



Primary Care  
Alberta

# Inclusive Sexual Health Education: Making Sex Ed Work for ALL of your Students

19 February 2026

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CATCA 2026



[teachingsexualhealth.ca](https://teachingsexualhealth.ca)



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***These slides are for building educator knowledge and skills regarding sexual health education. They are not intended for classroom use.***



# Indigenous land acknowledgement

**We begin by acknowledging that our work is conducted on the territories of Treaty Six, Seven and Eight and the homeland of the Métis.**

**We also acknowledge the Indigenous communities that have been forged in urban centres across Alberta.**

**We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.**

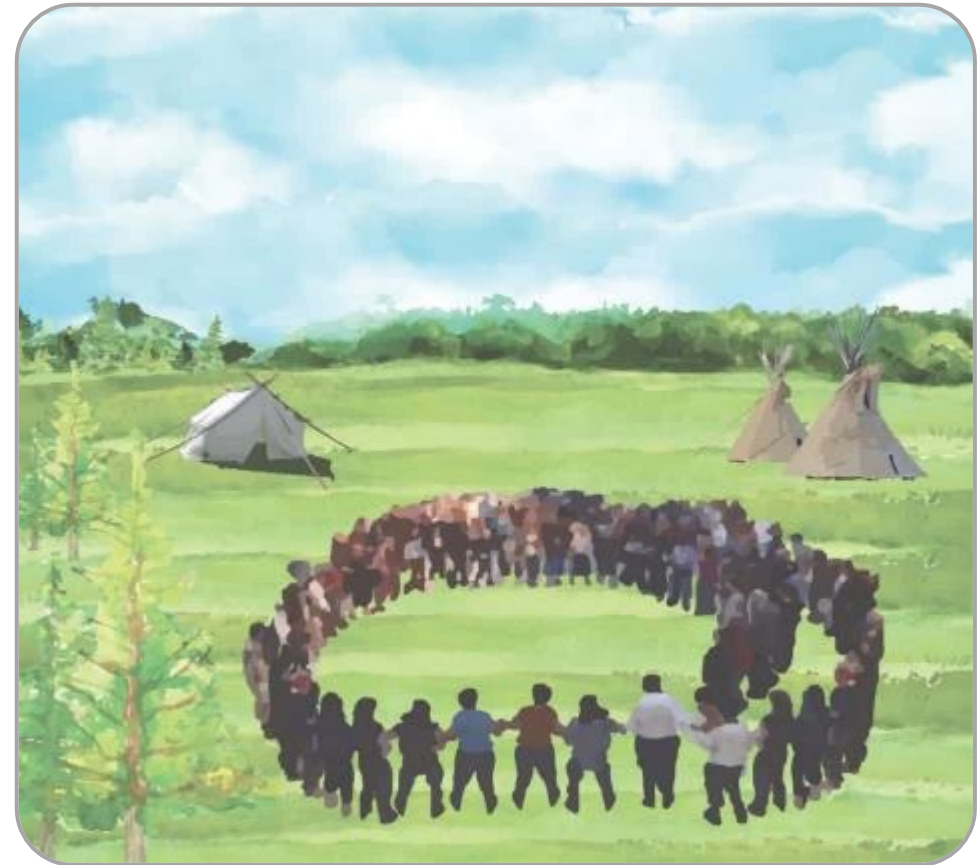


Image from the AHS Indigenous Health Commitments: Roadmap to Wellness: [Indigenous Health Commitments: Roadmap to Wellness \(ahs.ca\)](https://www.ahs.ca/indigenous-health-commitments)



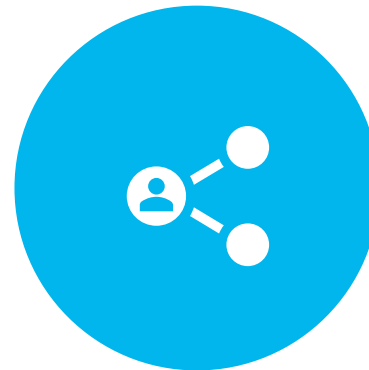
# Group agreements



Ask questions  
anytime



LOL



Participate as you  
are comfortable



Respect  
confidentiality

*TheSafeZoneProject.com*





# Learning objectives

1

Know what comprehensive sexual health education is

2

Understand how comprehensive sexual health education supports student health and wellness

3

Learn how to meet the needs of your students and teach effective, relevant sexual health education





# What is comprehensive sexual health education?

Comprehensive sexual health education is a **curriculum-based approach to teaching and learning about the cognitive, emotional, physical, and social aspects of sexuality.**

It empowers children and young people to:

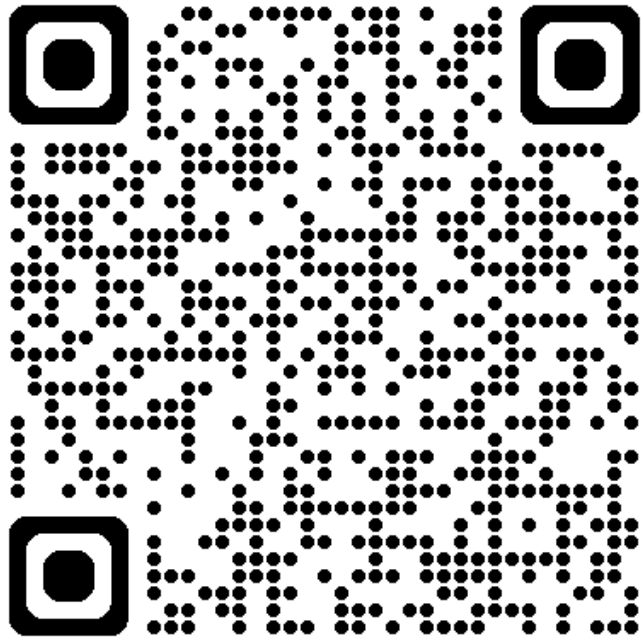
- Realize their health, well-being, and dignity
- Develop respectful social and sexual relationships
- Understand how their choices affect themselves and others
- Protect their rights throughout their lives

[UNESCO: International technical guidance on sexuality education: An evidence-informed approach. Paris, France: United Nation Educational Scientific and Cultural Organization: 2018.](#)





# Education Amendment Act



Visit Government of Alberta,  
Ministry of Education and  
Childcare for current  
information.





# The goal of sexual health education





# How do we achieve the goal?

Values & rights

Gender norms, roles & stereotypes

Autonomy and consent

Interpersonal relationships

Gender and sexual orientation

Bodies and development

Gender-based violence awareness & prevention

Reproductive health

STI prevention

Digital literacy

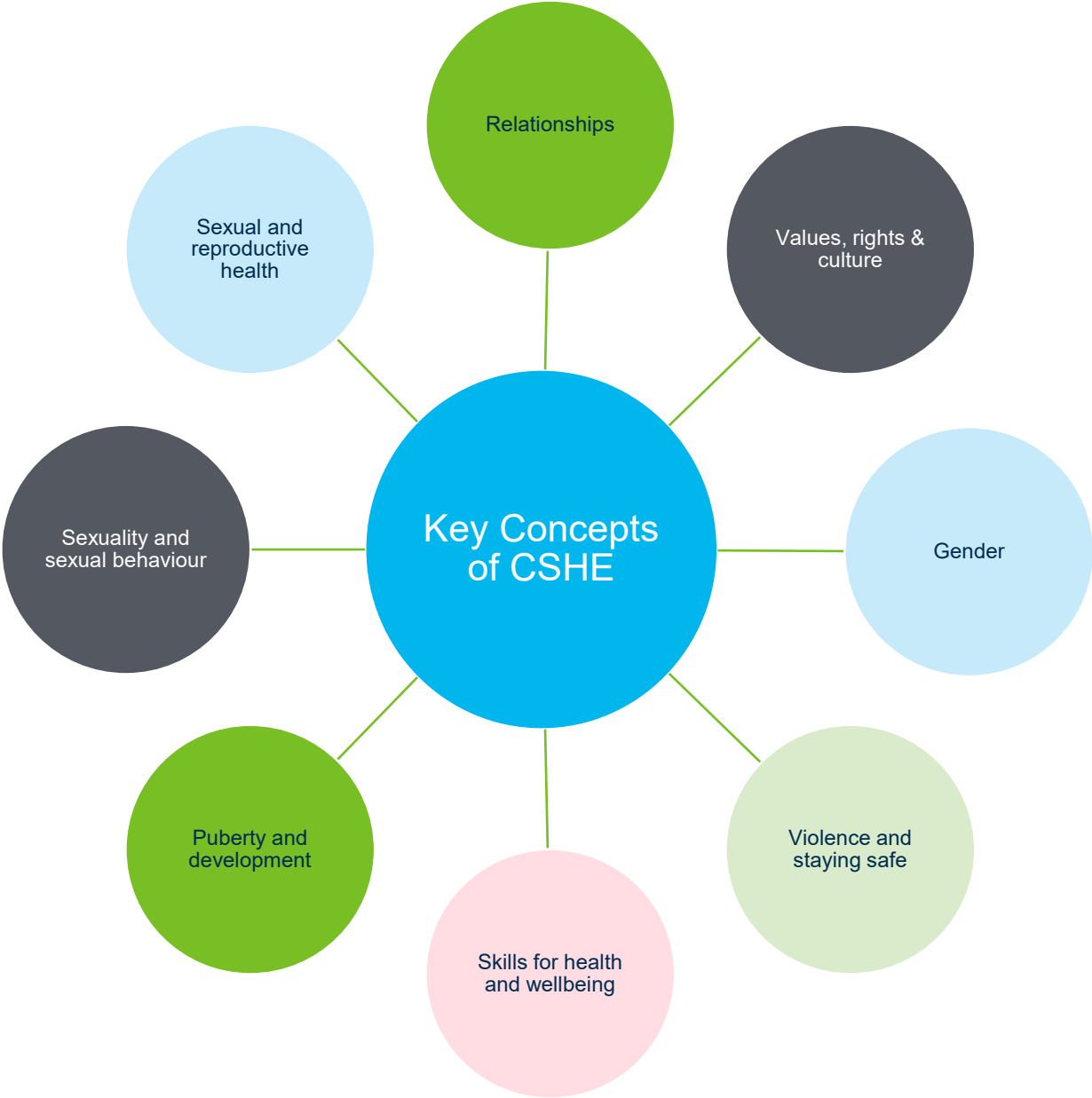
Enhance sexual health and wellbeing

## Comprehensive sexual health education (CSHE)





# The “what” of comprehensive sexual health education





# The “how” of comprehensive sexual health education

CSHE is taught effectively when it is:

Scientifically accurate

Accessible to learners

Covering a broad range of topics

Based on a human-rights approach

Rooted in gender equality

A balance of prevention and promotion messages

Responsive to emerging topics

Taught by confident educators using curriculum

Inclusive of all lived experiences



# Share your experiences



How comfortable are you talking about sexual orientation and gender identity?





# SOGIE



**S**exual  
**O**rientation  
**G**ender  
**I**dentify  
**E**xpression

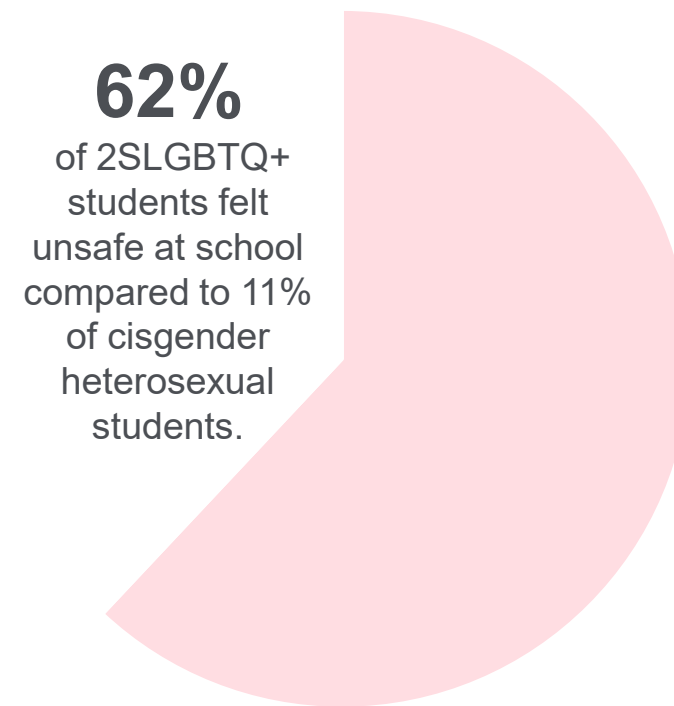
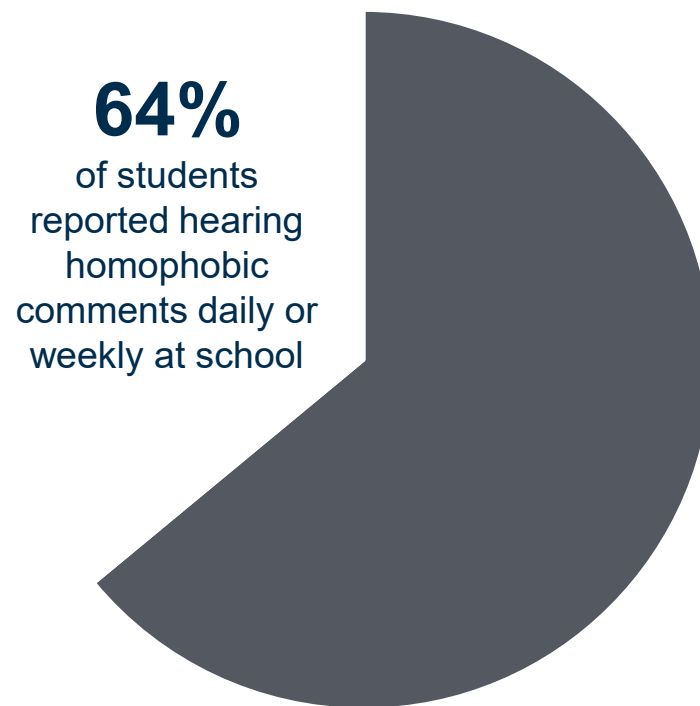








# Lived experiences of youth



These and more statistics found here:

[Still in Every Class in School: Final Report on the second climate survey on homophobia, biphobia, and transphobia in Canadian schools](#)





# School-wide actions



Staff training



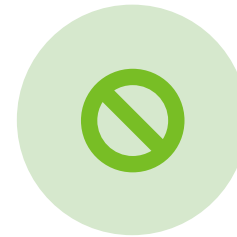
Dress codes



Washrooms/  
changerooms



Forms



Bullying





# Personal actions



Address bullying



Learn & use  
vocab



Reduce  
gendered sorting



Display diverse  
images

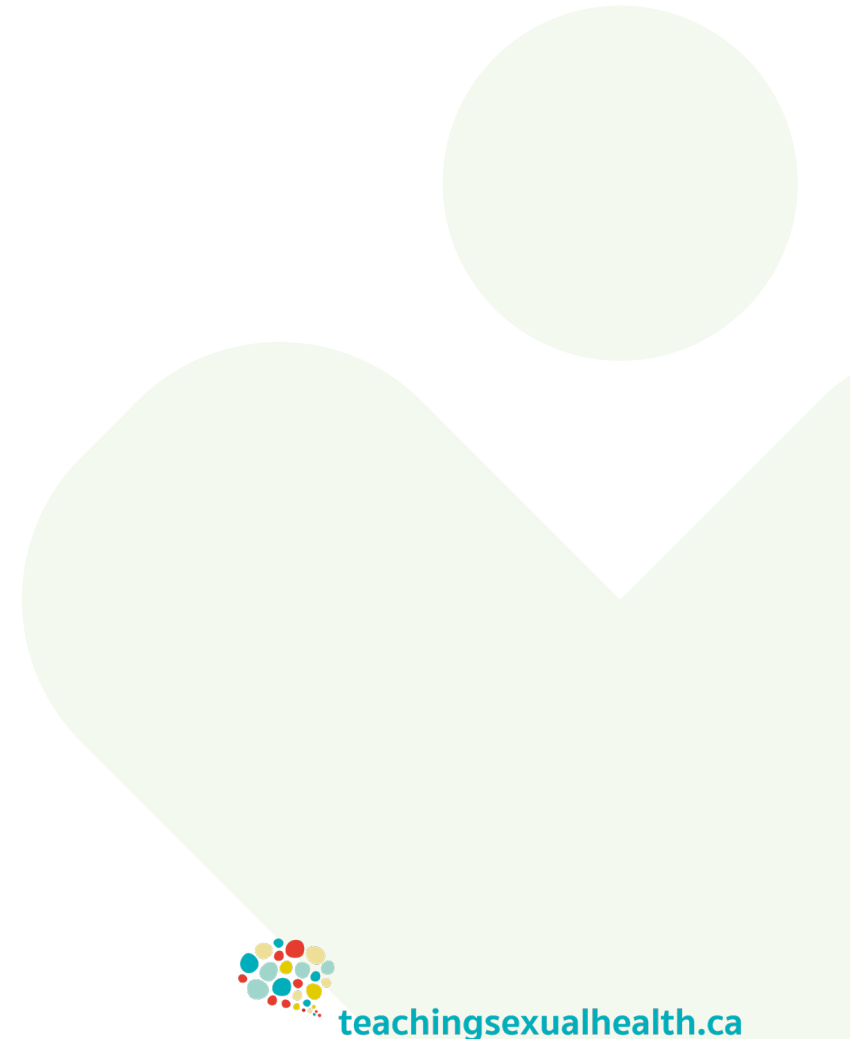


Educate yourself





# 2SLGBTQI+ inclusion





# heteronormativity





# cisnormativity





# Inclusive sexual health classes





# Language matters

Promotes  
belonging

Avoids  
assumptions

Supports  
mental  
health

Models  
respect

Reflects  
reality

Improves  
learning  
outcomes



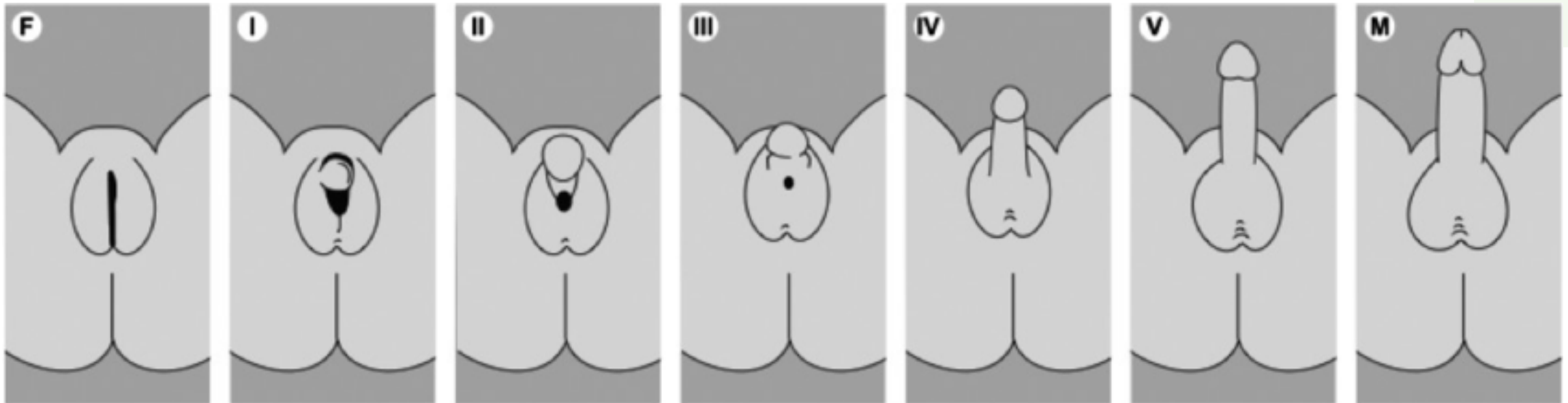


# Keep all students together



- Safer and more inclusive
- Builds empathy
- Normalizes the conversation
- Reduces misinformation
- Prepares students for the future

# Avoid assumptions about people or parts based on gender identity





# All kinds of sex





# Inclusive language tips



- Not labelling parts or processes with a gender
- Using they/them
- Use gender neutral names
- See TSH learning activities for modelling





# Inclusive language practice: rewrite

## Instead of this...

Today we are going to learn about the male and female reproductive systems.

## Say this...

Today we are going to learn about human reproductive systems.





# Inclusive language practice

Rewrite this...

---

Boys and girls have different changes during puberty.

Rewrite this...

---

Girls can use pads or tampons when they are on their period.





# Inclusive language practice

Rewrite this...

---

Girls, you need to know about all these birth control methods, so you know how to not get pregnant.

Rewrite this...

---

The hormone testosterone kickstarts the reproductive changes that turn a boy into a young man capable of getting a girl pregnant if he has sex.





# Teaching Sexual Health

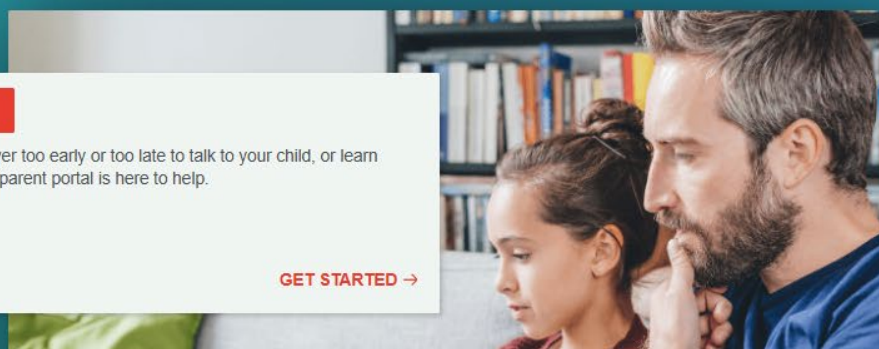
Parents & Teachers: Be Proactive. Be Prepared.



**For Teachers**

The teacher portal provides teachers and educators with evidence-based sexual health information, lesson plans, tools and resources.

[GET STARTED →](#)



**For Parents**

As a parent, it's never too early or too late to talk to your child, or learn more yourself. The parent portal is here to help.

[GET STARTED →](#)



# What's one change you will make going forward?





# Summary



- Everyone has a sexual orientation and gender identity
- Inclusivity is a whole school enterprise
- Use inclusive language



Thank You!

Help us learn by completing the survey in the QR Code:



For more information, please contact  
**[TSH@primarycarealberta.ca](mailto:TSH@primarycarealberta.ca)**





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