

All About Me

Sex Education Program



Grade 6 6 sessions

Students will learn about:

- 1 Healthy relationships (personal boundaries & consent)
- 2 Understanding our changing bodies (Puberty)
- 3 Gender identity and sexuality
- 4 Cyber Safety

This sex education program helps Grade 6 students navigate the **physical, emotional, and social challenges of puberty**. They will learn to set personal boundaries and build healthy relationships with themselves and others.

The program fosters a **safe, respectful**, and open environment, encouraging students to participate in discussions, engage in activities, and ask questions to deepen their understanding.

For more information please contact:

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