



# Families, Classrooms, Kids and Sex Ed: Working Together to Raise Safe, Informed, Compassionate Children

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# Thank You



- Parent Advisory Committee École Puntledge Park Elementary
- École Puntledge Park Elementary
- School District 71 Parent Advisory Committee
- Shannon Aldinger (École Puntledge Park Elementary)
- Megan Cowling (Brooklyn Elementary School)
- School District 71
- SD71 families



# The Curriculum

- The Physical and Health Education (PHE) curriculum is set by the B.C. Ministry of Education.
  - Legally required content standards for the provincial education system
  - ***Ministerial Order 295/95: The Required Areas of Study in a Educational Program Order*** states that PHE is a required area of study in an educational program
  - Most personal safety and sexual health content can be found in PHE curriculum with related material in the Science curriculum.
  - New curriculum: September 2015 with a three year transition.
  - All curricula is readily available here:  
<https://curriculum.gov.bc.ca/curriculum/physical-health-education>



# The Curriculum: Overview

- The desired goal of comprehensive sexual health education is for individuals to gain the skills and knowledge necessary to maintain healthy bodies, sexual wellbeing, healthy relationships, sexual safety, and to not sexually harm others. Moreover, research has shown quality sexual health education reduces negative outcomes and promotes positive ones (<http://sieccan.org>).
- Based on research and evidence by the National Safety Education Program <https://www.protectchildren.ca>, one of the most effective ways to prevent and stop abuse and exploitation of children is to provide them with age-appropriate information about their bodies (including their genitals) and to empower them to speak up when they feel unsafe.
- The Canadian Guidelines for Sexual Health Information (2018) indicates it is standard practice to have all genders in class together. Doing so fosters empathy, honours inclusion, combats misinformation and allows students to interact with the material and each other in real time. It is also consistent with daily living where people grow, work and interact with genders other than their own.



# The Curriculum: Content

- K-1: Appropriate names for private parts; differentiating appropriate from inappropriate touch; identify hazards and potentially unsafe situations.
- 2/3: Strategies and skills to use in potentially hazardous, unsafe or abusive situations.
  - Notice there is no discussion about sex at these grade levels. Human reproduction first appears in the Science curriculum in grade 6.





# The Curriculum: Content

- 4/5:

- Physical, emotional and social changes that happen during puberty, including those involving sexuality and sexual identity.
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings.

- 6/7:

- Gr. 6 Science: The basic structures and functions of body systems (excretory, reproductive, hormonal, nervous).
- Gr. 6 PHE: Influences on individual identity, including sexual identity, gender, values, and beliefs and/or Gr. 7 PHE: Influences of physical, emotional, and social changes on identities and relationships.
- Gr. 6&7 PHE: Practices that reduce the risk of contracting STIs; Physical, emotional and social changes that occur during puberty and adolescence; Strategies to protect themselves and others from potential abuse, exploitation and harm in a variety of settings.





# It's Not Just a Lesson in the Classroom

- Offer support to your teachers as they deliver this content.
- Families matter. Family values matter more.
- Silence is a powerful educator:
  - “We don’t talk about this type of thing.”
  - “We offer you no guidance about this.”
  - “We don’t know about this, and we have no family values to share with you.”
  - “We cannot help you if you have a problem with this sort of thing.”
- Be first. Being first is more important now than ever. While we wait, the Internet is teaching our children for us. When we are first, we have the opportunity to teach avoidance tactics and situational strategies.

*“If they are not asking they are not ready, is a myth because many don’t ask for a number of reasons. Also, if you want to be first, then be first, this means not waiting for questions. While you are waiting the neighbours, TV and other media are teaching your children.”*

***Meg Hickling. Speaking of Sex***



# Preparing For School: Pre-schoolers

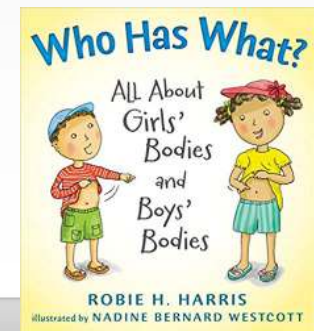
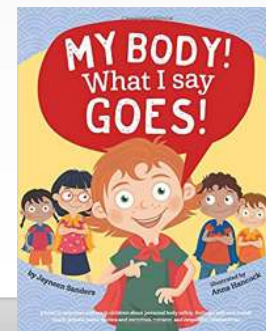
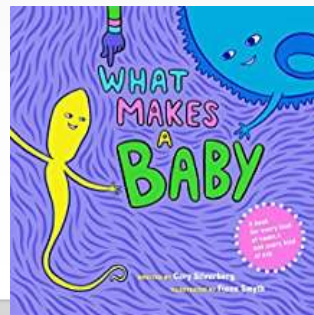
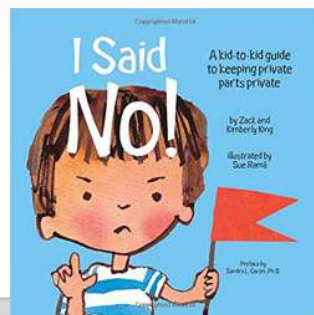
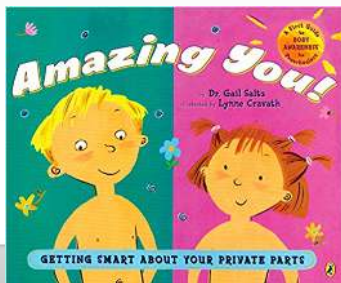
- “We use the proper scientific terms for private parts: Vulva, penis, breasts, testicles, scrotum, vagina, anus, genitals.”
- “These people are your trusted adults if you hurt your genitals.” “If anyone else asks to look and touch your genitals, or asks you to touch theirs, you say no, and come and tell me.”
- “You can touch and explore your genitals if you want, you just have to make sure you are alone, and in private.”
- “You cannot touch other people’s private parts.”
- “Teachers have private parts too - We don’t touch those body parts when we want to get their attention.”
- “When away from home we close the toilet door when we use the bathroom (and manage wiping).”
- “Penises do exercises from time to time.”





# Preparing For School: Pre-schoolers

- “At school we don’t show each other our private parts, even though we might be curious about others.”
- “The Internet has pictures and websites that are not meant for you.” “If you find a site that shows people naked, or doing weird or sexy things, come and tell me.” “I won’t get mad at you.”
- “Here are some books to teach you about private parts and how they are different:”





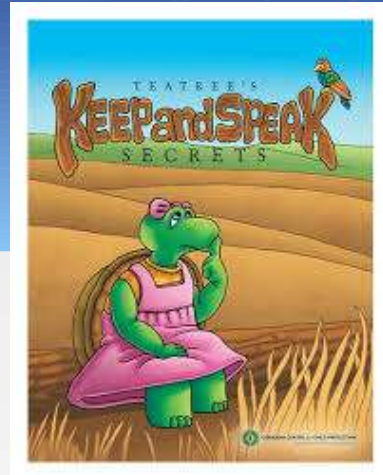
# Kindergarten to Grade Three

|          | Genitals      |         |
|----------|---------------|---------|
|          | Penis/Scrotum | Vulva   |
| Openings | 2             | 3       |
| Front    | Urethra       | Urethra |
| Middle   | None          | Vagina  |
| Back     | Anus          | Anus    |

- “There are more private parts words: Vulva, vagina, clitoris, labia, breasts penis, scrotum, testicles, erection, anus, navel, nipples, genitals, urethra, urine, stool.”
- “It’s not your job to teach this stuff to other kids.” “Parents care how and when their kids learn about private parts.”
- “Only certain people are allowed to look at and touch a kid in their private parts, and you cannot touch the private parts of others.”
  - Who are the trusted adults for your child?
  - Move past the first response.
  - Role play others – teenager, big cousin, kid down the street, an adult in the neighbourhood, big kid etc.



# Kindergarten to Grade Three



- “There are secrets we keep and secrets we speak.”
- “The Internet is not always a safe place for kids.”
  - On line pornography
  - Cyberbullying
  - Extortion, catfishing
  - Accidental exposures are common
- “If you are ever on any type of screen and you see something that scares you, shocks you, embarrasses you or makes you feel ashamed, I want you leave it on the screen and come and tell me.” “I promise I won’t get mad.”
- <https://protectchildren.ca/en/resources-research/>

**Catfishing** is a type of deceptive activity where a person creates a sock puppet social networking presence, or fake identity on a social network account, for attention seeking, bullying or as a romance scam. A "**catfish**" is someone pretending to be someone they are not on the internet.



# Teach Your Children Your Family Rules About Gaming

- Rule #1: “You are not allowed to play video games without my permission.”
- Rule #2: “You can play only some types of games.”
  - <http://www.esrb.org>
- Family values about length of time gaming, other responsibilities etc.

## THE ESRB RATING SYSTEM

### RATING CATEGORIES



### CONTENT DESCRIPTORS



### INTERACTIVE ELEMENTS

In-Game Purchases  
Users Interact  
Shares Location  
Unrestricted Internet



# Teach Your Child How To Call 911 From A Cell Phone

- What is an emergency? What is not an emergency?
- 911 is only for emergencies.
- How to call using a cell in an emergency:
  - No password required, any cell tower will transmit 911 calls
  - SOS
  - If you accidentally call, don't hang up
- Practice landmark recognition and description
  - Cells phones do not always stay at home.





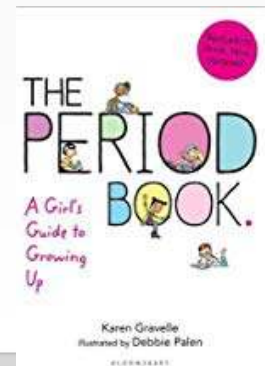
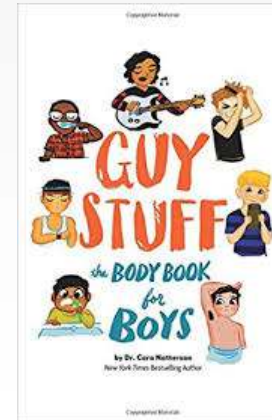
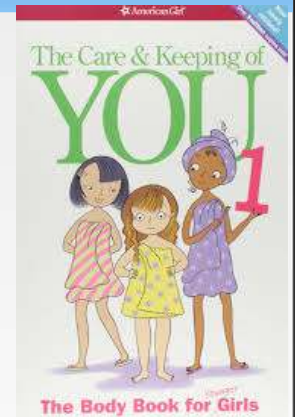
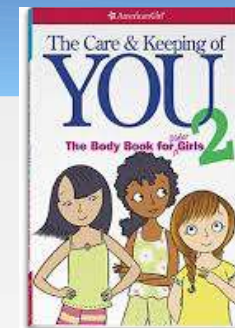
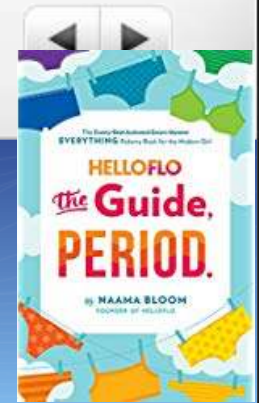
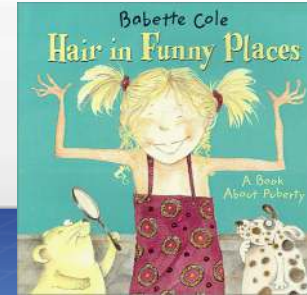
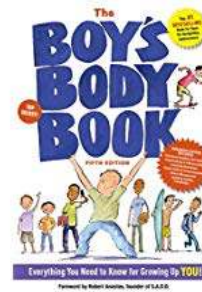
# When Your Child Gets A Cell Phone

- Family rules about the cell phone: Administrator privileges, evening access, life balance etc.
- Family Responsible Use Agreement (RUA)
  - Start when the cell first arrives. It is nearly impossible to readily impose these rules later on.
  - <https://joshshipp.com/wp-content/uploads/2016/09/teenage-cell-phone-agreement.pdf>
- *"I expect you to conduct yourself online the same way you do in real life. That means making sure you treat people with kindness and respect at all times (Rachel Simmons, Positive Parenting Solutions.)."*
  - Offer some examples of unacceptable behaviours: Using another's device without permission; Sharing images of others without permission; Using threatening or bad language; sharing intimate images; viewing online pornography sites etc.
- Digital integrity: Online pornography and sexting



# Grade 4 and Grade 5

- Puberty and pubertal hygiene – both pathways
- Family rules about dating, relationships, friendships and sex
- Family values about puberty: shaving, pads vs. tampons, deodorant vs. antiperspirant, make up, cologne, independence, phones etc.
- Family values about gender and inclusion
- Periods are AWESOME!
- Safe resources to learn about puberty:
  - <https://kidshealth.org>
  - <https://www.gov.mb.ca/healthychild/mcad/growingupok.pdf>







# Discussing Sex and Human Reproduction

- In your family, you decide when you want to have this conversation.
- Whenever sex comes up, include the following three points (Then repeat. And repeat. And repeat)
  - “You never have to do it ever in your life if you don’t want to, and no one can make you.”
  - “This is what our family believes about sex and relationships.”
    - Family values about virginity, sex and relationships, abortion, nudity etc.,
  - “Sex cannot happen without consent.”
- Tell the whole story and include your child’s birth story. Their lives are short so far, and their birth story is such a big part of their emerging identity.



# Parental Comfort About Sex Topics Vary

- You don't have to:
  - Discuss your sex life or be naked in front of your children if you are uncomfortable.
  - Whoever says "no" wins. Every time.
  - Know everything.
  - Answer very personal questions.
  - Have a "sex talk" - Start with body science, abuse resistance and then puberty.



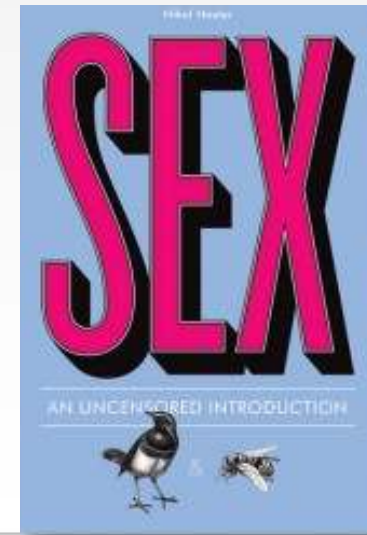
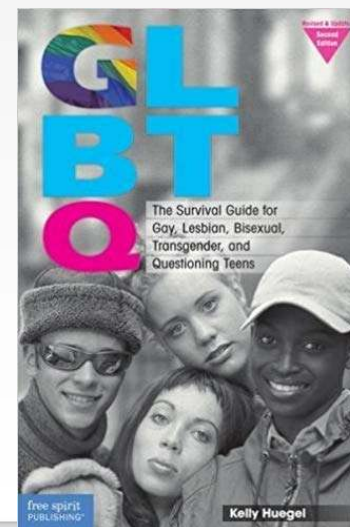
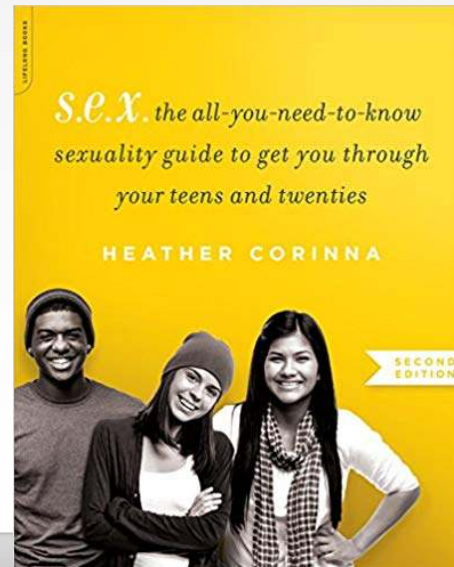
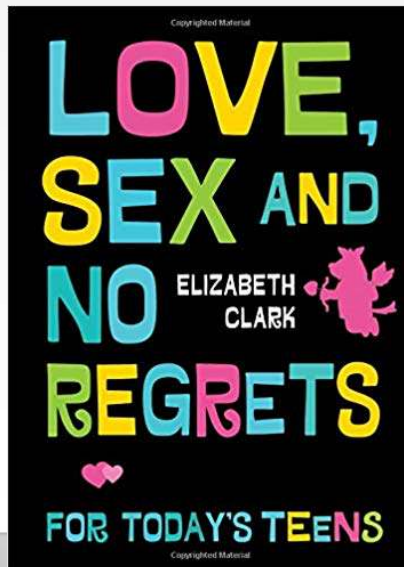
# Grade 6 and 7: Do No Sexual Harm

- Keep talking about puberty
  - <https://www.sexandu.ca/your-body/puberty/>
- In the olden days we thought our parental responsibility to teens on the topic of sex ed. was to leave condoms in a bathroom at home (and promise we wouldn't count them...). Today, parental guidance about sex is much, much more than this.
  - Teach that sex is about good feelings/pleasure. It is not a competitive sport where there are winners and hurt players:
    - <https://www.youtube.com/watch?v=fGoWLWS4-kU>
  - Virginity is always respected.
  - Sex is about choice and responsibility: STIs and birth control.



# Grade 6 and 7: Do No Sexual Harm

- Digital integrity: Online pornography and sexting
- In fairness, we cannot tell our teens and tweens to stay away from online porn, and then provide them with no good resources to learn about sex and sexuality.





# Grade 6 and 7: Do No Sexual Harm

- Websites for Grade 6 up (at parental discretion):
  - <https://amaze.org>
  - <https://kidshealth.org>
  - <https://fightthenewdrug.org>
  - <https://sexted.org>
  - <http://www.webwisekids.org/programs-overview.html>
  - <https://www.sexandu.ca>



**Distributing Child Pornography:** Every person who transmits, makes available, distributes, sells, advertises, imports, exports or possesses for the purpose of transmission, making available, distribution, sale, advertising or exportation any child pornography is guilty of an indictable offence and liable to imprisonment for a term of not more than 14 years and to a minimum punishment of imprisonment for a term of one year (Canadian Criminal Code, R.S.C., 1985, c. C-46)



# Digital Integrity: Sexting

- Sexting: Sharing of intimate images
- Intimate image: Picture or film clip of genitals or sexual activity
- Rule #1: Never ask for a nude
- Rule #2: Never send a nude image, or forward a nude image
  - Nudes are shared about 40% of the time
  - It is not a compliment to be asked for a nude, nor is it an effective flirtation strategy
  - Catfishing is more common now, as are “dick pics”
  - Distributing Child Pornography:
    - The law is clear: No one is permitted to have intimate images of a child on any device/media
    - <https://www.cbc.ca/news/canada/montreal/charges-laid-against-boys-seminaire-des-peres-maristes-1.4806136>
- Digital leadership: Shape the future of the Internet. Don't just live in it.

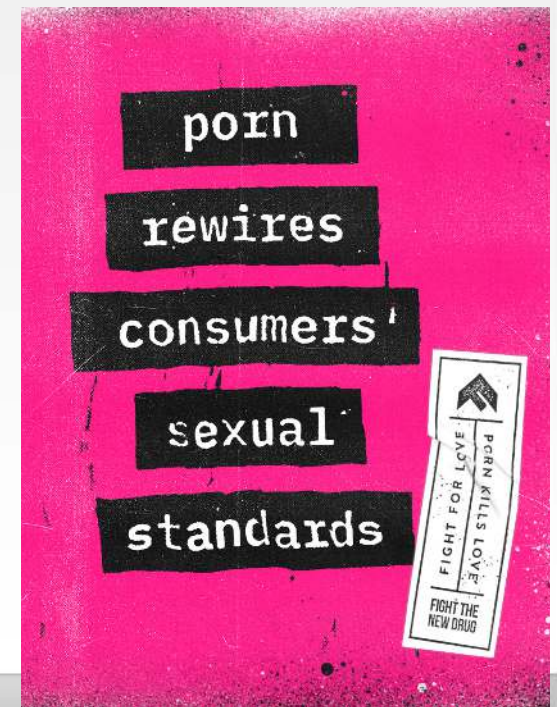
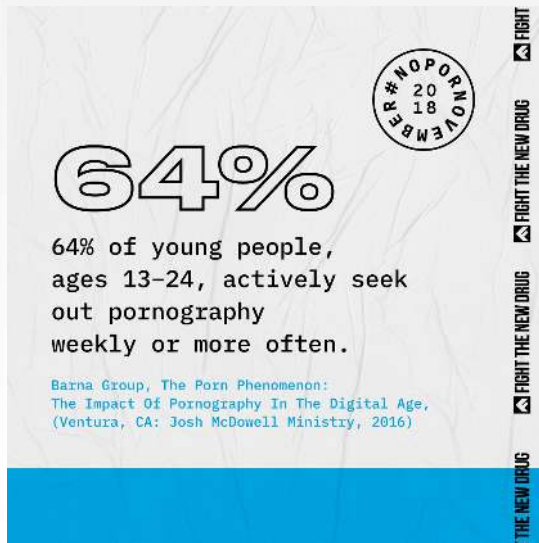






# Digital Integrity: Online Pornography

## AGE?

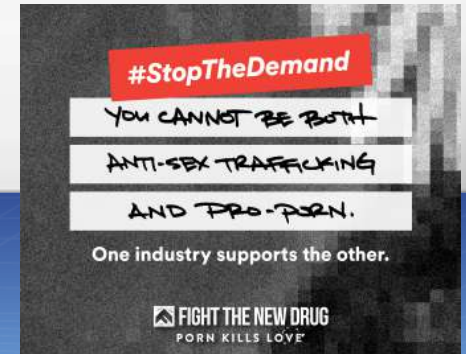






# Digital Integrity: Online Pornography

- Sadly, on line pornography is easily and readily available.
- Average age of first exposure 11-12.
  - Your child is more likely than not, to be exposed to online porn
- How to talk about pornography with teens and tweens:
  - Difference between real sex and porn sex (relationships, lovers and private vs bodies, actors and public)
  - On line pornography creates a market for human sex trafficking
    - <https://fightthenewdrug.org/overview/>
- Online porn is not sex ed.
  - <https://fightthenewdrug.org/overview/>





# Sexual Harassment is Common in Schools

- If employees interacted with each other at work the way students do at school, they would be fired.
- Sexual harassment occurs when the sexualized actions, communications or comments from one person creates a hostile work environment for others.
- Rule: School is not a place for sexual gestures, comments, images, conversations and rumours. Keep anything sexual out of school.



# Sexual Pressure Hurts People

- Sexual consent doesn't count if someone has been pressured into giving it.
- Yes is the only yes. Everything else is a no.
- No consent = sexual assault
- Sexual pressure sends a secret message of disrespect. It says sexual arousal is more important than how the other person feels about the sex.
  - Sex is all about mutual pleasure, mutual consent, mutual respect and mutual comfort



# Gardasil: Vaccine For HPV

- Human Papilloma Viruses (HPV) are a family of about 130 different strains.
  - HPV causes warts but also genital warts, cervical cancer, genital cancers, anal cancer and probably other cancers.
- The Gardasil vaccine is offered to students in grade 6 as part of the school-based immunization program. If a student did not get the vaccine in grade 6, it will be offered to them again in grade 9.
- HPV: [hpvinfo.ca](http://hpvinfo.ca)
  - Gardasil 9 protects against the nine types of HPV that cause most of the cases of cervical cancer, genital warts and genital cancers.
  - The World Health Organization considers the HPV vaccines to be an essential medicine for children.



# Be Brave: Parenting Isn't For The Faint of Heart

- These are tough times to raise kids
  - Inner wisdom, engaged bystander, ethical sexual behaviour
- If it was easy, we wouldn't be in this mess.
- Repetition is key.
- Saying something is better than saying nothing at all.
- Lets teach our children to be engaged bystanders, because sexual harm is everyone's business.



# Engaged Bystander: Sexual Harm is Everyone's Business

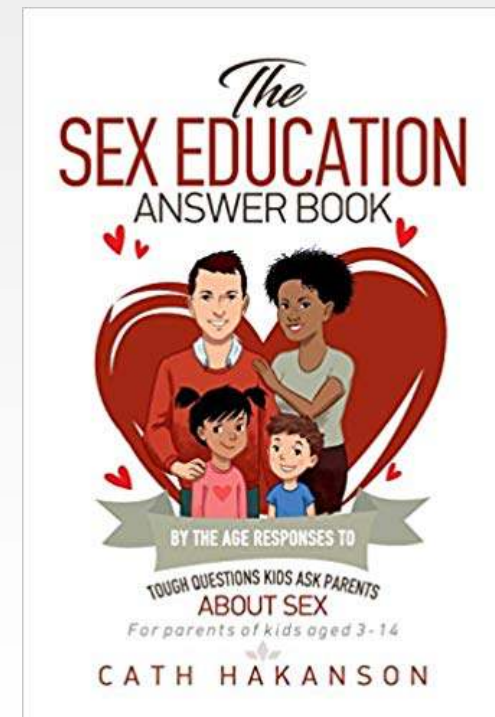
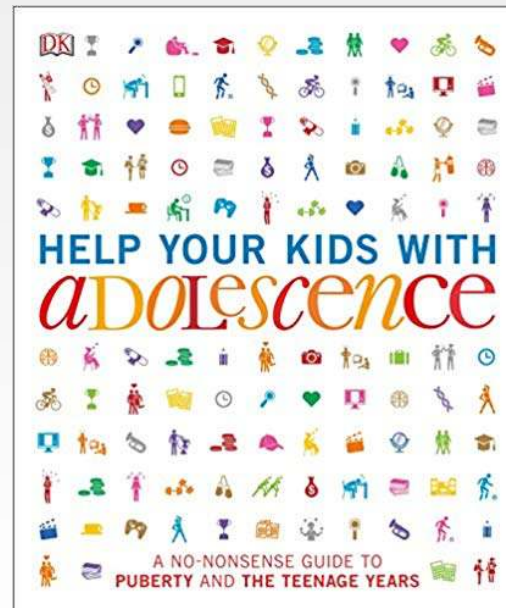
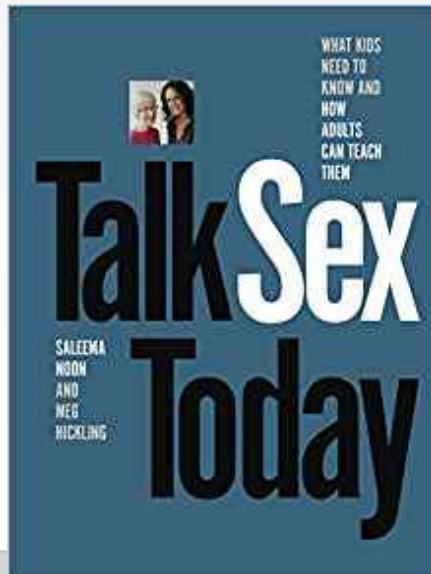
- Someone who is present but not directly involved.
- We need engaged bystanders to speak up against all forms of sexual violence:
  - Sexual harassment
  - Sexual abuse
  - Sexual assault
  - Any form of sexual harm
- Our children need to know that secrets between friends about abuse are not to be kept. True friends offer support to seek help.
- Engaged Bystander: <https://www.youtube.com/watch?v=1ycYPmzisfk>





# Resources for Parents

- <https://kidshealth.org>
- [www.drclaire.ca](http://www.drclaire.ca)







# For Lovers in a Long Term Relationship

