



**Strand D: The Ontario Curriculum: Health and Physical Education,
Grades 1-8, 2019**

Human Development and Sexual Health

Grade	Curriculum Expectations (D1 and D2)	Understanding Health Concepts (D1)	Making Healthy Choices (D2)
1	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.3, D1.4) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.5)	• D1.3 identify body parts, including genitalia using correct terminology and body-positive language; • D1.4 identify five senses and describe how each functions.	• D2.5 demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others.
2	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.4, D1.5) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.4)	• D1.4 outline the basic stages of human development and related changes, and identify physical, mental, social and environmental factors that are important for healthy growth and living throughout life; • D1.5 demonstrate the ability to identify and appreciate aspects of how their bodies work and describe what they can do to ensure that they will continue to appreciate their bodies as they grow and change.	• D2.4 demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health.

**STRAND D: THE ONTARIO CURRICULUM: HEALTH AND PHYSICAL EDUCATION, GRADES 1-8, 2019 -
HUMAN DEVELOPMENT AND SEXUAL HEALTH - 2**

3	• D1. demonstrate an understanding of factors that contribute to healthy development. (D1.4, D1.5)	• D1.4 identify the characteristics of healthy relationships and describe ways of responding to bullying and other challenges and of communicating consent in their interactions with others; • D1.5 identify factors that affect physical development, social-emotional development and the development of a healthy body image.	
4	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.5) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.4)	• D1.5 describe the physical changes that occur at puberty and the emotional and social impacts that may result from these changes.	• D2.4 demonstrate an understanding of personal care needs and the applications of personal hygienic practices associated with the onset of puberty.
5	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.3, D1.4) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.4, D2.5)	• D1.3 identify the parts of the reproductive system, and describe how the body changes during puberty; • D1.4 describe the processes of menstruation and spermatogenesis, and explain how these processes relate to reproduction and overall development.	• D2.4 identify intersecting factors that affect the development of a person's self-concept, including their sexual orientation and how these factors can support their personal health and well-being; • D2.5 describe emotional and interpersonal stresses related to puberty, recognize signs that could indicate mental health concerns, and identify strategies that they can apply to manage stress, build resilience, keep open communication with family members and caring adults, and enhance their mental health and emotional well-being.

**STRAND D: THE ONTARIO CURRICULUM: HEALTH AND PHYSICAL EDUCATION, GRADES 1-8, 2019 -
HUMAN DEVELOPMENT AND SEXUAL HEALTH - 3**

6	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.3) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.5, D2.6)	• D1.3 demonstrate an understanding of the impacts of viewing sexually explicit media, including pornography.	• D2.5 describe how they can build confidence and lay a foundation for healthy relationships by acquiring a clearer understanding of the physical, social, and emotional changes that occur during adolescence; • D2.6 make informed decisions that demonstrate respect for themselves and others and an understanding of the concept of consent to help build healthier relationships, using a variety of social-emotional learning skills.
7	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.3, D1.4, D1.5) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.4)	• D1.3 explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older; the reasons for not engaging in sexual activity; the concept of consent, the legal age of consent, and how consent is communicated; and, in general, the need to communicate clearly with each other when making decisions about sexual activity in a healthy, loving relationship; • D1.4 identify sexually transmitted and blood-borne infections, and describe their symptoms; • D1.5 identify ways of preventing STBIs and/or unplanned pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms and other forms of protection consistently.	• D2.4 demonstrate an understanding of physical, emotional, social, and cognitive factors that need to be considered when making decisions related to sexual health.

**STRAND D: THE ONTARIO CURRICULUM: HEALTH AND PHYSICAL EDUCATION, GRADES 1-8, 2019 -
HUMAN DEVELOPMENT AND SEXUAL HEALTH - 4**

8	• D1. demonstrate an understanding of factors that contribute to healthy development; (D1.4, D1.5) • D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being. (D2.3)	• D1.4 identify and explain factors that can affect an individual's decisions about sexual activity; • D1.5 demonstrate an understanding of gender identity, gender expression, and sexual orientation, and identify factors that can help individuals of all identities and orientations develop a positive self-concept.	• D2.3 demonstrate an understanding of abstinence, contraception and the use of effective and suitable protection to prevent pregnancy and STBBIs, and the concept of consent, as well as the skills they need to apply in order to make safe and healthy decisions about sexual activity.
----------	--	--	---