

Ground Rules

ACTIVITY GOAL:

Create a comfortable classroom environment to discuss human development and sexual health topics through the collaborative creation of classroom guidelines.

ACTIVITY INSTRUCTIONS:

1. Work with students to create a list of ground rules at the beginning of the human development and sexual health unit.
2. Refer to the list at the beginning of each subsequent lesson or have them posted in the classroom.

Suggestions:

- Giggling is okay
- Be respectful
- Everyone is learning, ask questions!
- Discuss puberty topics responsibly outside the classroom
- No personal stories or questions

Curriculum Connections

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| Grade 4: | D1.5 Puberty – changes: emotional and social impact; C2.4 Puberty – personal hygiene and care |
| Grade 5: | D1.3 Reproductive system; D1.4 Menstruation, spermatogenesis; D2.4 Self-concept, sexual orientation; D2.5 Emotional, interpersonal stresses – puberty |
| Grade 6: | D1.3 Sexually explicit media; D2.5 Understanding of puberty changes, healthy relationships; D2.6 Decision making, consent; C3.3 Stereotypes and assumptions – impacts and strategies for responding |
| Grade 7: | D1.3 Delaying sexual activity; D1.4 Sexually transmitted and blood-borne infections (STBBIs); D1.5 STBBIs and pregnancy prevention; D2.4 Sexual health and decision making; D3.3 Relationship changes at puberty |
| Grade 8: | D1.4 Decisions about sexual activity; supports; D1.5 Gender identity, gender expression, sexual orientation, self-concept; D2.3 Decision making considerations and skills; D3.3 Relationships and intimacy |

Adapted with permission from Middlesex-London Health Unit (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.

