



## **Body Science and Sexual Health Workshops**

Dear Parents/Guardians,

Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated by the Ministry for Education. From time to time, schools bring in experts in the field to address this topic with the school community.

We are excited to inform you that the Qayqayt PAC is again bringing in an expert in to enhance the base curriculum. This year, **Sarah Watt** of the Saleema Noon Sexual Health Educators will offer Qayqayt parents a live Zoom information session and will also host a live Zoom event to answer student questions. In addition, all families can have access to Saleema Noon's online learning platform, *Body Science Online*, for 30 days. This will allow students to receive expert sexual health education at home. Parents can view too!

### **About Sarah**

After completing her Bachelor of Arts in Sociology at UBC and working with survivors of physical and sexual violence, Sarah was keen to dive into work supporting sexual health, well-being, and empowerment. In 2017 she completed the Sexual Health Educator Certification through Options for Sexual Health, where she also provides sexual health information and resources as a long-time volunteer. More recently, Sarah completed a Master of Public Health at SFU focusing on population health and health equity. As an educator on the team, Sarah's warm and lighthearted approach helps to cultivate comfort and curiosity in students. When she's not in the classroom, Sarah is either working in sexual health research or she's glued to a good book (tearjerkers are her favourite!).

### **About Body Science**

In their Body Science presentations, Saleema Noon and her team of educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean. Based on research and her many years of experience as a sexual health educator, Saleema identifies three reasons why providing this information starting at kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are at reduced risk of child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (85% of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.

*Smart decisions start here.*

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2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to surmount the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes above their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual intercourse.
3. Unfortunately, children today are exposed at earlier and earlier ages to all things involving sex. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or on the internet. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.

### **About the events**

Please join us for an informative **live Zoom Presentation for Parents on Wednesday April 7th, 2021 from 6:30-8pm**. In this session, Sarah will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to children.

Parents interested in supporting their child have access to the **student presentations** can sign up for 30 days of access to Saleema Noon's video library of resources. Please note that the **REGISTRATION DEADLINE IS APRIL 4<sup>th</sup>**. Once registered, you can support your child watch pre-recorded age appropriate Body Science videos and help them take note of any questions they may have.

Sarah will then join **students via live Zoom on Wednesday April 21<sup>st</sup>** for a live question and answer session.

### **Event Details**

#### **PART 1: PARENT'S SESSION**

- **April 7<sup>th</sup> : LIVE at home via Zoom- from 6:30-8:00pm.**

Parents will learn:

- Reasons why we need to talk to children about sexual health at a young age
- 5 stages of sexual development children progress through on their way to becoming sexually mature adults
- What children should know at each stage, with specific examples of ways to explain body parts and processes
- How to provide information to children in a way they will understand and remember (and minimize embarrassment for the parent!)
- How to effectively answer the questions children ask
- How to reduce risk of child sexual abuse
- What will be covered in Body Science sessions for students



- **Register here:** <https://www.eventbrite.ca/e/qayqayt-pac-saleema-noon-body-science-and-sexual-health-parent-workshop-tickets-145612166911>

## **PART 2: CHILDREN'S PRESENTATIONS**

- **April 8<sup>th</sup> -April 20<sup>th</sup> : At home via Saleema Noon's video library- at your convenience!**

Primary children will learn:

- Scientific words related to sexual health
- That reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse
- There are many different ways that families are formed, all families are unique.
- That they have ownership of their bodies
- That the baby grows in the uterus (not the stomach)
- That the baby is usually born through the vagina
- Not to pick up condoms or needles
- The basics about menstruation and nocturnal emissions (wet dreams) as clean and healthy processes

Intermediate children will learn everything the primaries learn, plus:

- All about body changes at puberty
- Basic information about sexually transmitted infections (STIs)
- Introduction to the responsibilities of being in a sexual relationship

- **Register here by April 4<sup>th</sup>:**

<https://docs.google.com/forms/d/1xthKgwMIJkTUj616K5Et6IKua85N4dphk63mzSZVK60/edit>

## **PART 2(b): CHILDREN'S QUESTION AND ANSWER NIGHT**

- **April 21<sup>st</sup> - LIVE at home via Zoom**
  - **Primaries from 6:30-7:10pm and Intermediates from 7:15-8:00pm**

Children will have a chance to ask any questions they might have and have them answered by a trained Sexual Health Educator.

Register here for Primaries: <https://www.eventbrite.ca/e/qayqayt-pac-saleema-noon-body-science-and-sexual-health-grade-k-3-tickets-145621298223?aff=ebdsoporgprofile>

Register here for Intermediates: <https://www.eventbrite.ca/e/qayqayt-pac-saleema-noon-body-science-and-sexual-health-grade-4-5-tickets-145617426643>

**Questions?** Contact PAC Secretary Heather @ [secretary.qayqayt@gmail.com](mailto:secretary.qayqayt@gmail.com)