

Renfrew County and District Health Unit
Health and Physical Education On-line Teaching Resources
TOPIC: Human Development and Sexual Health

August 2022

Curriculum-Linked Resource	Website	Description	Grades
OPHEA - Always changing: Co-ed 5/6 & 7/8 Leaders Guide En/Fr	https://www.ophea.net/always-changing-growing	Free download 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.	Gr. 5-8
OPHEA – Human Development and Sexual Health resources En/Fr	https://ophea.net/search?f%5B0%5D=topic%3A317	Resources that support teachers and school administrators in the development of lessons and instructional strategies that will help students fulfill the expectations related to age-appropriate Human Development and Sexual Health in the Ontario curriculum.	K-12
Oral Health Education Guides	https://www.halton.ca/For-Residents/Public-Health/Oral-Health/Oral-Health-Education-Resources-for-Teachers-and-E	A tool from Halton Region Public Health that helps teachers to teach oral health, includes on-line lesson plans.	Gr. 1-8
Peel Region – Changes In Me	http://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/lessons/	Educational resources that have been designed to simplify the task for junior level teachers teaching students about adolescent development. Include information on healthy relationships, anatomy, menstruation, ovulation, pregnancy and puberty.	Gr. 4-6
Peel Region – Helping Teens to Make Healthy Decisions about Sex and Relationships	https://www.peelregion.ca/health/helping-teens/download/lesson-plans/	This manual contains eight lesson plans, student handouts, visual aids, student-centred activities, evaluation tools and further resources to teach teens about sexual health.	Gr. 9
Other websites for reliable human development and sexual health information			
Caring for Kids	www.caringforkids.cps.ca	This website by the Canadian Paediatric Society provides accurate, credible, and up-to-date information about child and teen health and well-being. Topics include: developmental stages, healthy habits, puberty, safety, and sexual health.	
Teaching Sexual Health	https://teachingsexualhealth.ca/	Online lesson plans, teaching tools, group activities, and videos for teachers and parents. Topics include: healthy sexuality, gender, STIs, consent, pregnancy, contraception, puberty and relationships.	
It Starts With You En/Fr	http://www.itstartswithyou.ca/educators/	Online social media campaign, video stories, activities, elearning modules for male role models about how to develop healthy, equal relationships.	
Sex & U En/Fr	https://www.sexandu.ca/	This website by the Society of Obstetricians and Gynaecologists of Canada provides accurate and up-to-date information and education for teachers, students, youth and adults to learn about puberty, contraception, STI prevention and sexual well-being	

		with a comprehensive, positive approach to sexuality.
Need Help Now En/Fr	https://needhelpnow.ca/app/en/index	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.
Sexuality Education Resource Centre En/Fr	https://serc.mb.ca/	A community-based, non-profit, pro-choice organization, dedicated to promoting sexual health through education. They provide information and resources directed towards specific population groups including immigrants and refugees, Indigenous, LGBTQ and youth.
Kids Help Phone – Sexting En/Fr	https://kidshelpphone.ca/?s=sexting&s_page=support	Resources and tools for youth on sexting from Canada's only 24/7, national support service offering professional counselling, information and referrals.
Sex Information and Education Council of Canada En/Fr	http://www.sieccan.org/	A national organization that fosters professional education and public knowledge about sexuality and sexual health.
Action Canada for Sexual Health & Rights En/Fr	https://www.actioncanadashr.org/resources	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.
Rainbow Health Ontario En/Fr	https://www.rainbowhealthontario.ca/	An organization that provides 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).
Kids Health	http://classroom.kidshealth.org/	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.
The Fourth R	https://youthrelationships.org/	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.
PFLAG Renfrew County PFLAG Canada En/Fr	http://www.pflagrenfrewcounty.ca/ http://pflagcanada.ca/	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.
Government of Canada-Department of Justice En/Fr	http://www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html	Information and frequently asked questions around sexuality and age of consent.