



# sexual health education checklist

This checklist is adapted from Saleema Noon's book for parents, *Talk Sex Today*. It is intended to be a guide for parents to know what to teach their children and when.

## *preschool checklist (p - to grade 1)*

Your preschooler needs to know:

- the three private parts of the body: mouth, breasts, and genitals,
- that they have ownership of their bodies (basics of consent),
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus),
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse,
- that the baby grows in the uterus (not the stomach),
- that the baby is usually born through the vagina,
- that families are formed in different ways and are all unique,
- not to pick up condoms or needles.

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- basics about gender stereotypes,
- basics about periods and wet dreams.

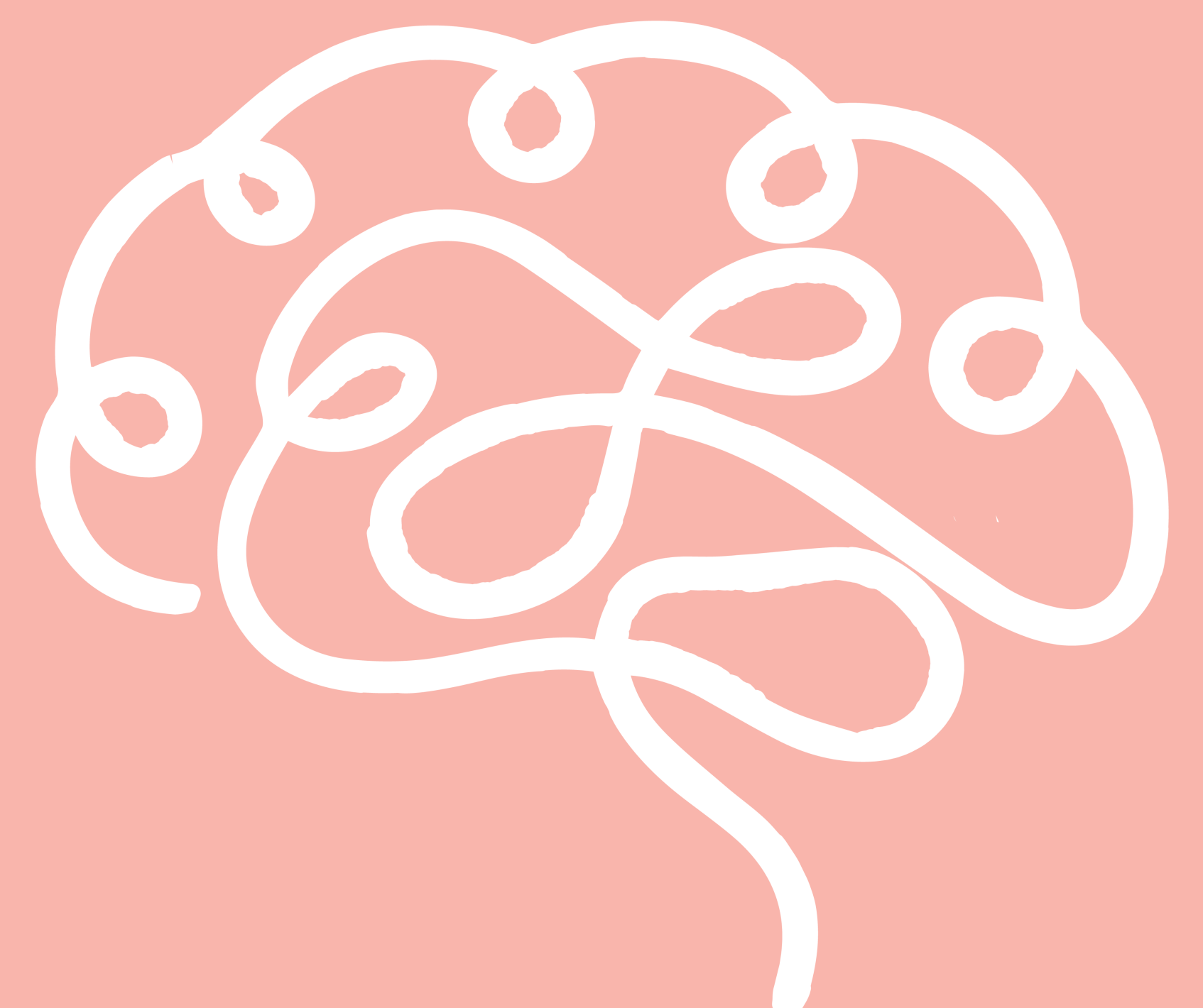
## *primary checklist (grades 2 - 3)*

Your primary child needs to know everything preschoolers need to know, plus:

- the basics about periods and wet dreams as clean and healthy processes.

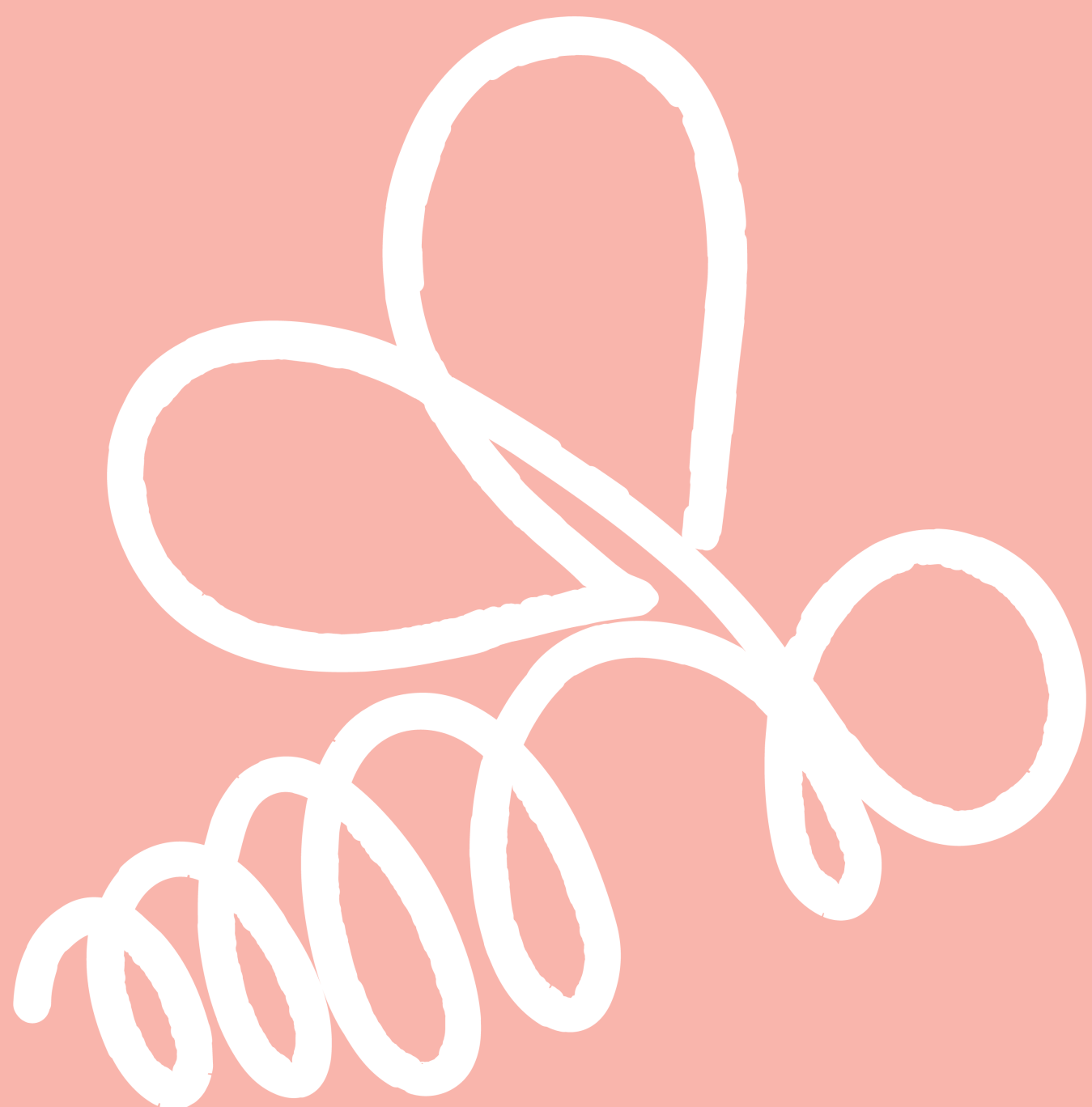
Bonus points (will not be covered in Body Science presentations due to limitations in time):

- more about body and emotional changes during puberty.



## books for k to grade 3 body scientists

- **Boys, Girls and Body Science.** By Meg Hickling, published by Harbor Publishing.
- **What Makes a Baby?** By Cory Silverberg, published by Triangle Square.
- **What's the Big Secret? Talking about sex with girls and boys.** By Laurie and Marc Brown, published by Little.
- **It's Not the Stork!** By Robie Harris, published by Candlewick Press.
- **Making a Baby.** By Rachel Greener, published by Dial Books, published by CreateSpace.
- **It Isn't RUDE to be NUDE.** By Rosie Haine, published by Tate.
- **Zak's Safari: A Story about Donor-Conceived Kids of Two-Mom Families.** By Christie Tyner, published by CreateSpace.
- **Julian is a Mermaid.** By Jessica Love, published by Walker Books Ltd.
- **I am Jazz.** By Jessica Herthel, published by Dial Books.
- **The Different Dragon.** By Jennifer Bryan, published by Two Loves Publishing.
- **Molly's Family.** By Nancy Garden, published by Straux and Giroux.
- **Red: A Crayon's Story.** By Michael Hall, published by Greenwillow Books
- **Consent (for Kids!): Boundaries, Respect, and Being in Charge of YOU.** By Rachel Brian, published by Little, Brown Books for Young Readers
- **C is for Consent.** By Eleanor Morrison, published by by Phonics with Finn.
- **Let's Talk about Body Boundaries, Consent and Respect, Some Secrets Should Never be Kept and My Body! What I Say Goes!** (Also available in Indigenous edition). By Jayneen Sanders, published by Educate2Empower.
- **An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids.** By McKinley Hunter Manasco, published by Jessica Kingsley Publishers.



## *intermediate checklist (grades 4-5)*

Your intermediate child needs to know everything the previous age groups have learned, plus:

- the responsibilities that come with the decision to be in a sexual relationship,
- basic information about sexually transmitted infections (STIs),
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect,
- that homophobic and transphobic language, jokes, and attitudes are unacceptable,
- all about physical and emotional changes at puberty,
- basic assertiveness skills,

Bonus points (will not be covered in Body Science presentations due to limitations in time):

- skills that foster a healthy body image,
- digital and media literacy (including pornography),
- how to act responsibly and stay safe on the Internet.

## *intermediate checklist (grades 6-7)*

Your intermediate child needs to know everything the previous age groups have learned, plus:

- smart decision making regarding social media, including discussion of cyber-bullying, sexting, and selfies,
- how to think critically about pornography,
- more about sexual consent in the context of relationships,
- how to think critically about gender stereotypes,
- what makes for a healthy relationship,
- factors to consider when exploring emotional readiness for a sexual relationship,
- the different types of sexual activity and possible physical outcomes: STIs (myths, transmission, prevention, testing and treatment) and pregnancy,
- that most teens are not sexually active,
- about condoms and emergency contraception (EC) use,
- the importance of taking responsibility of one's health (for example, testicular self-examinations) and where to go for confidential support.

## *websites for body scientists*

- [amaze.org](http://amaze.org)
- [everybodycurious.com](http://everybodycurious.com)
- [kidshealth.org](http://kidshealth.org)
- [youtube.com/popnolly](https://www.youtube.com/popnolly)

## *books for grades 4 to 7 body scientists*

- **Sex is a Funny Word.** By Cory Silverberg, published by Seven Stories Press.
- **You Know, Sex.** By Cory Silverberg, published by Triangle Square (coming October 2021).
- **Vaginas and Periods 101: A Pop-Up Book.** By Christian Hoeger and Kristen Lilla, published by Sex Ed Talk.
- **The Care and Keeping of You** and other American Girl Series for girls aged 8 and up.
- **Wait, What? A Comic Book Guide to Relationships, Bodies and Growing Up.** By Heather Corinna, published by Limerence Press.
- **It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health.** By Robie H. Harris, published by Candlewick Press.
- **Puberty is Gross But Also Really Awesome!** By Gina Loveless, published by Rodale Kids.
- **Positive Sexuality: A Kid's Inclusive Guide to Being Body Aware.** By Sara Perry, independently published.
- **The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender Bodies, and Families.** By Rachel E. Simon, published by Jessica Kingsley.
- **What's Happening to Tom?: A Book about Puberty for Boys and Young Men with Autism and Related Conditions.** By Kate E. Reynolds, published by Jessica Kingsley.
- **What's Happening to Ellie?: A Book about Puberty for Girls and Young Women with Autism and Related Conditions.** By Kate E. Reynolds, published by Jessica Kingsley.
- **The Autism-Friendly Guide to Periods.** By Robyn Steward, published by Jessica Kingsley.

# adolescent checklist (grades 8 -12)

Your teen needs to know everything the previous age groups have learned. They should also know:

- about sexual consent and how to express their boundaries assertively
- how to cope with a break-up
- about the proper use of condoms, oral contraception, and IUDs
- about STI and pregnancy myths
- about the availability of and have access to community sexual health resources
- pregnancy options
- what to expect during a sexual health examination

They should also have:

- a deeper understanding of healthy versus unhealthy relationships
- relationship and sexual decision-making skills, as well as effective communication skills
- safety agreements for going to parties

And they should understand:

- the pressure placed on teens to be sexually active
- their personal sexuality-related values and boundaries
- the impact of our hyper-sexualized society



## books for teens

- **S.E.X.: The All-You-Need-to-Know Progressive Sexuality Guide to Get You Through High School and College.** By Heather Corinna, published by Da Capo Press.
- **Let's Talk About It: A Teen's Guide to Sex, Relationships and Being a Human and Drawn to Sex: The Basics.** By Erika Moen and Matthew Nolan, published by Random House Graphic.
- **Our Bodies, Ourselves.** By Boston Women's Health Book Collective, published by Simon and Schuster.
- **Girl Up: Kick Ass, Claim Your Woman Card and Crush Everyday Feminism.** By Laura Bates, published by Simon and Schuster.
- **In Case You're Curious: Questions about Sex from Young People and Answers from the Experts.** By Planned Parenthood, published by Viva Editions.
- **Can We Talk about Consent?** By Justin Hancock, published by Frances Licoln.
- **Real Talk about Sex and Consent: What Every Teen Needs to Know.** By Cheryl Bradshaw, published by Instant Help Books.
- **Consent: The New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships.** By Jennifer Lang, published by Althea Press.
- **A Quick and Easy Guide to Consent.** By Isabella Rotman, published by Limerence Press.
- **Girl: Love, Sex and Romance, and Being You.** By Dr. Karen Rayne, published by Magination Press.
- **The Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth.** By Jo Langford, published by Rowman and Littlefield.
- **Queer: The Ultimate LGBT Guide for Teens.** By Kathy Belge, published by Zest Books.
- **How to Understand your Gender.** By Alex Iantaffi and Meg-John Barker, published by Jessica Kingsley.
- **Trans Teen Survival Guide.** By Fox Fisher, published by Jessica Kingsley.
- **Trans+: Love, Sex, Romance and Being You.** By Dr. Karen Rayne, published by Magination Press.
- **A Quick and Easy Guide to Sex and Disability.** By A. Andrews, published by Limerence Press.

## websites for teens

- [scarleteen.com](http://scarleteen.com)
- [optbc.com](http://optbc.com)
- [blush.vch.ca](http://blush.vch.ca)
- [sexandu.ca](http://sexandu.ca)
- [goaskalice.com](http://goaskalice.com)
- [iwannaknow.org](http://iwannaknow.org)
- [qmunity.ca](http://qmunity.ca)
- [periodaisle.com](http://periodaisle.com)
- [plannedparenthood.com/learn/roo-sexual-health-chatbot](http://plannedparenthood.com/learn/roo-sexual-health-chatbot)
- [transstudent.org](http://transstudent.org)
- [lovesexrelationships.edu.au](http://lovesexrelationships.edu.au)

## books for parents

- **Talk Sex Today.** By Saleema Noon and Meg Hickling, published by Wood Lake.
- **Sex Positive Talks to Have with Kids.** By Melissa Pintor Carnagey, independently published.
- **Beyond Birds and Bees.** By Bonnie J. Rough, published by Seal Press.
- **Breaking the Hush Factor: Ten Rules for Talking with Teenagers about Sex.** By Dr. Karen Rayne, published by Impetus Books.
- **Girls of Color, Sexuality, and Sex Education.** By Sharon Lamb, Tangela Roberts, and Aleksandra Plocha, published by Palgrave Macmillan.
- **Body Safety Education: A Parent's Guide to Protecting Kids from Sexual Abuse.** By Jayneen Sanders, published by UpLoad.
- **Sex Q and A.** By Erin Brown and Erica Smith, independently published.

## podcasts for parents

- [Growing Up Game Plan: The Podcast, with Saleema Noon](#)
- [Sitting In a Car, with Sarah Sproule](#)
- [Six Minute Sex Ed, with Kim Cavill](#)
- [On Boys, with Jo Langford](#)
- [The Puberty Prof, with Lori Reichel](#)

## websites for parents on sexual health

- [sexpositivefamilies.com](http://sexpositivefamilies.com)
- [amaze.org](http://amaze.org)
- [nadinethornhill.com/youtube](http://nadinethornhill.com/youtube)
- [sarahsproule.com](http://sarahsproule.com)
- [outspokeneducation.com](http://outspokeneducation.com)
- [sexandu.ca](http://sexandu.ca)
- [teachingsexualhealth.ca](http://teachingsexualhealth.ca)
- [plannedparenthood.org](http://plannedparenthood.org)
- [consentparenting.com](http://consentparenting.com)
- [optbc.org](http://optbc.org)
- [shift-education.com](http://shift-education.com)
- [yestess.ca](http://yestess.ca)
- [sexedrescue.com](http://sexedrescue.com)
- [birdsandbeesandkids.com](http://birdsandbeesandkids.com)
- [amazingme.com.au](http://amazingme.com.au)
- [scarleteen.com](http://scarleteen.com)
- [urbandictionary.com](http://urbandictionary.com)
- [kidshelpphone.ca](http://kidshelpphone.ca)
- [guerillasexed.org](http://guerillasexed.org)

## on internet safety

- [commonsensemedia.org](http://commonsensemedia.org)
- [beheroes.net](http://beheroes.net)
- [mediasmarts.ca](http://mediasmarts.ca)
- [mediatedreality.com](http://mediatedreality.com)
- [safeonline.ca](http://safeonline.ca)

## on gender and diversity

- [youtube.com/popnolly](http://youtube.com/popnolly)
- [qmunity.ca](http://qmunity.ca)
- [pflagcanada.ca](http://pflagcanada.ca)
- [genderspectrum.org](http://genderspectrum.org)



**Saleema  
Noon**  
*sexual health educators*

**Smart decisions  
start here.**

t 604 418 9417  
e [saleema@saleemanoon.com](mailto:saleema@saleemanoon.com)  
w [www.saleemanoon.com](http://www.saleemanoon.com)  
ig [@saleema.noon.educators](https://www.instagram.com/saleema.noon.educators)

