

# FAMILY: GRADE K-7

## SEXUAL HEALTH EDUCATION LESSON PACKAGE

An all-in-one online solution for families to help parents/caregivers deliver the Physical and Health Education Curriculum (**mandated by the Ministry of Education**). Video lessons, posters, and PDF resources for all ten topics are included.

**Topics in this 10-part series include:**

- **Private Body Parts (K-3)**
- **Safe/Unsafe/Secret Touch (K-3)**
- **Digestive/Reproductive Systems (Grade 2/3)**
- **Consent (Grade 2-4)**
- **Puberty (Grade 3-7)**
- **Hygiene (Grade 3-7)**
- **Relationships (Grade 7+)**
- **Gender & Sexual Orientation (Grade 6+)**
- **Sexting (Grade 6+)**
- **Condom Demonstration (Grade 6+)**

**Myth-busting time!** Sexual health education does NOT break a child's innocence or "give them ideas". When kids have to learn this alone, they become more vulnerable to predators, grooming tactics, and staying silent if there has been abuse.

**Package: \$197**

\*License extension: These packages were once a license for a year. Now once you buy, you have it until I retire!



Contact [kerri@powerupeducation.com](mailto:kerri@powerupeducation.com) to register or book a free no-pressure consult over Zoom.  
Payment options available.