

Sexuality Education: Support for Teachers



We can help!

Our team at AHS, Sexual & Reproductive Health provides no-cost services including:

- **Education** for staff, schools, school boards, and parents
- **Consultation** on sexual and reproductive health topics
- **Support** for school, communities, and families

Create a Healthy School Culture

Building teachers' skills to teach comprehensive sexuality education helps create a positive school environment by:

- Recognizing and valuing teachers' strengths
- Encouraging ongoing learning and growth for teachers
- Supporting students' physical, social, and mental health
- Discussing consent, healthy relationships and respect for diversity
- Encouraging family involvement.

School staff are in the best position to teach sexuality education because they have:



- Teaching expertise
- The ability to address questions as they arise
- An understanding of school culture and trust-based relationships
- Knowledge of their students

We're here to help you build the comfort, confidence, and skills to provide sexuality education.

Guiding Principles

- Comprehensive
- Evidence-informed
- Accessible
- Inclusive & Safer
- Culturally competent
- Trauma-informed
- Community, Family and Student-Centered

We believe in

- Human rights
- Harm reduction
- Reconciliation
- Diversity & Inclusion



Flip to the other side for a list of available services!

How We Can Help Your School

Virtual or In-Person



Professional Development

Professional Development (PD): Customized Sessions

- Teaching Sexuality in Schools
- Sexual Orientation, Gender Identity, and Expression (SOGIE) Inclusive Practices



Resources available at
www.teachingsexualhealth.ca
or by contacting our team.



Project Support

Project Support and Collaboration

- Community/School events and initiatives
- Research and mentorship



Parent Education

Parent Education

- Interactive workshops for parents and caregivers
- Age- or Ability-specific Workshops
- Supports healthy sexual development and aligns with school/home messaging



Classroom Support

Classroom Support

- For Alternative Schools where students are disproportionately affected



Consultation

Consultation for Professionals

- Help with answering sexual health questions for teachers and your students
- Assist with addressing emerging sexual health concerns



Resources

Resources Available

- Birth Control & Puberty and menstruation Kits
- Digital and Community Resource Recommendations
- Health Information



Questions?

Call our team!

Phone #
403-346-8336



Contact AHS Sexual and Reproductive Health at 403-346-8336