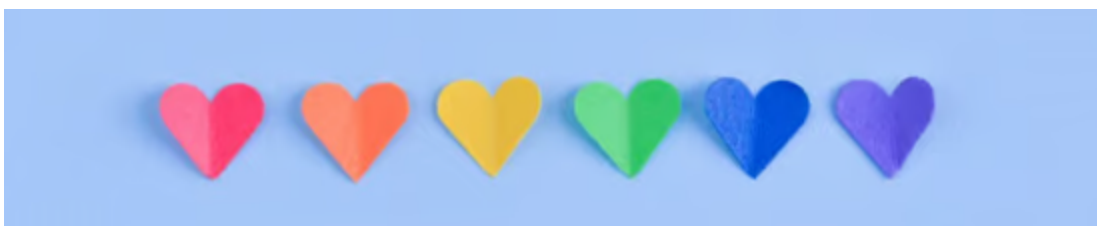




## Sexual and Reproductive Health Awareness Week (February 12-16, 2024)



### How can we teach puberty and/or sexual health in a gender-inclusive way?

- Using the term "partner" instead of "boyfriend" or "girlfriend".
- Using "they" as a gender-neutral pronoun. For example, "When a student first experiences ejaculation or a wet dream, they may feel strong emotions".
- When talking about body parts, emphasizing physiology instead of gender. Referring to "bodies with a penis and testicles" or "bodies with a vulva and ovaries" is more accurate and inclusive than referring to boys or girls.
- It may be useful to show diagrams of the external genitals if students do not know the words "vulva" or "penis". For example, rather than saying "Girls will go through menstruation", educators could refer to a diagram of the reproductive system and explain that "For those who have a uterus and ovaries, menstruation usually begins between the ages of 8-18".

♥ Visit our [Sexual Health FAQs](#) and other resources to learn more! ♥

### When teaching sexual health, do you want to...

Create a safe and inclusive learning environment?

Foster open and informed discussions?

Empower students with knowledge & skills for decision-making?

Provide local, reliable and accessible resources?

If the answer is **yes**, then make sure you check out our sexual health resources to support you!

- Modules & facilitator guides:
  - Healthy Relationships
  - Reproductive Systems Review

- Sexually Transmitted and/or Blood Borne Infections
- Preventing Pregnancy
- FAQs by Students & Educators
- Condom Game



Visit School Health Online

## March is Nutrition month!

Encourage healthy eating habits in children by incorporating **engaging books** into your lessons! Ottawa Public Health's Registered Dietitians have curated a [list of 16 children's books](#) that promote nutritious food choices and align with current nutrition recommendations. These books cover various aspects of food, from growing and preparing to enjoying a balanced meal.

We also have other great healthy eating resources for all grades! Check them out on the platform!



### Got feedback?

As we continue to develop the School Health Online platform, we want to ensure it's meeting your needs.

If you have [feedback](#), we encourage you to share it!



## About us

School Health Online launched in August 2023 and has been diligently created to equip teachers and educators with the tools and information they need, by offering comprehensive facilitator guides, engaging activities, and interactive multimedia resources. The content covers a wide spectrum of topics that align with the various grade levels and curriculum expectations.

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