

Grades 7 & Up

Durham Region Public Health Human Development and Sexual Health Curriculum Support Document

Appendix

Appendix A: Discussion for Puberty Review Quiz – Activity 1

A. Bodyworks

1. Most changes of puberty are the same for all genders.

True. Most of the changes of puberty are the same for all genders. The only real difference is the maturation of the reproductive system – spermatogenesis and ovulation. Breast development may occur in all genders although usually temporary in males.

2. Sometimes young people have questions about their gender.

True. For most people, their sex (based on the genitals) and their gender (based on their understanding of themselves) match. Often a baby with a penis grows up and feels that he is a boy who then becomes a man, and the baby with a vagina/vulva grows up and feels that she is a girl who becomes a woman. Sometimes as a child grows up, they may feel that their sex (based on their genitals) and their gender (based on the feelings in their heart and head) do not match. This is called being transgender or “Trans”. For example, a person might have been told by their parents/doctor that they are a boy because they have a penis, but as they grow older they feel and realize they are really a girl. Or, a person might have been told by their parents/doctor that they are a girl because they have a vagina/vulva, but as they get older they feel and realize that they really are a boy. A person might also feel like neither a boy or a girl (often called “non-binary”) or both a boy and a girl. It is important to use the pronoun that each person chooses for themselves (usually he or she or they). Remember that everyone needs to be treated with dignity and feel safe at school. Transphobia is a form of hatred and discrimination.

3. Erections happen for the first-time during puberty.

False. Erections happen throughout the lifespan. (A fetus can even have penile or clitoral erections in utero.)

4. All penises look the same.

False. Some penises are circumcised; some are not. Some penises bend slightly to the left; some to the right. There are as many variations as there are for other body parts like breasts and noses.

Some people are concerned about penis size – especially length. Pornographic pictures and videos often show larger than average sized penises. Average penis size is somewhere between 6.4 cm [2.5 in.] and 10 cm [4 in.] when flaccid; and averaging 6 inches when erect.

Size does not impact how well a penis functions (urination, erection and ejaculation). Penis size does not determine how masculine a person is. If someone has a concern about their genitals, they should talk to their doctor.

(* Vulvas do not look the same either – there can be different shapes, skin colour and sizes. No two genitals look the same. Some people are inter-sexed, which affects how their genitals look).

5. Only males have wet dreams.

False. Although we often assume that only the male gender has wet dreams, lubrication of the vagina may occur which is called “a damp dream”.

6. Periods (menstrual fluids) and urine (pee) come out of the same opening in the vulva.

False. Put up a poster or draw a diagram of the vulva showing the difference between the vaginal and urethral opening. Explain the function of the clitoris which is the only part of the body that is there for pleasure alone.

7. It is safe to use tampons in Grade 7 if someone is careful.

True. But they need to be aware of Toxic Shock Syndrome and the need for changing tampons frequently (at least every four hours). It is suggested that pads be used overnight. Many will start by using a slender tampon, increasing to a tampon for medium or heavy flow if needed during their period. They may want to be informed about alternative (unbleached) products or menstrual cups. Some may not want them to use tampons for cultural reasons (stretching or breaking the hymen) or because they are afraid it might get lost in their bodies. Use a poster or draw a diagram of the internal reproductive organs to show that tampons cannot get lost inside the body.

8. Normal vaginal fluids change throughout the menstrual cycle.

True. Vaginal fluids change from thick and sticky to thin and slippery (fertile mucus) during the menstrual cycle.

B. Relationships

1. Lots of grades 7 students don't feel like they want to “go out” yet.

True. When we ask students in grade 7 if they think it's OK not to go out at this age, they invariably say yes. Many grade 7 students have no interest in this type of social activity and prefer to go out in groups. Even if they do see someone as special, it tends to be short-lived.

2. One person may hear a comment and think someone's flirting. Another person may hear the same comment and feel that it's hurtful.

True. Assessment of harassment is based on how the person receiving the comment feels. A person may make a complimentary statement in a tone of voice that is acceptable and even welcome; or the comment may be spoken in a tone of voice and with a look that gives the receiver a creepy feeling. Ask for or give some examples.

3. You can get someone to 'like' you.

False. Generally not true if you're talking about liking a person as more than a friend. You cannot force an attraction.

4. People always tell the truth about other people and what they do.

False. Discuss what rumours are and what kinds of things people might say about someone that is not true. Why would they do this? Give some examples of a person, like a celebrity, having a reputation – both positive and negative.

C. Sexual feelings

1. It is normal to have sexual feelings in grade 7 and it's normal if you don't.

True. Remind students that people go through puberty at different ages. One grade 7 student might have never had a recognizable sexual thought; another might be fantasizing frequently.

2. It is important to talk to a trusted adult if you've been sexually abused.

True. Discuss why they think it may take a long time for a child to talk to someone if they have been sexually abused. Reasons may include fear of not being believed, of being blamed, that it was their fault, that their family will break up or that it just seems too embarrassing to talk about. Remind them why it is important to tell and what the procedure is. The adult should contact a child protection agency.

3. It is common to have an attraction to someone of the same sex during your teens.

True. Same sex feelings are common. Some people will continue to be attracted to and have sexual experiences with people of the same sex and some will not. Sexual attraction is often described as being "sexually fluid" meaning that sexual attraction can change over time. It may take years for someone to "come out". This maybe because they don't feel safe to do so for fear of discrimination. Everyone needs to be treated with dignity and feel safe at school. Homophobia is a form of hatred and discrimination. Grade 7 students may want to use the services of the school board to help sort out these feelings.

D. STIs/HIV

1. People who have an STI always know it.

False. With very common STIs like chlamydia, the majority of women and about half of the men don't get symptoms and do not know they have it. Many Canadians are living with HIV and don't know it because they have not gone for testing. Many people who have herpes do not know they have it.

2. Youth and young adults have the highest number of STIs.

True. The highest number of STIs is in people aged 15–24. One of the reasons is that heterosexual teens that start using the pill stop using condoms before they have been tested for STIs like chlamydia.

3. All STIs can be cured.

False. All STIs, including STIs caused by a virus (HIV, HPV and herpes) can be treated; only bacterial STIs can be cured (i.e. chlamydia can be cured, HIV can be treated).

4. It is easier to get HIV if you have an untreated STI.

True. The body tries to fight an STI by sending white blood cells to the place where it entered the body. If that person has unprotected sex with someone infected with HIV, HIV will attack those white blood cells and enter the body (if you need to review HIV transmission, remind them that a person cannot get HIV from casual contact). It is generally accepted that the common ways to transmit the virus are unprotected vaginal or anal sex with an infected person; sharing an infected needle; receiving infected blood or blood products (not common now); and mother to fetus in utero or mother to baby during delivery or during breastfeeding. Infection through oral sex is still considered low risk for HIV transmission except when there is an untreated STI.

5. Condoms are excellent protection against STIs for the parts that are covered.

True. When used correctly from start to finish, condoms are excellent protection against bacterial infections like chlamydia and gonorrhea, as well as viral infections like HIV. For herpes and HPV, transmission can take place anywhere in the genital area when there is skin-to-skin contact with someone who has the infection.

E. Resources

1. The Internet is the best place to get information about sex.

It depends. The internet can be a very useful place to get information – or a very troubling one. Typing in the word sex will soon lead to a pornography site, which is not a good source of sex education for youth. If they know a reputable site (like Durham Region Public Health, Planned Parenthood or Health Canada), they can get good, age-appropriate information.

2. Anyone can call the Durham Sexual Health Clinic (905-433-8901 for Oshawa and 905-420-8781 for Pickering), or the Sexual Health InfoLine of Ontario (416-392-2437) if they have a question about sexual issues.

True. You can get information on the closest sexual health clinics as well as get answers to questions on HIV, STIs, pregnancy, birth control, sexual abuse, gender or sexual orientation, etc.

3. There is a number to call if you think you might be attracted to someone of the same sex and want to talk about it.

True. The Lesbian Gay Bi Trans Youth Line: 1-800-268-YOUTH (9688).

Appendix B: Condom Cards

To make 'cards' for Condom Card activity, print each of the below statements on a separate piece of paper.

Consent

Check expiry date

Check for air bubble

Open the package carefully

Check the rolling direction of the condom

Pinch the tip of the condom

Unroll condom all the way down erect penis

Intercourse

Ejaculation/Orgasm

Hold base of condom and pull out

Remove the condom from penis

Throw condom in garbage

Appendix C: STI Quiz Handout

STI Quiz

True or False?

1. STIs are very common.
2. There is a high risk for passing an STI when touching someone's genitals with your hands.
3. A person can have an STI and not know it.
4. There is treatment for all STIs.
5. It is important to get treated for STIs because some can cause serious health problems including infertility.
6. Vaccines prevent some STIs.
7. here is a cure for HIV.
8. If you have ever had unprotected sexual activity you should get tested for STIs.
9. There are ways to reduce the risk of getting an STI.
10. Females under 18 are at higher risk for getting STIs than women over 18 because of their developing reproductive systems.

Appendix D: Discussion Guide for STI Quiz

1. STIs are very common.

True. STIs are caused by bacteria and viruses and are very common. The most common reportable STIs in young people aged 15-24 are chlamydia and gonorrhea. Having unprotected sex with someone who has an STI is a way to spread infections. About 20% of people who have sexual activity have herpes. About 70% of adults will have HPV (Human Papillomavirus) at some time in their life. Young people 15–24 have the highest number of STIs. Under the age of 18, the walls of the vagina and the cells of the cervix are not yet fully mature, leaving them more vulnerable to contracting an STI. (Source: Public Health Agency of Canada – HPV 2017)

2. There is a high risk for passing an STI when touching someone's genitals with your hands.

False. Touching a partner's genitals with one's hands is safe from STI transmission. It is important to wash your hands afterwards, especially before touching your own body, to ensure that no fluids come into contact with the parts of your body that could become infected (e.g., genitals, mouth, eyes, etc.). Most infections are passed from one person to another through unprotected vaginal or anal intercourse or oral sex, or through skin-to-skin contact in the genital area even without intercourse.

3. A person can have an STI and not know it.

True. With many STIs, there are no symptoms. For example chlamydia shows no symptoms in the penis 50% of the time and no symptoms in the vagina 75% of the time. Most STI transmissions happen when there are no symptoms.

4. There is treatment for all STIs.

True. Bacterial infections like chlamydia, gonorrhea and syphilis can be treated and cured with antibiotics. Viral infections like herpes, HIV, genital warts (caused by HPV) can be treated but not cured.

5. It is important to get treated for STIs because some can cause serious problems.

True. Untreated chlamydia or gonorrhea can lead to an infection of the uterus, fallopian tubes and/or ovaries called Pelvic Inflammatory Disease (PID), or a swelling and infection in the tube at the back of the testicle. It may prevent someone from becoming pregnant or impregnating someone in the future. If a fallopian tube is partially blocked and the person does become pregnant it may lead to an ectopic (tubal) pregnancy, which can cause death if not treated in time. Bacterial infections, like chlamydia, gonorrhea and syphilis, can be cured with antibiotics and viral infections (like herpes and HIV) can be treated, to help lessen the symptoms, but not cured.

6. Vaccines prevent some STIs.

True. There are vaccines for Hepatitis B virus and human papilloma virus (HPV), two viruses that can be sexually transmitted. Both are offered free in school in grade 7.

7. There is a cure for HIV.

False. There is no cure. HIV is the virus that leads to AIDS. The virus attacks and damages the immune system. When the immune system becomes weakened, it can no longer protect a person from certain infections and diseases. If a person takes medication daily, they may live into old age. There is a simple blood test to find out if a person has HIV.

8. If you have ever had unprotected sexual activity you need to get tested.

True. Many people do not have symptoms of an STI. If you do notice anything unusual such as itching, bumps, sores, irritation or pain on or around the genitals or an unusual discharge from the vagina, penis or anus go to a sexual health clinic or see a doctor. Sexual health clinics are free and confidential. Call the Durham Region Sexual Health Clinic (905-433-8901 or 1-800-314-8533 for Oshawa and 905-420-8781 for Pickering) to find out when it is open.

9. There are ways to reduce the risk of getting an STI.

True. Some ways to avoid getting a sexually transmitted infection are: don't have higher risk activities like oral, vaginal or anal sex; and if you do have higher risk activities, limit partners and reduce the risk by using condoms every time.

10. People under the age of 18 can be more vulnerable to contracting an STI than those over age 18.

True. During adolescence, the cervical cells are undergoing a process where tougher, squamous cells are replacing more vulnerable columnar cells. The cervix is more prone to STI infection at this time. The process is not complete until about age 18. Moreover, the older they are, the more likely young people are to use protection consistently.

Appendix E: STI Trivia

1. HIV is tested through what bodily fluid? **blood**
2. How are HSV (herpes) and HPV passed? **skin-to-skin contact in the genital area including the inner thighs and buttocks as well as the mouth [BINGO – Skin-to-skin contact]**
3. The only way to know if you have an STI is to ____? **get tested**
4. What vaccine protects against many strains of HPV? **Gardasil**
5. If chlamydia is left untreated, it can lead to what? **Pelvic Inflammatory Disease (PID), which can lead to infertility [Bingo: Infertility]**
6. If needles are shared, there is an increased risk of transmitting what type of STI? **HIV and/or Hepatitis C [BINGO – HIV]**
7. In Ontario, the HPV vaccine is offered to all students in what grade? **7**
8. True or False: Someone will know that they have an STI because their body will show symptoms. **false**
9. What type of drugs are used to cure bacterial STIs? **antibiotics**
10. What is an STI that has no cure? **Most Viral STIs including HSV (herpes), HIV, HPV [BINGO- HSV (herpes)]**
11. What is the best way to prevent STI? **abstinence (no sexual contact)**
12. How many weeks after sex (or the incident with risk) is an HIV test considered accurate? **Provincial guidelines indicate that test results are most accurate at 12 weeks**
13. What is the only form of birth control that also helps to reduce the risk of STI transmission? **condoms**
14. Name a pelvic exam that screens for signs of cervical cancer. **PAP test**
15. Different types of cancer, including cervical, anal, penile, and some mouth and throat cancers can be caused by an infection with which STI? **HPV**
16. True or False: Most people who are sexually active will get one or more types of STIs. **true**
17. To ensure that there is space for ejaculated semen to go, be sure to do this to the tip of the condom when unrolling it down the penis. **pinch the tip**
18. What is the most common bacterial STI? **chlamydia**
19. What kind of lube should be used with condoms? **water-based or silicone based**
20. For any type of sexual activity, there must always be ongoing _____ from both partners. **consent**
21. Where can youth go for STI testing and free condoms? **sexual health clinics**
22. What should be checked on a condom before using it? **expiry date**
23. What kind of lube should not be used with condoms? **oil-based**
24. This type of STI is treated using a special medicated shampoo. **pubic lice (crabs)**

Appendix F: STI BINGO Card/Word Bank

		Free Space		

BINGO Word Bank		
Blood	Get tested	Expiry date
HSV (herpes)	False	Antibiotics
Water- or silicone-based	Skin-to-skin contact	Abstinence – no sexual contact
Pubic lice (crabs)	PAP smear/test	HPV
HIV	Infertility	True
7	Pinch	Gardasil
Chlamydia	Sexual Health Clinics	Consent
12	Condoms	Oil-based

Appendix G: Birth Control Quiz Handout

Birth Control Quiz

1. Name three common methods that youth use for birth control.
2. Why might people in a relationship stop using condoms?
3. Which is the only method of birth control that protects against pregnancy and STIs?
4. What is a birth control method that is becoming very popular among young people and it is both long lasting and reversible?
5. True or False: Abortion is legal and free in Ontario.
6. What can be helpful if pregnancy is not wanted at this time, but no contraception was used for sexual intercourse (including sexual assault) or if a contraceptive method failed or was used incorrectly?
7. Where can someone get emergency contraception?
8. When in the menstrual cycle is it the easiest to get pregnant?
9. True or False: Using withdrawal as a birth control method is about as effective as not using anything at all.

Appendix H: Discussion Guide for Birth Control Quiz

1. Name the three most common methods that teenagers use for birth control.

Condoms, withdrawal and the birth control pill are the most common methods for teens.

2. Why might teens stop using condoms?

Some teens may choose to stop using condoms when they are in a committed, monogamous relationship and they feel that they can trust each other. It is important that couples go for STI testing before they stop using condoms because STIs often show no symptoms and can be passed on unknowingly. When relationships are male/female, couples sometimes choose to stop using condoms when other contraception is used (i.e. birth control pills).

3. Which is the only method that protects against pregnancy and STIs?

Condoms, when used correctly from beginning to end, prevent the transmission of body fluids from one partner to another and provide a barrier in skin-to-skin contact. HPV and herpes are spread by skin-to-skin contact in the genital area.

4. What is a birth control method that is becoming very popular among young people and it is both long lasting and reversible?

IUD (Intrauterine Device)/IUS (Intrauterine System) are fast becoming popular methods of Birth Control for Youth. Some of the IUS devices are covered by OHIP plus i.e. Mirena, Kyleena

5. Abortion is legal and free in Ontario.

True. There is no law against abortion. It is a medical procedure covered by the Ontario Health Card. If someone does not have a health card they can go to an abortion clinic and pay a fee.

6. What can be used to prevent pregnancy if a condom breaks, in the case of sexual assault or if nothing was used for vaginal sex?

Emergency Contraceptive Pills (ECP), also known as Plan B and “Morning After Pills”, are very effective in preventing pregnancy when taken as soon as possible after unprotected sexual intercourse. They are very safe and rarely have side effects. They work most often by preventing ovulation. ECP can be taken up to five days after unprotected intercourse. They are most effective if taken in the first 24 hours. There is also an ECP known as ella.

7. Where can you get Emergency Contraceptive Pills (Plan B and ella)?

They are available from sexual health clinics and pharmacies without a prescription.

8. When in the menstrual cycle is it the easiest to get pregnant?

Ovulation occurs about 14 days before the next period. Sperm can live in the fallopian tubes for up to 5 days. Someone with a 28 day cycle is fertile between days 9 – 17. Someone who has a period every three weeks is fertile right after their period. The first day of the period is day 1 of your cycle. There are also a number of fertility apps (period apps) that you can download onto your phone which shows one’s fertile days. (see ‘When are you fertile?’)

9. Using withdrawal as a birth control method is about as effective as not using anything at all.

False, because withdrawal (“pulling out”) is better than nothing, but this method offers no protection from STIs.

Appendix I: What Students Need to Know about Sexual Health Clinics

There are many MYTHS about sexual health clinics, but it is important to share with students that:

- Clinics are for everyone regardless of gender, age, sexual orientation, status, etc.
- The clinic will not call the client’s home or talk with their family or family doctor.
- Students do not have to have parental permission to start on birth control or to buy/use emergency contraception.
- STI testing is not usually painful and often involves a simple urine test
- An internal (pelvic/vaginal/cervical) exam is often not needed as part of STI testing. Internal exams called PAP tests, which screen for cervical cancer, begin at age 21 for those who have had sexual contact within the vagina.

Starting in grade 7, it is important that students know where they can go to speak to health professionals about private sexual health matters. Some may go to their family doctor, but many are reluctant to do this because they are worried their parent(s) or guardian(s) may find out.

Advantages of Sexual Health Clinics

1. All services are confidential and free (including treatment for STIs).
2. Staff is youth-friendly and gay/lesbian/bi/trans/queer positive.
3. There are no age restrictions.
4. Youth do not need to have their health card with them.
5. Condoms are free.
6. Birth control methods (i.e., birth control pills, copper IUDs, emergency contraceptive pills) are cheaper than at drug stores (now with OHIP+, many methods and pill brands are free for people 24 and under).
7. Specific details regarding times and locations can be located on the Durham Region Public Health web site: <https://www.durham.ca/en/health-and-wellness/sexual-health.aspx#Clinic-locations-and-hours>, or by calling the Durham Sexual Health Clinic (905-433-8901 for Oshawa and 905-420-8781 for Pickering). Youth can visit just to talk to a counsellor before they have higher risk sexual activities.
8. It can be helpful to have a free pregnancy test at the clinic where there is someone to talk to rather than doing a home pregnancy test.
9. Youth can have their parent/guardian or a friend or partner join them at clinic if they choose.
10. Partners are welcome, especially if they want to get tested for STIs.

Appendix J: 'How Does It End?' (Relationship Scenes)

Scene One

A girl and her boyfriend have been dating for a couple of months. She wants to have sex but he doesn't. What could he do?

Scene Two

You are hanging out with someone you are attracted to. Things are going well and as you say good-bye, they lean in for a kiss. You feel a little uncomfortable. What would you do?

Scene Three

You've just been asked to go on a movie date with someone you like at school. Your parents/caregivers won't allow you to date until you're older but you really want to go. What would you do?

Scene Four

- a) A friend recently shared with you and a group of friends a picture of their new partner that you felt was a little intimate. What would you do?
- b) You are in a relationship and your partner has been asking you to send them naked pictures. You don't really want to, but your partner keeps asking. What would you do?

Scene Five

- a) You are 12 years old. Your younger sibling has a good-looking babysitter who is 15 years old. One day, the babysitter asks you for a kiss. It makes you feel very special that someone older finds you attractive. What would you do?
- b) You are 14 years old. You're working at a wading pool and your manager is 17. You are into each other and you'd like to start a physical relationship. Should you?

Scene Six

Two of your friends have been dating and they just broke up. One of them is really angry about it and wants to get back at the other one. How can you support your friend with the hurt of the breakup and deal with rejection?

Scene Seven

You're at a party and it looks like two of your friends are going to hook up. Both of them are pretty drunk. What do they need to know?

Scene Eight

Two same-gender friends are hanging out. One person thinks they're just friends watching a movie. The other person wishes it was a date. What can they do about their crush?

Appendix K: References

[Durham Region Public Health – Sexual Health](#)

[Health Canada – Sexual Health Promotion](#)

[Planned Parenthood Canada](#)

[BOOST Child & Youth Advocacy Centre](#)

[Society of Obstetricians & Gynecologists of Canada](#)

[Lesbian Gay Bi Trans Youthline](#)

Adapted with permission from Toronto Public Health (October 2022)



HEALTH
DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/sexualhealth

If you require this information in an accessible format, contact 1-800-841-2729.

