

Action Canada
for Sexual Health & Rights



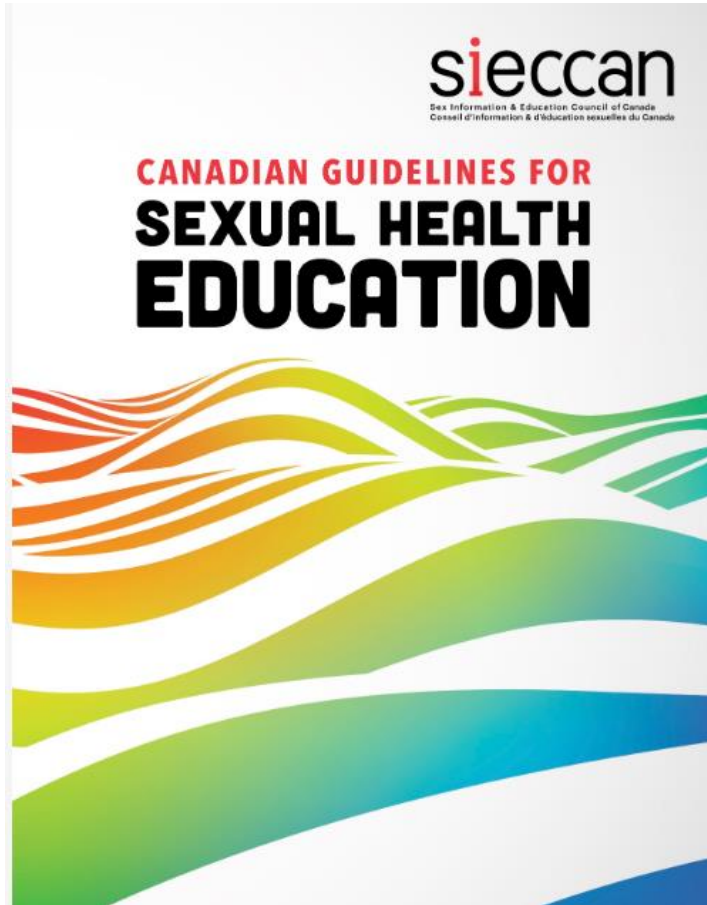
Action Canada
pour la santé & les droits sexuels

Comprehensive Sex-Ed 101 – A Webinar

Facilitated by: Frédérique Chabot (she/her) and Makeda Zook (she/her)

#SexEdSavesLives

What kind of sex-ed keeps us healthy?



“Comprehensive sexuality education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality. It aims to equip children and young people with knowledge, skills, attitudes and values that will empower them to: realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and, understand and ensure the protection of their rights throughout their lives.”

~UNESCO 2018

<http://sieccan.org/sexual-health-education/>



Why does sex-ed matter? Because, science!

Comprehensive sex-ed leads to:

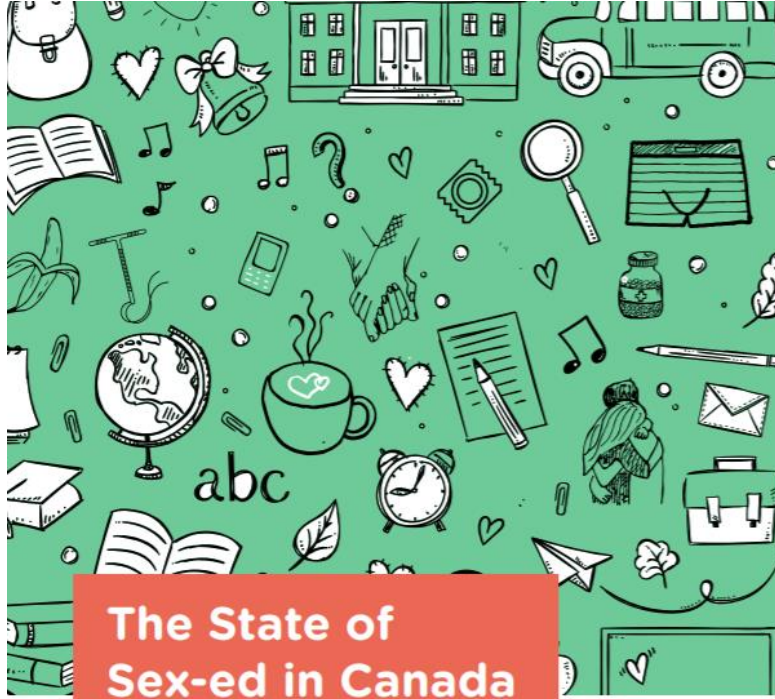
- Building of stronger and healthier relationships
- Increased knowledge of our rights within sexual relationships
- Increased communication with parents about sex and relationships
- Greater effectiveness when managing risky situations
- Prevention of gender-based and intimate partner violence and discrimination
- Increased confidence, gender equality and ability to achieve goals



What's the state of sex-ed in Canada?

Good sex-ed in Canada depends on...

- » Where you live
- » Your teacher
- » Your principal
- » Your school board
- » How much money your school has



The State of Sex-ed in Canada

#SexEdSavesLives



Not a matter of opinion: why LGBTQ+ inclusion is critical for all youth



In 2011, EGALE found that:

- 64% of LGBTQ+ students do not feel safe at school
- 70% of young people reported hearing discriminatory remarks against LGBTQ+ individuals on a daily basis and 10% reported hearing these from their educators and adults in school
- 74% of trans students, 55% of sexual minority students, and 37% from LGBTQ+ families report being verbally harassed because of their gender, sexual orientation, or family
- 21% of LGBTQ students report physical abuse



Preventing violence and increasing safety

- A key intervention in preventing childhood sexual abuse, intimate partner violence and sexual violence
- Long-term health impacts
- Learning about bodies, bodily autonomy, safe/unsafe touch from a young age
- Providing vocabulary and tools to tell trusted adults when they need help
- Gives the language of consent
- Provides skills to nurture strong, respectful relationships
- It helps prevent violence and challenge rape culture and victim-blaming



What difference can sex-ed really make?



Every person should have agency, autonomy, and understanding over their own bodies. It helps them make informed choices and be better citizens overall. They end up treating themselves and others in a more kind, inclusive, and respectful way. This makes relationships in and out of the schools stronger and more resilient. Also, comprehensive sexuality education (or body science) will reduce health care costs when more people have access to it and are better informed. This is a win-win-win situation! (...) It helps build more resourced youth and adults in our communities.

Specialized teacher from rural interior BC



Why isn't sex-ed a priority in Canada?

GOOD



QUESTION

One of the reasons is that leaders across Canada are not treating it as a priority.

How do we know this?

- There is no national sex-ed strategy
- No mechanisms in place to ensure equal access to life-saving health information
- No provincial or territorial government is funding sex-ed on a large scale
- No standard M&E of sex-ed lessons
- No accountability mechanisms when sex-ed is sub-par or not taught
- No safeguards that would make sure LGBTQ+ students are getting sex-ed that speaks to them
- The federal government is not collecting national sexual health data needed to determine the results, gains, and gaps of sex-ed



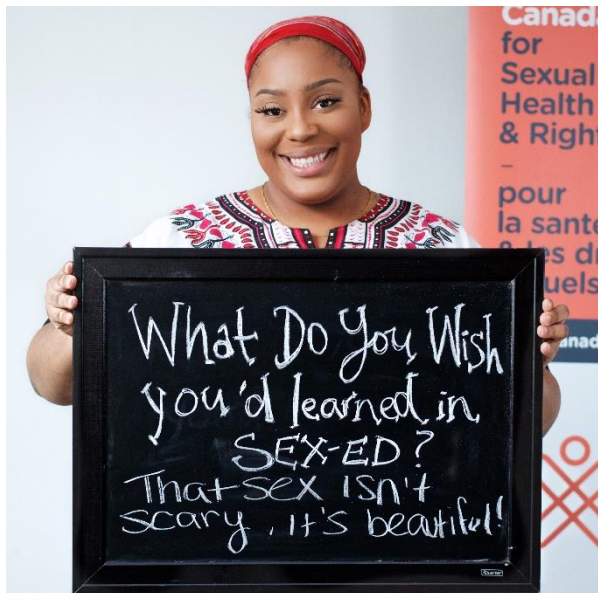
Do we have a right to sex-ed?



Sex-ed is not about opinions or political agendas. It's about evidence, human rights, health, and gender equality.



Youth want, deserve and need better sex-ed!



My sex-ed was a failure. I didn't learn about body parts and their proper names. I never learned about bad touches and that people I know can hurt me, too. I never learned about what to do or who to tell if someone abused me. I never learned that I have a right to my own body and a right to say no. I never learned it was ok to have a different sexuality or gender identity. I never learned about how to communicate and respect boundaries. I never learned how to support my friends or family if they experienced sexual or domestic violence. I never learned how to respond to rejection. I never learned that sex shouldn't or doesn't have to hurt. I never heard about reproductive control, like birth control and abortion. I was left to my own devices, many of which were unreliable, biased, and inaccurate, in learning about these topics.

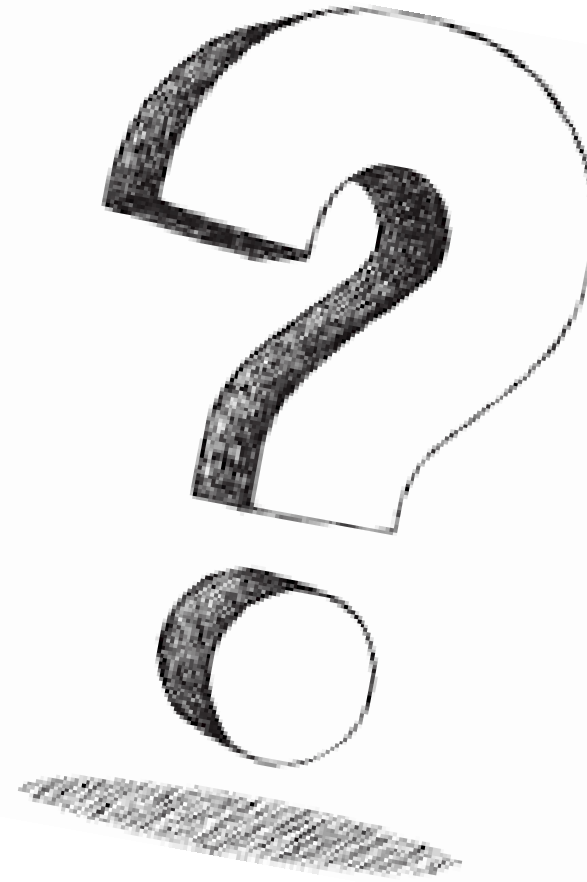
24-year-old from Calgary, Alberta



Stay healthy! Thank you + Questions?



If we didn't get to your question,
Don't hesitate to get in touch:
makeda@actioncanadashr.org



Beyond the Basics is 20% off + free shipping

(DISCOUNT FOR THIS MONTH ONLY)

Discount code: **CSE2020**

To purchase, go to:
actioncanadashr.org/beyondthebasics

Or contact Tara Henderson at
tara@actioncanadashr.org for more info.

Action Canada
for Sexual Health & Rights



Action Canada
pour la santé & les droits sexuels



Testimonials – *Health & Education Sectors*

“*Beyond the Basics* is a wonderful supplement to any curriculum across the country! The layout is clear with good flow, the language used is easy to understand, and each area of this book can be adapted for any grade level. Any teacher who is uncomfortable with the idea of teaching these subjects needs this resource!”

~**Jennifer Henry, Elementary School Teacher, Vancouver BC**

“As a family doctor, I am deeply supportive of *Beyond the Basics* and the many educators who will use this book. As a mother, I am grateful for it. Whatever is being discussed in the school-yards and basements of the nation must be put into context by educators who have the resources and skills to communicate with young people at every age and stage.”

~**Dr. Danielle Martin, MD, Vice President Medical Affairs and Health Systems Solutions Women’s College Hospital**

“*Beyond the Basics* provides educators with a current and accessible blueprint for approaching sexual health topics with young people. It truly goes beyond the ‘birds-and-bees’ approach to tackle topics such as gender identity, consent, and body positivity, giving teachers like me the tools they need to address such topics with sensitivity and safety. It’s a fantastic resource to support the teaching of an important (and so-often ignored) area of the curriculum.”

~**Kim Snider, High School Teacher, Toronto ON**

