

Ground Rules

Human Development & Sexual Health - Grades 4-12

Creating a safe and respectful classroom environment is essential for effective sexual health education. Establishing clear ground rules helps ensure that all students feel comfortable, valued, and open to learning.

Establishing ground rules:

- Set or review ground rules before starting lessons to ensure a respectful environment.
- Ensure rules are age-appropriate, clear, agreed upon by all, and posted visibly in the classroom.
- Regularly refer to these rules at the beginning and throughout the sexual health unit.
- Involve students in creating group agreements to increase their commitment and understanding.
- Consider role-playing scenarios to demonstrate each rule and ensure students understand their importance.

Here are some examples:

- Respect each other
- Feel free to ask questions
- Avoid asking personal questions
- Use inclusive language
- Speak for yourself
- Show empathy
- Use scientific terms for body parts
- Respect personal boundaries
- Be sensitive to diversity
- Avoid careless remarks
- Keep an open mind
- Consider different perspectives
- Listen to others
- Avoid sharing personal experiences