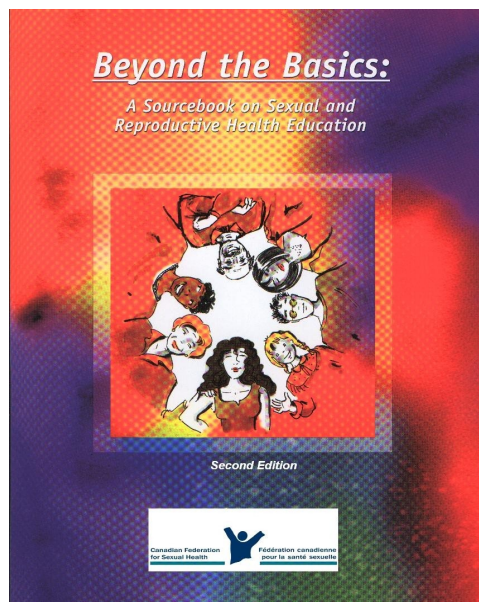


Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education 2nd Edition



Beyond the Basics 2nd Edition is a tool for educators who deliver sexual and reproductive health education to 9 – 18 year olds. It contains information on both **what to teach** and **how to teach it**.

Designed for use in both the classroom and community agencies, *Beyond the Basics* complements existing programs and curriculum guidelines set by provincial and territorial Ministries of Education and adheres to the goals and principles of comprehensive sexual health education outlined by the federal government in the “Canadian Guidelines for Sexual Health Education”.

This extensive, 400-page manual is comprised of 8 modules or chapters. Modules cover specific topics, starting with more general, foundational skills and concluding with more specific issues. The modules include the following:

Beyond the Basics is the ideal resource for any educator faced with teaching sexual and reproductive health education - for the first time or the 100th time. The lesson plans and activities

- Respect different views on sexuality in a multicultural environment
- Encourage healthy choices
- Focus on developing self-confidence and negotiating skills
- Support healthy sexuality by providing information, motivational support and skill-building opportunities

- Getting Started (information on getting comfortable in the classroom, teaching strategies and general classroom management issues)
- Values and sexuality
- Puberty and reproductive health
- Self-esteem including body image
- Sexual identity including LGBT issues and youth
- Relationships, communication and decision-making
- Contraception and safer sex including the emergency contraception pill
- STIs and HIV
- Appendices include a glossary of sexual health terms, using the internet to access sexual health information and other great tools and resources

To order your copy of *Beyond the Basics* contact:

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e-mail: cathie@cfsh.ca

Each module contains a one to two page primer that outlines the objectives, provides background information, and indicates how activities from other modules might be incorporated into more comprehensive lesson plans. Additionally, each module contains a series of activities for participants, accompanied by answer keys and instructions for the educator. Activities in each module are divided into three levels:

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