



Primary Care
Alberta

Shameless

How to talk about sexting, pornography, consent and more in today's sex ed classroom.

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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.



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Acknowledging the land



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)





Learning objectives

1

Appreciate how sexual health education expectations have evolved over time

2

Explore how to reframe sexual health topics in inclusive and empowering ways

3

Learn strategies to effectively teach and discuss sexual health topics





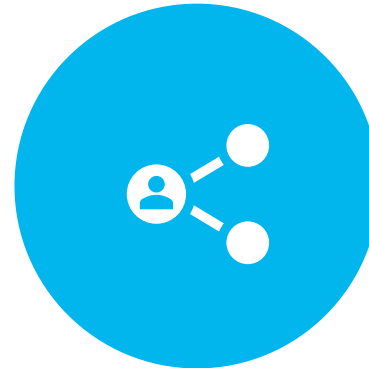
Group agreements



Ask questions
anytime



LOL



Participate as you
are comfortable



Respect
confidentiality

TheSafeZoneProject.com



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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

Sexually Transmitted Infection prevention

Digital literacy

Comprehensive sexual health education (CSHE)

Enhance sexual health and wellbeing





School communities

Welcoming, caring,
respectful & safe
school environments



Inclusivity and safety
reduces shame and
stigma

Everyone sees
themselves in the
conversation





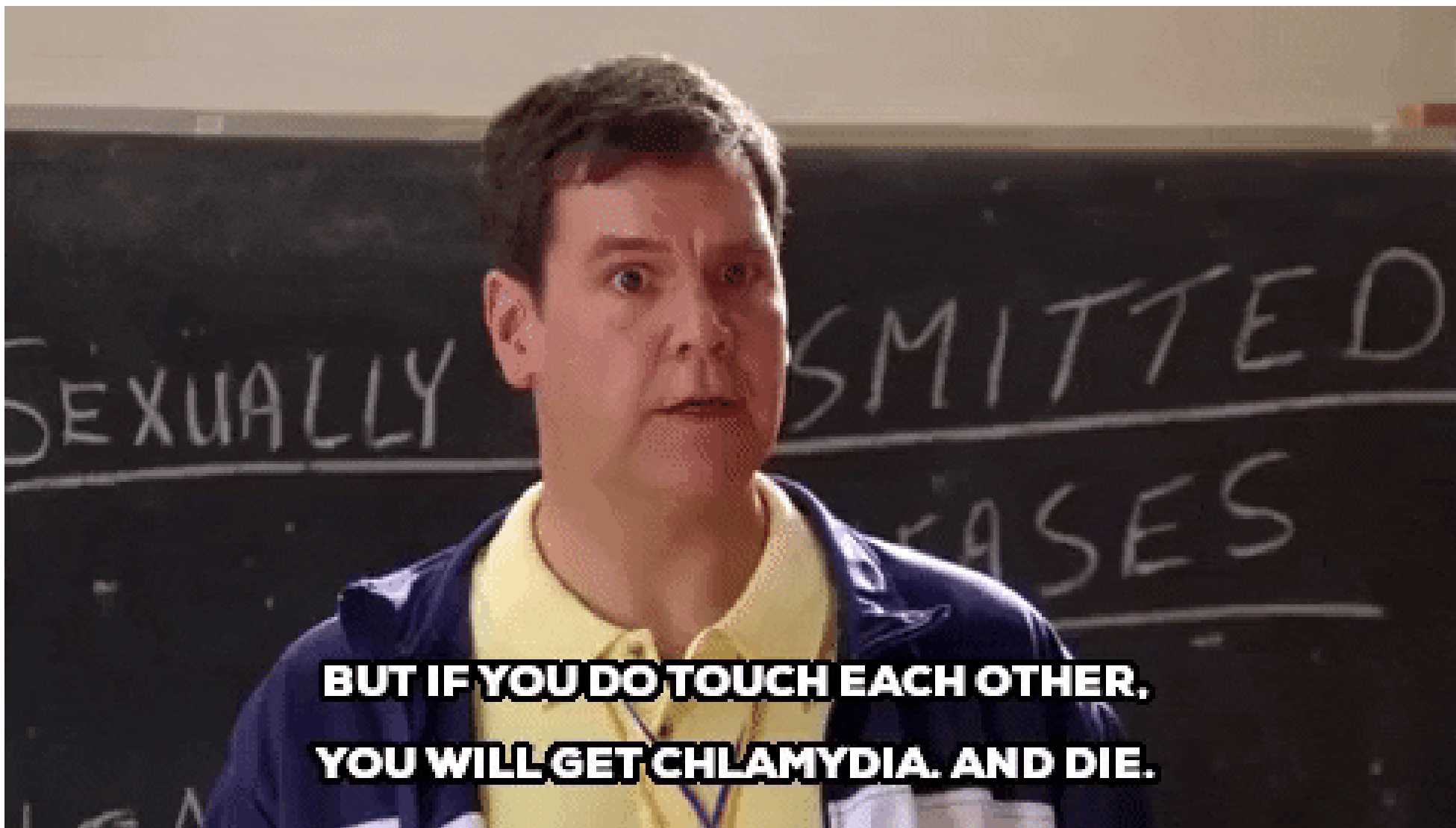
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What is different in today's sexual health education classrooms from 20 years ago?



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How **not** to teach about Sexually Transmitted and Blood-Borne Infections and sexual health.





Shame and fear don't work



Not effective

Contributes to silence and misinformation

Not what youth want

Othering & not inclusive





Re-framing how we teach sexual health topics

Safer sex

Consent

Sexting

Pornography





Safer Sex

Any sexual activity has risks

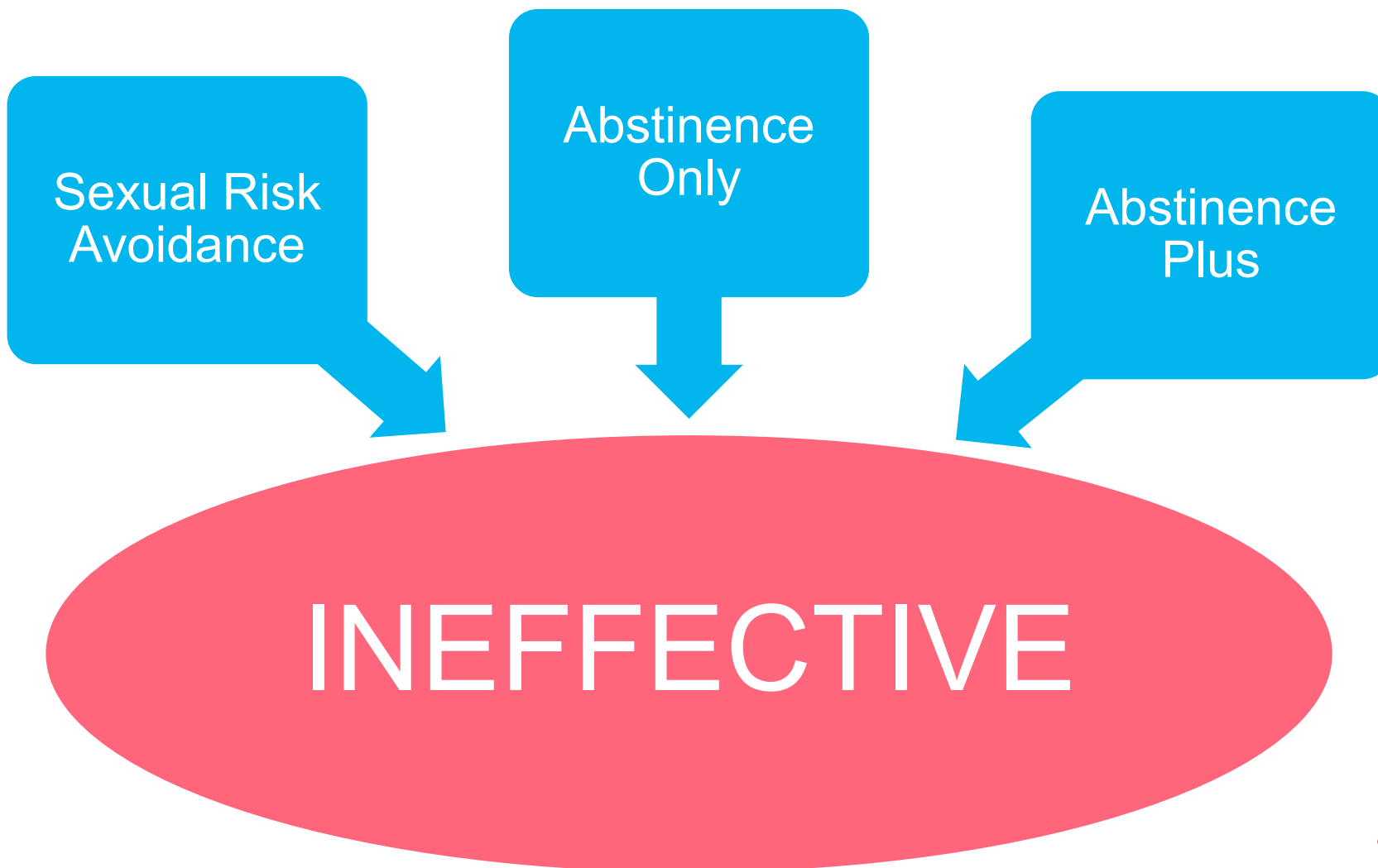


There are strategies to reduce the risk of pregnancy and Sexually Transmitted and Blood-Borne Infections when engaging in sexual activities





Abstinence only





Conversation tips

about Safer Sex

Safer Sex

Consent

Sexting

Pornography

- Students are curious - it's ok to talk about it
- Prevention: Safer sex is about more than condoms!
- Testing & treating is key:
 - Normalizing routine STBBI testing – it's the only way to know for sure!
 - There are effective treatments for STBBIs.
- Enhance learning through role play, skill development and understanding community access to resources






Consent

Permission for something to happen or an agreement to do something

Foundation of a sexual relationship

Consent must be given for every sexual activity, every time





PRESSURING

SOMEONE DOES NOT

MEAN YOU HAVE

CONSENT





Conversation tips

about Consent

Safer Sex

Consent

Sexting

Pornography

- Starts with bodily autonomy
- Consent can be positive, healthy and fun
- How to ask for, give, withhold, withdraw consent and accept a NO





Sexting

Sending or receiving sexual pictures, messages, or videos through technology

e.g., cell phone, app, email, or webcam

Sexting must be consensual

Sharing sexual images of others without consent is against the law





Sexting and the law

Sharing a sexual photo/video without a person's consent is illegal.

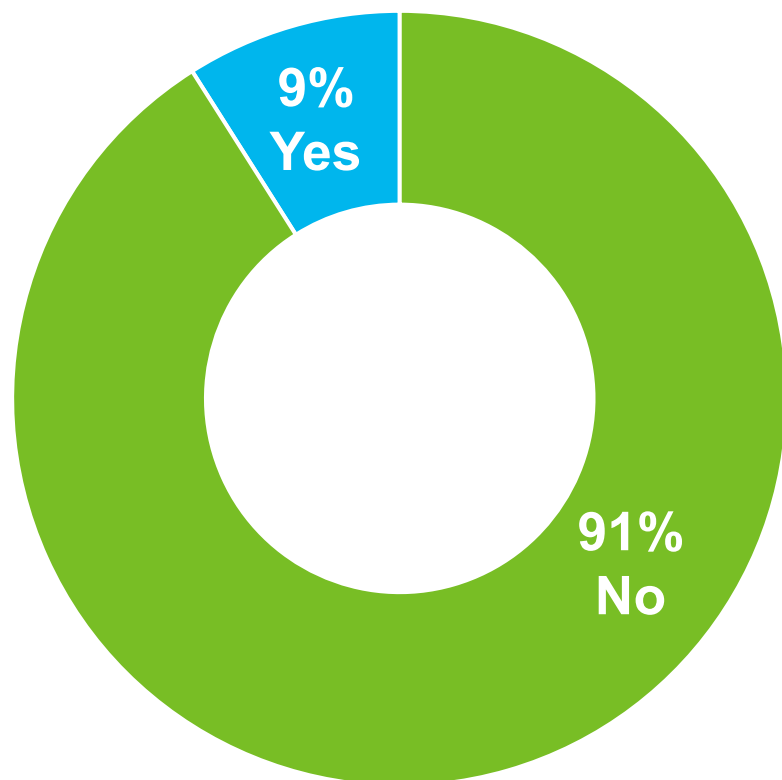
There is a 'private use exception' under Canada's child pornography law.

Young people won't be criminally charged for taking nude photos of themselves or consensually and privately sharing their nudes with another close-in-age teen.

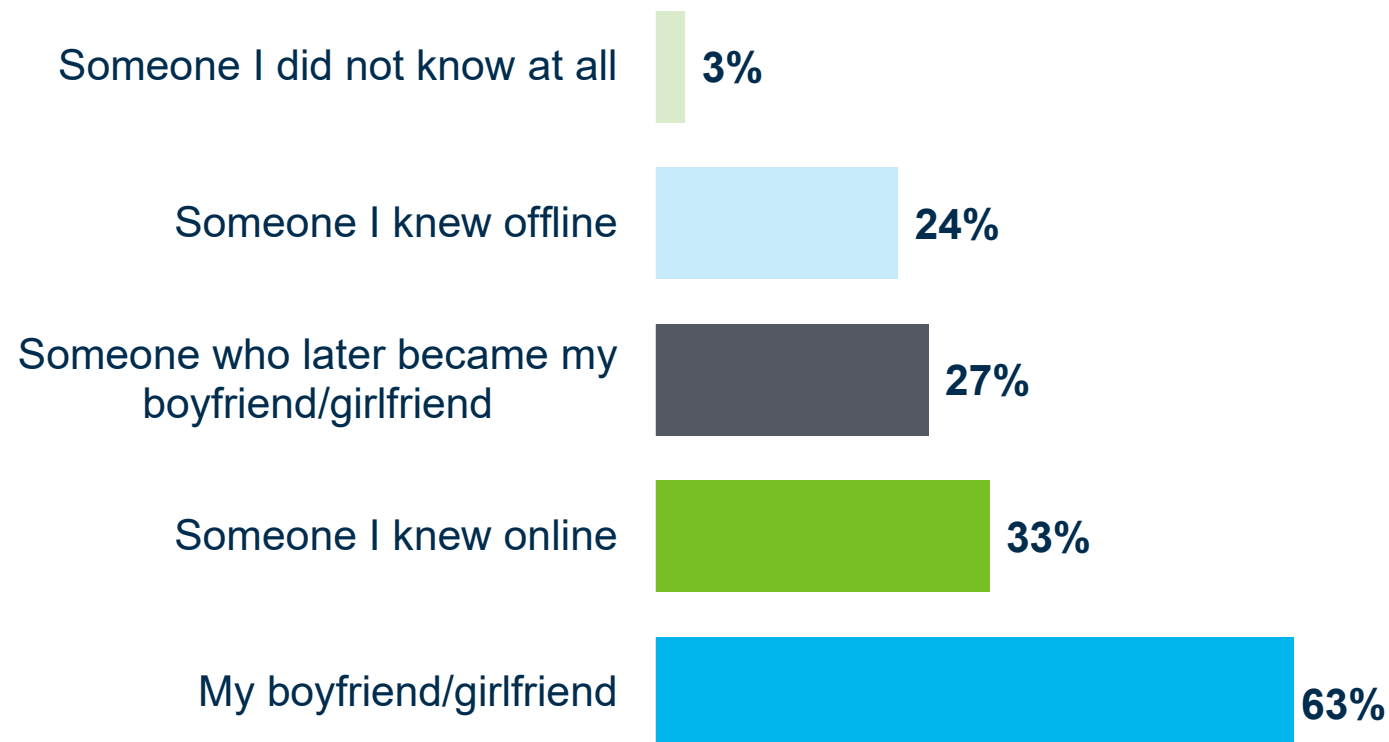




Sending Sexts

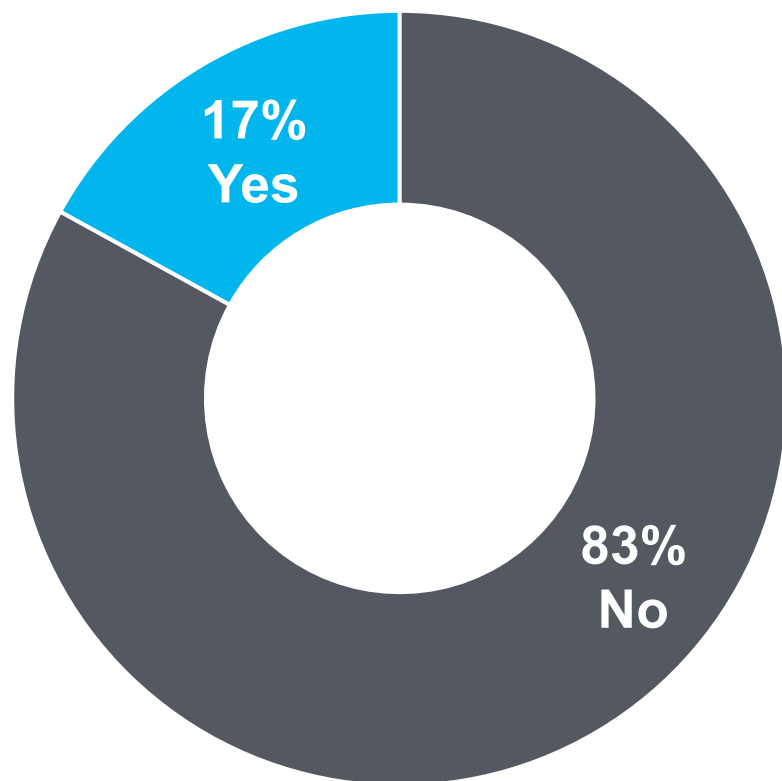


Who sent sext to:

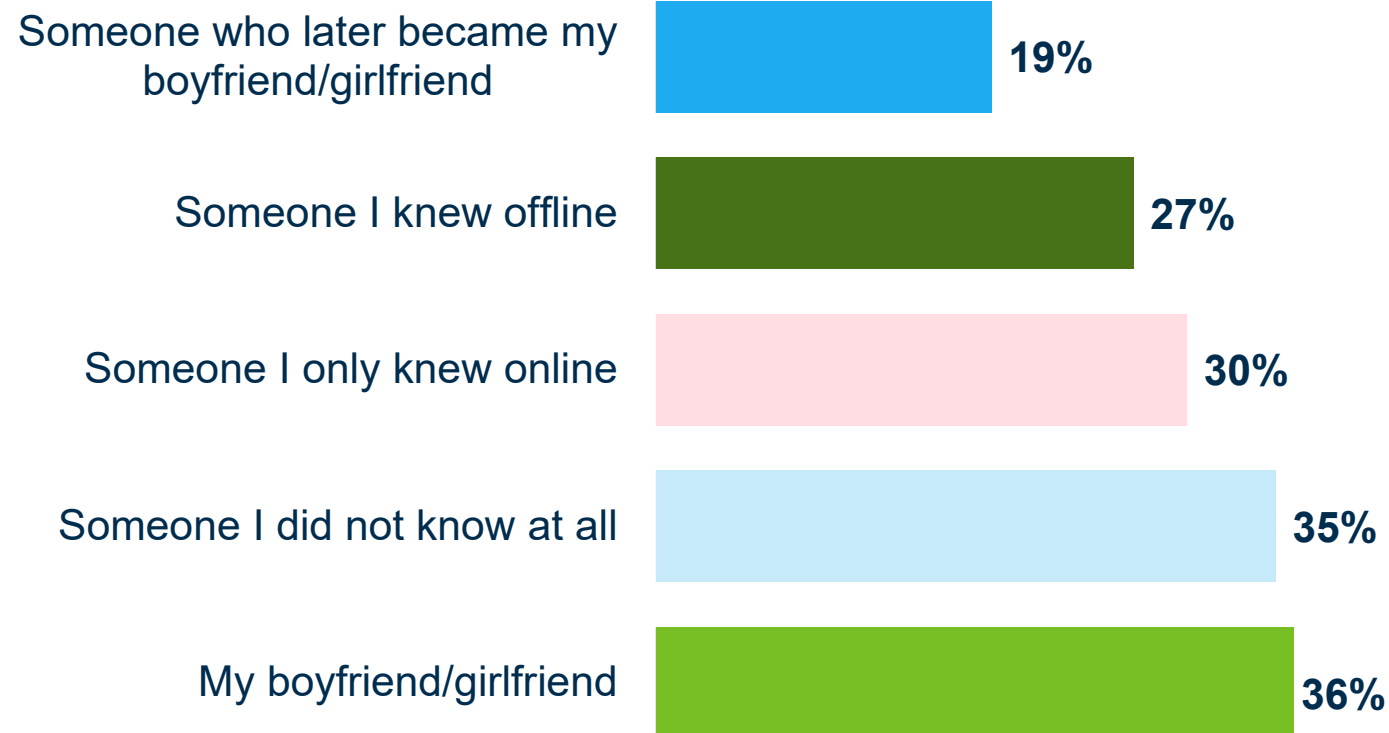




Receiving Sexts



Who sent the sext?





Forwarding sexts



38% had their sext forwarded to someone else



16% have received a sext forwarded from someone else



29% have forwarded a sext





Conversation tips

about Sexting

Safer Sex

Consent

Sexting

Pornography

- Teach media literacy!
- Think before you send
- Consent and knowing the risks are key – for sending and receiving
- Move the conversation beyond just prevention





Pornography

**It's natural
for youth to
be curious
about sex**

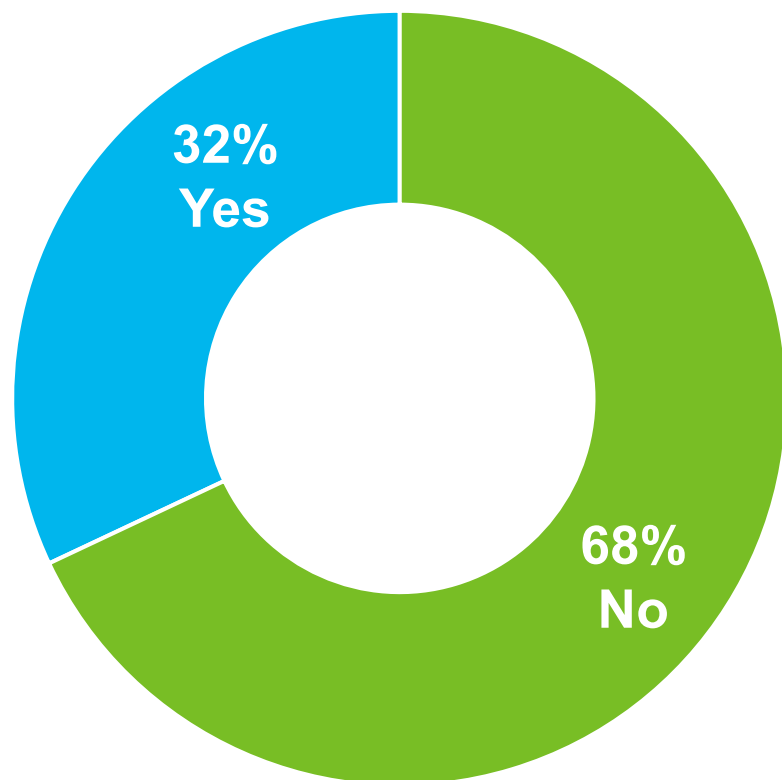


**Research with
young people
suggests that the
tween and early teen
years (11-13) are the
best time to start
talking specifically
about sexualized
media, including
pornography**

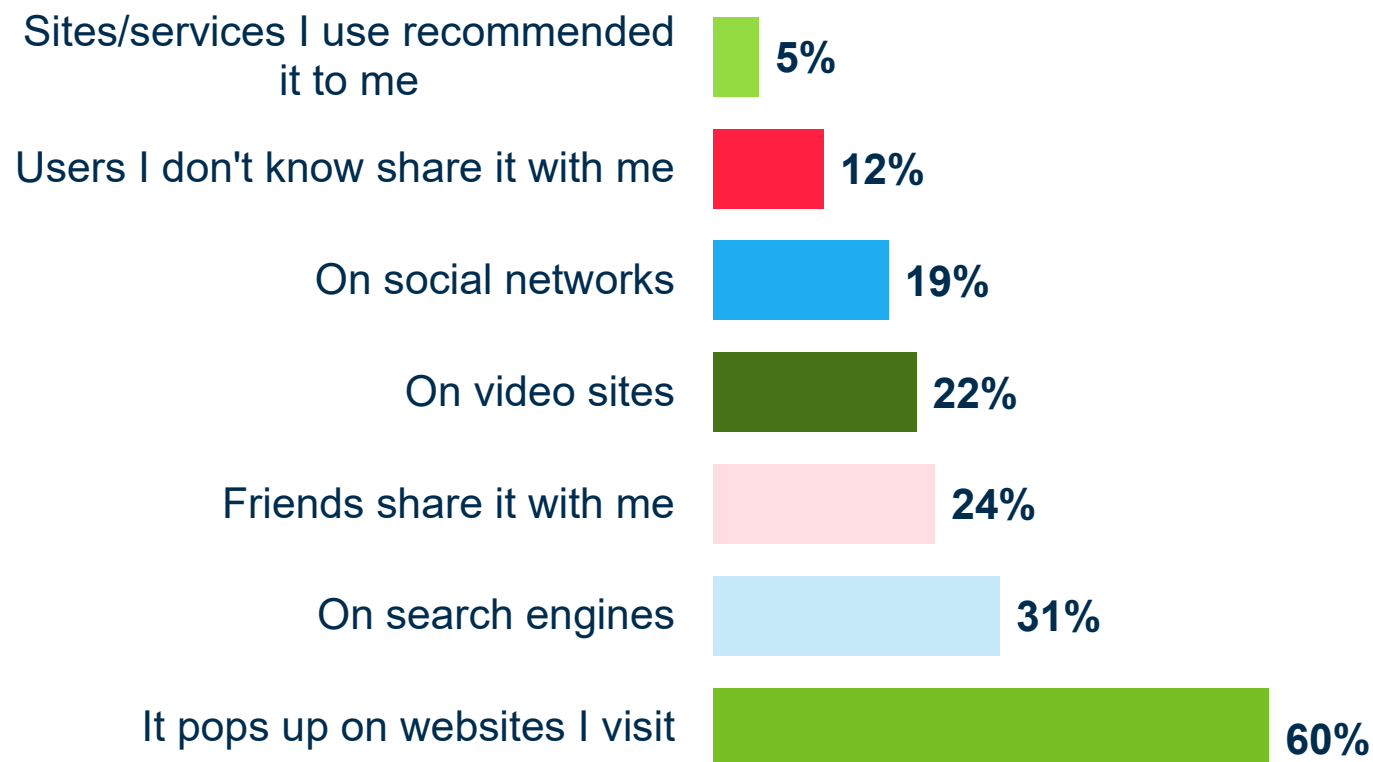




Seen pornography online without looking

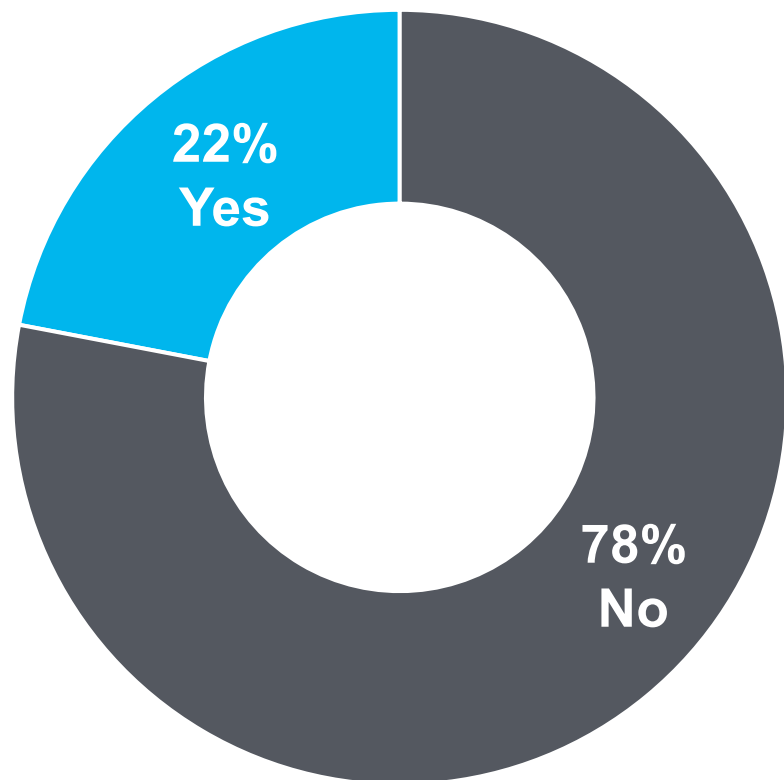


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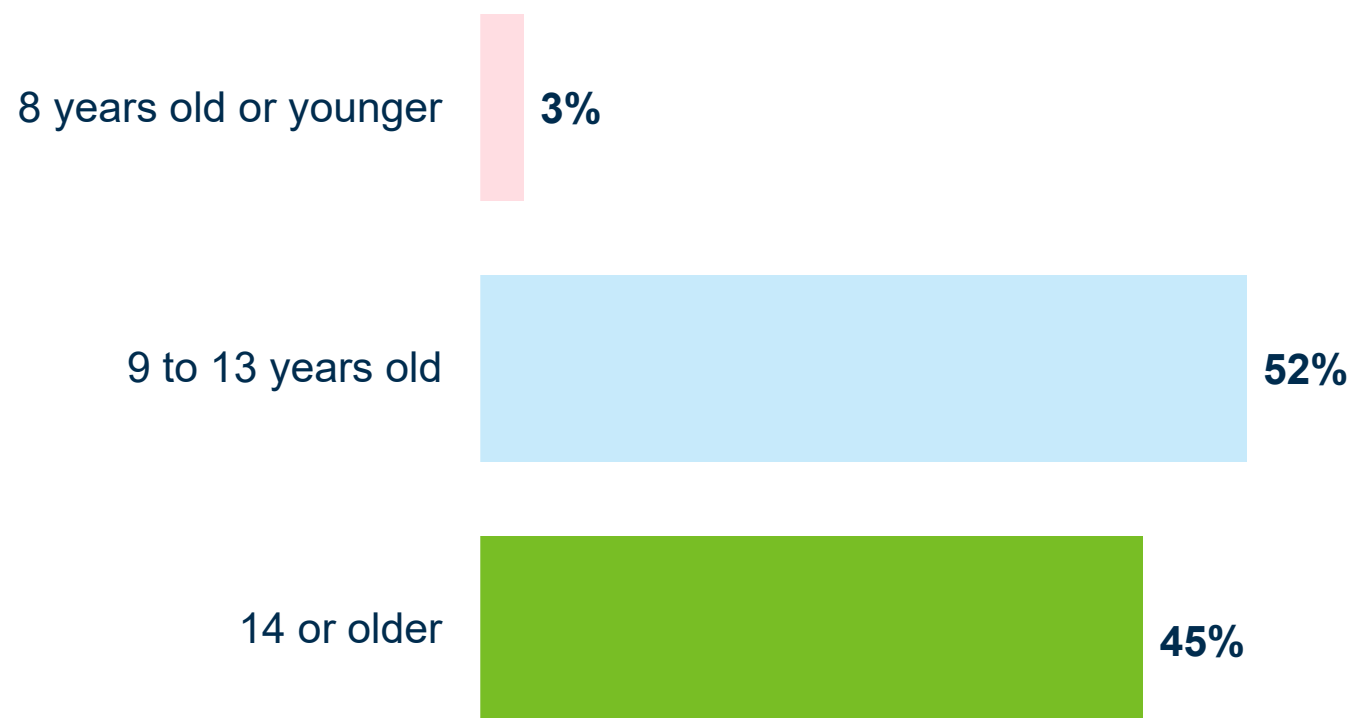




Looked for pornography online



Age when first looked for pornography online





Conversation tips

about Pornography

Safer Sex

Consent

Sexting

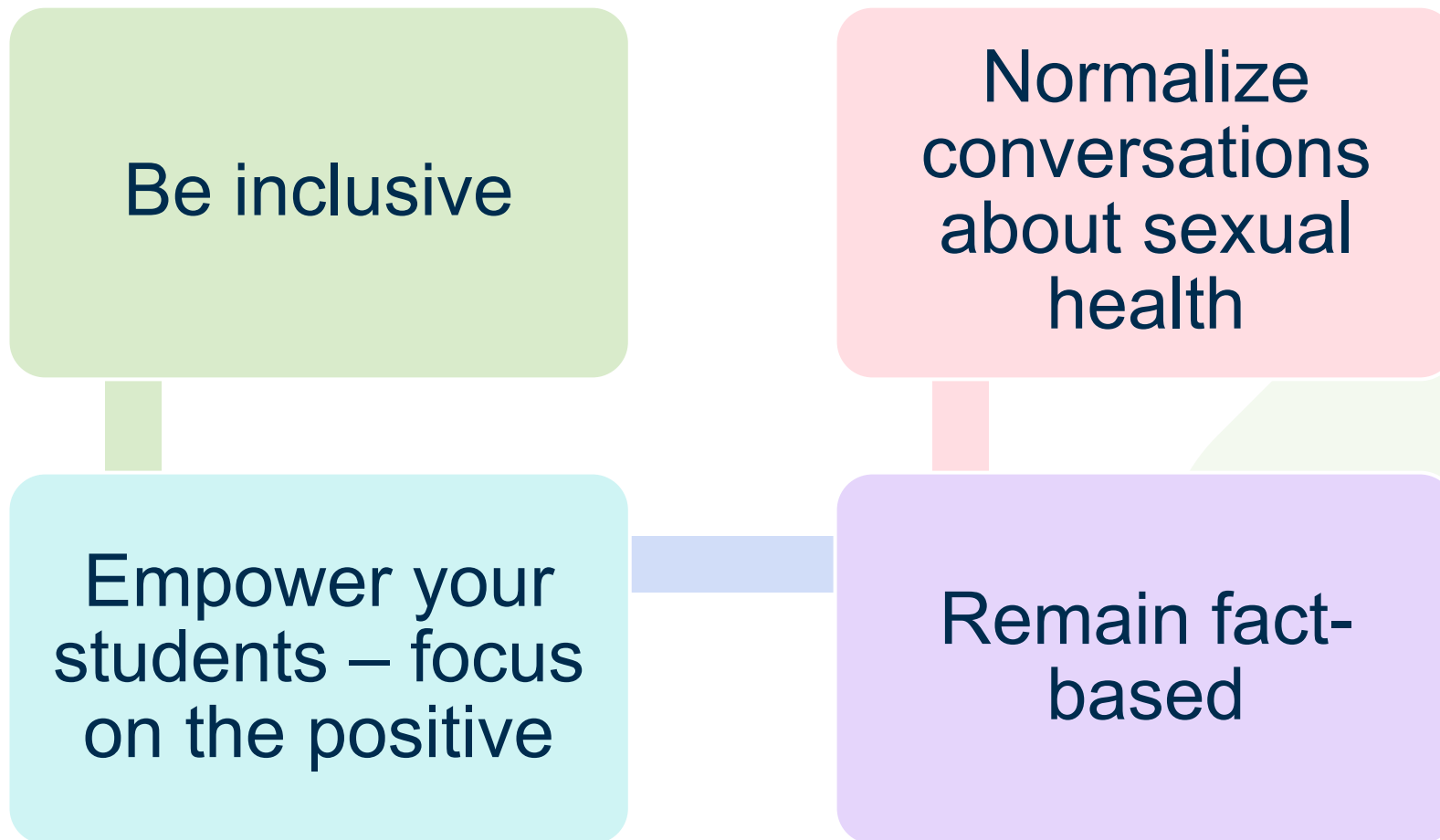
Pornography

- Isn't in the curriculum but is in kids' lives, easily accessible
- Need to teach media literacy and good CSHE first
- Teach that porn is **ACTING** just like TV and movies
- What do you **NOT** see in porn? Consent, relationships, communication...





How we deliver information matters!





Teaching Sexual Health

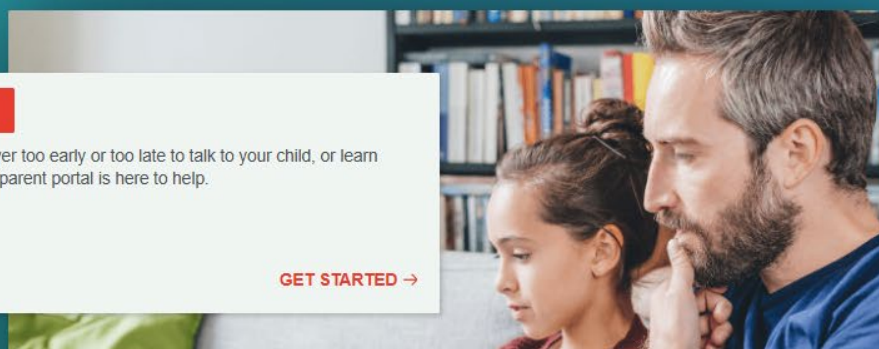
Parents & Teachers: Be Proactive. Be Prepared.



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 →](#)

Thank You!

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



For more information, please contact
TSH@primarycarealberta.ca



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