of sexually transmitted infections and the ABCs of protecting their own health. To book your presentation, contact Robyn Daley at Robyn.Daley@ tbdhu.com or call (807) 625-5910.	Grade 9-10	ü 
Healthy Sexuality Education - contraception	Presentation	Students learn about different types of contraception, including abstinence. To book your presentation, contact Robyn Daley at Robyn.Daley@ tbdhu.com or call (807) 625-5910.	Grade 9-10	ü 
Healthy Sexuality Education - healthy relationships	Presentation	Students learn key characteristics of healthy and unhealthy relationship. To book your presentation, contact Robyn Daley at Robyn.Daley@ tbdhu.com or call (807) 625-5910.	Grade 9-10	ü 

Additional Resources



Title	Category	Description	Grade	Other Info
The Ottawa Coalition to End Violence Against Women (OCTEVAW) "Know More"	Booklet for parents	Talking to teens about relationships sex and consent. http://www.octevaw-cocvff.ca/sites/default/files/pdf/kNOw-more-EN-noflip.pdf	Grade 7 - 12	 
It's perfectly normal : Changing bodies, growing up, sex, and sexual health	Book available from the TBDHU library.	It's Perfectly Normal has been updated with information on subjects such as safe and savvy Internet use, gender identity, emergency contraception, and more. Providing accurate and up-to-date answers to nearly every imaginable question, from conception and puberty to birth control and STDs,	Grade 5+	2014 HQ 53 H37 2014
It's so amazing : A book about eggs, sperm, birth, babies, and families	Book available from the TBDHU library.	It's So Amazing! provides the answers—with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies.	Grade 2+	2014 HQ H37 2014



Beyond the basics : a resource for educators on sexuality and sexual health	Book available from the TBDHU library.	Beyond the Basics offers the tools to teach young people about sexuality and sexual health from a sex positive, human rights perspective. Covering topics that range from anatomy to consent and healthy relationships, Beyond the Basics approaches sexuality education across all gender identities and sexual orientations with activities that help move students from receiving information to making decisions based on critical thinking skills and empowerment.	Grade 1 - 9	2017 Call Number: HQ 56 B49 2017
Sex spelled out for parents : Volume one, an overview	27 minute DVD for parents	Sexual health educator, Meg Hickling, explains why it's important to talk with young children about sex. Comments from parents and children help show kids thoughts and questions about sex.	For parents of children ages 3 - 14	2006 PS 47
Sex spelled out for parents : Volume two, preschoolers.	27 minute DVD for parents	Sexual health educator, Meg Hickling, discusses how this age group, approximately ages 3 to 5, can invent stories about how babies are made, if they don't get correct information. She suggests ways of dealing with some embarrassing situations.	For parents of children ages 3 - 5	2005 PS 48
Sex spelled out for parents : Volume three, Primaries	27 minute DVD for parents	Sexual health educator, Meg Hickling, tells how children in this age group can become confused if we tell them the baby grows in the stomach. Comments from parents and children help to show kids' thoughts and questions about sex.	For parents of children ages 5 - 8	2005 PS 49
Sex spelled out for parents : Volume four, intermediates.	27 minute DVD for parents	Sexual health educator, Meg Hickling, talks about how lots of children in this age group feel that sex is gross. Yet parents need to talk to them about puberty changes and they need to be able to answer questions that can come up.	For parents of children ages 8 - 14	PS 50
Boys, Girls & body Science: A first book about facts of life	Book available from the TBDHU library.	This delightful picture book includes a body science discussion for the typical primary grade classroom, telling young children what they need to know about sexual health in the form of a fun-to-read story.	Grade 1 - 3	2002 HQ53 H37 2002 



Just for Boys	Book available from the TBDHU library.	A facilitator's guide to a group program to help boys develop resilience and learn skills to deal with the stressors and health risks of adolescence	Grade 7-12	2007 
Just for Girls	Book available from the TBDHU library.	A facilitator's guide to a group program to help girls navigate adolescence and avoid pitfalls such as preoccupation with food and weight and eating disorders.	Grade 7-12	2003 
The new speaking of sex : what our children need to know and when they need to know it	This 2 set DVD is designed for parents, guardians, and educators	Learn with Meg Hickling's amazing, age-appropriate sexual health presentations, as their children grow and mature. It answers questions about where babies come from, and helps with the difficult decisions and concerns about a child or adolescents own sexuality.	Grade 1 - 12	PS 88 
Fraser Health	Information for parents	Resource for parents on how to talk about puberty, gender, healthy relationships, the body, sexuality and contraception. https://www.fraserhealth.ca/health-topics-a-to-z/school-health/sex-education-and-sexual-identity#.W74UQqaWzor	school aged children	
Kids Help Phone	Sexting Decision making tool for teens	Online decision making tool for youth on sexting. The online tool guides them through a series of scenerios where they click their own response. Information around possible consequences of sexting, legal consequences etc. https://www.kidshelpphone.ca/Teens/YourSpace/Picd.aspx		
Title		Description		
Sexual Health Clinics at TBDHU main office		Sexual Health Clinics offer counseling services regarding birth control methods, pregnancy options, sexually transmitted infection and prevention, and pre and post test HIV counseling and referrals to appropriate agencies. For more information, contact your school nurse. https://www.tbdhu.com/classes-clinics-events		



<p>OPHEA HIV and AIDS Online School Support Kit</p>	<p>Kit that supports teachers and school administrators in the development of lessons and instructional strategies that will help students fulfill the expectations related to age-appropriate HIV education in the Ontario curriculum.</p> <p>https://teachingtools.ophea.net/supplements/hiv-aids-online-school-support-kit</p>
<p>Sexual Health Kit</p>	<p>Kit Includes:</p> <ol style="list-style-type: none"> 1) Action guidebook - English 2) Action guidebook - French 3) "Choosing a Contraceptive That's Right for You" manual 4) poster - "the condom" 5) poster - "how-to guide" 6) sample contraceptives (condoms, sponge, birth control pills, contraceptive foam, Plan B, depo-provera) 7) wooden phallus 
<p>Healthy Smiles Ontario (HSO)</p>	<p>A new, no-cost dental program for children/teens 17 and under who do not have access to any dental coverage and who meet the program's eligibility requirements. Contact TBDHU to make an appointment and complete an application 625-5949</p>

Informational Websites

Title	Link
<p>Be Safe App An app developed by youth and professionals to help youth find help when they need it; helps youth navigate local services, create a safety plan etc.</p>	<p>https://besafeapp.ca/</p>
<p>Nadine Thornhill - online videos, in person workshops and a blog for parents and teachers. Nadine holds a Doctor of Education in Human Sexuality, with a concentration in child and adolescent sexual development.</p>	<p>http://www.nadinethornhill.com/</p>
<p>Sex & U website by The Society of Obstetricians and Gynecologists Canada. Website for teachers, students, youth and adults to learn about puberty, contraception, STI prevention and sexual well-being with a comprehensive, positive approach to sexuality.</p>	<p>https://www.sexandu.ca/</p>  

<p>Need Help Now is a resource for youth to help them stop the spread of sexual pictures or videos. It includes supportive resources, parent resources and information around sexting and dangers of sexting</p>	<p>https://needhelpnow.ca/app/en/index</p> 
<p>Sexuality Education Resource Centre Manitoba is a community based, non profit, pro choice roganization, dedicated to promoting sexual health through education. They provide information and resources directed towards specific population groups including immigrants and refugees, Aboriginal/Indigenous, LGBTQ and youth</p>	<p>http://www.serc.mb.ca/</p> 
<p>Alberta Health Services Resource for sexual ealth teachers and educators with evidence-based sexual health education and delivery method, lesson plans, and activities and resources</p>	<p>http://www.teachingsexualhealth.ca/</p>
<p>The Sex Information and Education Council of Canada is a national organization that fosters professional education and public knowledge about sexuality and sexual health.</p>	<p>http://www.sieccan.org/</p>
<p>Action Canada for Sexual Health & Rights The Action Canada For Sexual Health & Rights is a charitable organization dedicated to promoting sexual and reproductive health and rights in Canada and internationally. The website includes general information to promote sexual health and resources available for use in schools.</p>	<p>http://www.sexualhealthandrights.ca/resources/</p> 
<p>Rainbow Health Ontario Website and organization that provide a wide range of programs designed to improve access to services and to promote the health of Ontario's lesbian, gay, bisexual, trans and queer communities (LGBTQ).</p>	<p>http://www.rainbowhealthontario.ca/?post_type=product</p> 

<p>Kids Health Website for information about health, behaviour and development from before birth through the teen years. Sections for parents, kids, teens and educators.</p>	<p>http://classroom.kidshealth.org/</p>
<p>The Fourth R is a group of researchers and professionals dedicated to promoting healthy adolescent relationships and reducing risk behaviours. The organization evaluates and develops programs, resources and training materials for educators and front line professionals working with youth.</p>	<p>https://youthrelationships.org/</p>
<p>Joint Consortium for School Health This document provides a list of Sexual Health programs and resources used in Canadian schools <i>French resources available in the document</i></p>	<p>http://www.jcsh-cces.ca/upload/Sexual%20Health.pdf</p> 
<p>Sexuality Education Resource Centre Manitoba is an excellent source for information on sexuality, relationships, STIs, and contraception. They also provide information, resources directed towards specific population groups including immigrants and refugees, Aboriginal, LGBTQ, and youth.</p>	<p>http://www.serc.mb.ca/</p>
<p>EGALE: Equality for Gay and Lesbians Everywhere A Canadian organization promoting lesbian, gay, bisexual, and trans (LGBT) human rights through research, education and community engagement.</p>	<p>https://egale.ca/</p> 
<p>The LGBT Youth Line is a toll-free Ontario-wide peer-support phone line for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.</p>	<p>http://www.youthline.ca</p> <p>Toll Free Number: 1-800-268-9688</p>

<p>PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ+ children. PFLAG helps all Canadians with issues of sexual orientation, gender identity and gender expression. PFLAG Canada supports, educates and provides resources to anyone with questions or concerns.</p>	<p>http://pflagcanada.ca/</p> 
<p>It Gets Better Project is a project whose hope is to communicate to lesbian, gay, bisexual, and transgender youth that it gets better and to inspire change Watch an endless stream of inspiring stories and find LGBTQ+ youth support services in your community.</p>	<p>http://www.itgetsbetter.org/</p>
<p>Government of Canada-Department of Justice Information and frequently asked questions around sexuality and age of consent.</p>	<p>http://www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html</p> 
<p>Kids Health Website for information about health, behaviour and development from before birth through the teen years. Sections for parents, kids, teens and educators. Specific section on Sexual Health.</p>	<p>https://kidshealth.org/en/teens/sexual-health/</p>
<p>Smart Sex Resource for youth and adults by the BC Centre for Disease Control. Information on STIs, relationships and birth control.</p>	<p>https://smartsexresource.com/</p>