

Comprehensive Sexuality Education (CSE) compiled by Eveline Buehlmann

A. Comprehensive Sexuality Education Curricula

1. Elementary Materials

Our Whole Lives K-Gr. 1 (\$40)

[inSpirit: UUA Bookstore and Gift Shop: Our Whole Lives: Sexuality Education for Grades K - 1, Second Edition](#)

This 2023 version of 8 lessons offers new and expansive ways of addressing gender identity and roles, sexual orientation, race, body boundaries, and more for children and their families.

Our Whole Lives Gr.4-6 (\$40) on reprint

[inSpirit: UUA Bookstore and Gift Shop: Our Whole Lives: Sexuality Education for Grades 4 - 6, Second Edition](#)

This is a 10-session program for learning about and discussing the physical and emotional changes of puberty including body image, values, peer pressure, gender and sexual identity and more.

2. Junior High and High School Materials

[Resources for Educators | Women's Health Clinic \(womenshealthclinic.org\)](#)

- Junior High (and beyond) Curriculum in English and French
- Health Booklets for Mental Wellness, Substance Use and Sexual and Reproductive Health (email for French versions - not yet uploaded) adapted versions under construction
- Kahoots for all topics (some in French) available under ebuehlmann76

Jr. High Suggested Session Order: Emotional Wellbeing, Healthy Relationships, Consent and Sexual Assault, Gender Literacy, Social Identities: Privilege and Oppression, Substance Use Info, Puberty, Readiness, Communication Skills, Values and Beliefs, Body Image, Feelings and Attractions: Sexual Orientation, Media and Digital Literacy

[Teentalk.ca](#)

As a Manitoba Youth Health Education Program, Teen Talk focuses on issues under the broad topics of sexual and mental health and link youth S1-4 to resources. Can book workshops at info@serc.mb.ca

- **Tool Kit** [teentalk.ca/service-providers/tools-and-activities/](#)
For educators many activities are listed by topic, are easy to run, include debriefs, and common responses (GLOs and SLOs Included)
- **Youth Peer Education Manual** [Peer-Education-Manual-2019.pdf](#) ([teentalk.ca](#)) (print in booklet format) Made by and for youth.

[Beyond the Basics - Action Canada for Sexual Health and Rights](#)

[\(actioncanadashr.org\)](#) (\$105) (All grades in English and French)

Beyond the Basics offers the tools to teach children and young people about sexuality and sexual health from a sex positive, human rights perspective. Covering

topics that range from anatomy to consent and healthy relationships, Beyond the Basics approaches sexuality education across all gender identities and sexual orientations with activities that help move students from receiving information to making decisions based on critical thinking skills and empowerment. Online hub or hard copy companion book (\$55) with activity materials available at www.beyondthebasics.online/

Safer Sex Supply Distribution Program

Offering free safer sex supplies for special events (e.g. health promotion events, health displays, etc.) and to organizations in Winnipeg and rural Manitoba! To request free safer sex supplies order here: [Safer Sex Supplies Distribution Program \(monday.com\)](http://monday.com)

B. Online Resources - Video Series

Amaze.org/jr

Little kids have big questions. amaze jr. brings parents age-appropriate sex ed resources about talking to kids ages 4-9 and fun videos to share with your children.

Amaze.org

Provides comprehensive, age-appropriate, and medically-accurate sexual health videos for tweens aged 10-14, along with resources for educators and parents. Also some videos available in many languages.

The Amaze.org/educators page is designed to provide classroom resources so you can easily integrate our videos into your lessons. To find follow-up questions and lesson plans related to each specific video, be sure to click on the “More Info” button and scroll down to the Educators’ section. Check out the My AMAZE feature to create customized video playlists.

[Queer Kid Stuff](#)

Through lgbtq+ and social justice media for all ages. They explain queer topics through a vlog-style conversation with young viewers focused on love and family. The short videos are a tool for parents, teachers, and LGBTQ+ adults to help them explain these words ideas to kids.

[Every Body Curious – Let's talk about sex education!](#)

Every Body Curious is an entertaining and educational Canadian YouTube series about sexuality and healthy relationships for youth, ages 9-12. Each episode features two expert hosts, Nadine and Eva, leading a respectful and authentic dialogue on sexual health, and guiding participants through fun and thought-provoking activities about specific topics.

[About Sex - CBC Media Centre](#)

CBC Gem original series ABOUT SEX invites teens to take a funny and frank look at what's going on in their head, their heart and between their legs as they navigate life and love as a young adult. Thirty-five episodes explore topics from consent to pornography addiction, through skits, expert advice and teen testimonials.

[Guide générale de la série ON PARLE DE SEXE \(telequebec.tv\)](#)

La websérie On parle de sexe est un projet web d'éducation à la sexualité pour aider les jeunes à mieux se comprendre, à développer leur esprit critique, leur jugement et

leur sens des responsabilités, le tout sur un ton humoristique ! Tout le contenu éducatif de cette websérie a été conçu en collaboration avec Tel-Jeunes. On parle de sexe s'adresse aux adolescents et aux adolescentes. Composée de 55 épisodes permettant d'aborder la sexualité sous toutes ses coutures, elle se veut à la fois éducative, ludique et sans tabous.

Free Inclusive Coloring Pages (attached)

C. Materials for Educators and Service Providers

Service Provider Manual [WEB-Service-Provider-2021_compressed.pdf \(teentalk.ca\)](#)

It focuses broadly on sexual and mental health (including substance use), and dating relationships. The manual contains background information for educators on each topic, strategies for working with youth, resources and Indigenous voices touching on cultural teachings and decolonizing strategies.

Checking in with your Values and Assumptions

Excepted from Beyond the Basics on Teentalk.ca

[Microsoft Word - Checking in with your Values & Assumptions.docx \(teentalk.ca\)](#)

Operating Principles for Health Education

[Our Approach \(teentalk.ca\)](#)

Sex Information & Education Council of Canada

- <https://sieccan.org/sexual-health-education/> Canadian Guidelines for Sexual Health Education and 2020 Questions & Answers: Sexual Health Education in Schools and Other Settings as well as other sexual health education resources. New infographics on youth sexual health education needs. Developing benchmarks for comprehensive sexual health education in Canada.
- [Guide to Trauma-Informed Sex Education \(cardeaservices.org\)](#)
- [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement | by Shawn Ginwright | Medium](#)

Manitoba Education [Safe and Caring Schools | Manitoba Education and Early Childhood Learning \(gov.mb.ca\)](#)

Manitoba Education and Early Childhood Learning is committed to supporting schools in planning for the provision of safe learning environments for all children and youth. This website provides an overview of Manitoba initiatives and related links and resources for parents, students, and educators.

- **Supporting transgender and gender diverse students in Manitoba schools**
https://www.edu.gov.mb.ca/k12/docs/support/transgender/full_doc.pdf

Educator Training and Programming

Women's Health Clinic - SHiFT Training - Sexual Health Facilitator's Training

Sexuality Education Resource Centre - Training Institute

Ka ni Kanichihk - Indigenous Children and Youth Programming

Red Cross - Healthy Youth Relationships - Training for Adults and Youth

Circling Buffalo - Healthy Relationships for Youth

Erica McNabb - Sex Educator - One of a Kind Workshops

Vanessa AnakwudwabisayQuay Cook - Sex Educator -

anakwudwabisayquay@gmail.com

Rainbow Resource Centre - Youth Program and Educators and Schools Workshops

Native Youth Sexual Health Network (NYSHN)