

Sexual Health and Relationship Education (SHARE): a guide for parents

As part of Physical and Health Education, Yukon students learn how to become safe, healthy and informed adults. They learn about their bodies, healthy relationships, media and the world around them.

What is *SHARE*?

The Sexual Health and Relationship Education (SHARE) resource for Grades 4–7 is for teachers to use for lessons on sexual health and relationships. SHARE includes age-appropriate, evidence-based and medically accurate information, lesson plans and activity books for students.

SHARE was developed in partnership with health professionals from the Yukon Department of Health and Social Services and educators from the Yukon Department of Education. The material in SHARE follows the best practices set by:

- British Columbia’s Ministry of Education
- The Public Health Agency of Canada – *Canadian Guidelines for Sexual Health Education*
- Options for Sexual Health
- The Society of Gynecologists and Obstetricians of Canada

What does *SHARE* look like?

Each SHARE binder (for each grade) has four themes:

I. Who am I?

This section addresses:

- Boundaries and personal space
- Independence
- Development of self-esteem
- Goal setting
- Values
- Decision making
- Gender identity
- Sexual orientation

II. Relationships

This section addresses:

- Belonging
- Friendships
- Family structures
- Romantic relationships
- Violence prevention
- Communication

III. Body Science

This section addresses:

- Reproductive systems
- Puberty
- Sexual safety
- Sexual violence prevention
- Preventing unintended pregnancy
- Preventing Sexually Transmitted Infections
- Coping with stress related to puberty

IV. Media and Culture

This section addresses:

- Developing media literacy skills
- Self/body image
- Internet safety
- Texting safety
- Dealing with pressures to try substances (i.e. smoking, alcohol and drug use)

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Why is learning about sexual health and relationships important?

Introducing sexual health and relationship education at an early age helps young people make positive, safe choices. When our children and youth are well-informed with factual, accurate information, they can make informed decisions about their bodies and their health. Learning about sexual health from a young age supports positive, healthy outcomes for our young people and reduces negative sexual health outcomes, including sexually transmitted infections, sexual assault and teen pregnancy.

What if I do not want my child to receive sexual health and relationship education?

Some parents/guardians may not feel comfortable with their child learning material related to sexual health in the classroom. Parents/guardians may choose to opt their child out of the class instruction of the reproduction, sexuality and sexual health areas of the Physical and Health Education curriculum if they can demonstrate that their child is receiving this learning via alternate means. There will be a letter sent home before this material is taught in the classroom.

Learn more:

Better to Know sexual health website

www.bettertoknow.yk.ca

The Society of Gynecologists and Obstetricians of Canada

www.sexandu.ca

Options for Sexual Health

www.optionsforsexualhealth.org

Yukon Department of Health and Social Services

www.hss.gov.yk.ca/sexualhealth.php

Canadian Federation for Sexual Health

www.sexualhealthandrights.ca

Public Health Agency of Canada

www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/cgshe_toc-eng.php

Yukon Health Line: dial 811

SEX-SENSE health line: 1-800-739-7367 (toll free in Yukon, N.W.T. and Nunavut)