

# ELEMENTARY SEX ED IN NB SCHOOLS

(CASEY BURKHOLDER & MELISSA KEEHN)

SSHRC CRSH  
Social Sciences and Humanities Research Council of Canada  
Conseil de recherches en sciences humaines du Canada



**PREVIOUS LEARNING:**  
WATCH: THE FREDERICTON FEMINIST FILM  
COLLECTIVE VIDEO ABOUT HOW TO MAKE  
DIY MENSTRUAL PADS

[HTTPS://WWW.YOUTUBE.COM/WATC?V=TSROMOZ\\_ZYC](https://www.youtube.com/watch?v=TSROMOZ_ZYC)

**MATERIALS NEEDED:**  
SCISSORS, THREAD, NEEDLES, RECYCLED CLOTHES  
AND FABRIC, FELT, BUTTONS.

**PROMPT FOR LEARNERS:**  
CREATE A DIY MENSTRUAL PAD

**EXPLORING SEX ED THROUGH PLAY:**  
**PUBERTY AND MENSTRUATION**

- GRADE 4: LIST CHANGES THAT OCCUR DURING PUBERTY
- GRADE 5: SUMMARIZE THE MENSTRUATION CYCLE



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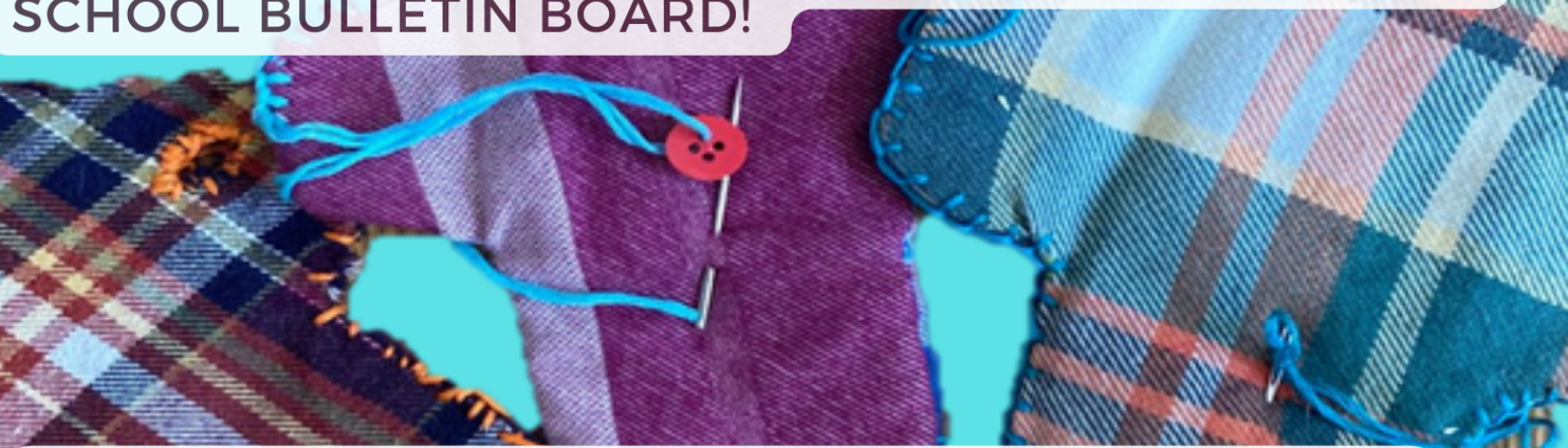


**PLANNING:** PREPARE THE SPACE BY SORTING THE MATERIALS ONTO DIFFERENT TABLES. PLAY THE FREDERICTON FEMINIST FILM COLLECTIVE VIDEO (LINK ON PREVIOUS PAGE) TO DEMO STEPS.

**ENGAGING:** TALK ABOUT PUBERTY IN GENDER-AFFIRMING WAYS:

1. USE NON-GENDERED LANGUAGE TO DESCRIBE GENITALIA: 'BODIES WITH VULVAS/BODIES WITH PENISES'
2. EXPLORE MENSTRUATION TABOOS
3. TALK ABOUT WAYS QUEER, INTERSEX, NON BINARY, AND TRANS PEOPLES' BODIES EXPERIENCE PUBERTY!

**REFLECTING:** DISPLAY THE MENSTRUATION PADS ON A SCHOOL BULLETIN BOARD!



## EXPLORING SEX ED THROUGH PLAY: PUBERTY AND MENSTRUATION

INSPIRED BY:

- THE FREDERICTON FEMINIST FILM COLLECTIVE!
- KUPER, L. E., LINDLEY, L., & LOPEZ, X. (2019). EXPLORING THE GENDER DEVELOPMENT HISTORIES OF CHILDREN AND ADOLESCENTS PRESENTING FOR GENDER AFFIRMING MEDICAL CARE. CLINICAL PRACTICE IN PEDIATRIC PSYCHOLOGY, 7(3), 217.