

Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact cshresources@albertahealthservices.ca

Questions or comments regarding this list can be directed to cshresources@albertahealthservices.ca. Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

Sexual and Reproductive Health

Please Note: The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services. Teachers should always review content to determine appropriateness for their student population. Some school jurisdictions may use alternate resources for this topic area. If you are uncertain about the suitability of resources within your school, check with your administration.

Classroom Resources

Teachingsexualhealth.ca

Grades 4-12	Theme:	Comprehensive Sexual Health Education	This online resource for sexual health teachers and educators in Alberta provides comprehensive, evidence-based sexual health education and delivery methods. Resources include lesson plans, activities, interactive tools, Kahoot quizzes, videos and FAQs. Materials are available in English and French, and for differing abilities. Topics include puberty, relationships, reproduction & pregnancy, STIs, sexual & gender diversity, consent, and sexual decision making. The Teacher Portal is an Alberta Education authorized resource. A Parent Portal is also available. Free online workshops for Alberta teachers and educators are also offered. www.teachingsexualhealth.ca/ LESSON PLANS FRANÇAIS
	Organization:	Alberta Health Services, Alberta Health, Alberta Education	