

# Topics in Sexual Health

BC Grade 9

# Curriculum Resources

---

- **BC PHE8**: Core, Curriculum, and Content
- **(SSH)**: BC Supporting Student Health
  - topics grade K-10
- **(TSH)**: Teaching Sexual Health
  - Primary Care AB, grades 4-12
- **(REB)**: Research Ethics Board
  - Consent Process (Health Canada)

# Topics

## Physical Health

- Reproductive  
**Anatomy**
- STD / BB **Infections**
- **Contraceptives**

## Mental Health

- **Consent**
- Signs of **Abuse**
- **Internet** Safety

# Reproductive Anatomy (TSH7)

- Journey of an **Egg**
  - External + Internal **Anatomy**
  - **Ovulation** and **Menstruation**
- Journey of a **Sperm**
  - External + Internal **Anatomy**
  - **Sperm** Production
- **Fertilisation + Implantation**

# STBBIs (TSH8 p.1-22)

- Sexually-transmitted and blood-borne infections
- **Viruses:** HPV, herpes, Hep B, Hep C, HIV
- **Bacteria:** gonorrhea, chlamydia, syphilis
- **Parasites:** public lice, trich, scabies

(SSH p.24-28)

# Contraceptives (TSH8 p.23-41)

- **Mechanical:**
  - Condoms: penile, vaginal
  - Cervical **diaphragm**
- **Hormonal** (progestin, estrogen):
  - Implant, inject, patch, pill, IUD, ring
- **Spermicidal:** copper IUD
- **Emergency** (day-after): pill, IUD
- **Permanent:** ligation, vasectomy
- Rhythm / timing, pulling out, etc

# Principles of Consent (REB)

- **Voluntary**: coercion, power dynamics
  - Age of consent; default to “no”
- **Informed**: verbal, specific
  - Capacity to consent
- **Ongoing**: changes require new consent

**FRIES**: freely given, reversible, informed, enthusiastic, specific (SSH p.9-15)

# Signs of Abuse (TSH8 p.42-55)

- **Types** of abuse:
  - Physical, emotional, financial, sexual
  - Neglect
- **Signs** of abuse, **cycles** of abuse
- When to **disclose**
- How to **support** your friend

# Internet Safety (SSH p.16-20)

- **Catfishing**
- **Cyberbullying**
- Digital **footprint**
- **Sexting** and nudes
- **Pornography** (SSH p.25)