

COOL

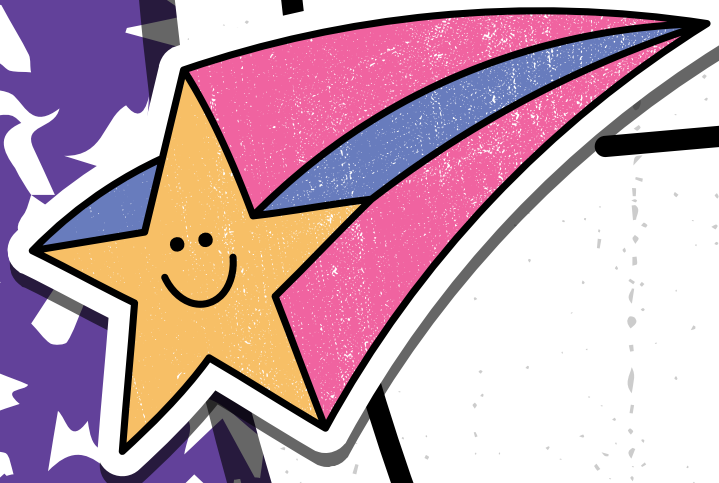
What New Brunswick students learn about  
in sex education:

# Middle School (6-8)

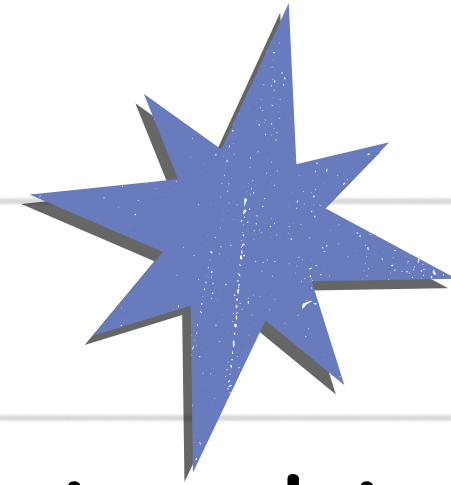
Get to know me more!

by @SexalityNB

(Casey Burkholder & Melissa Keehn)



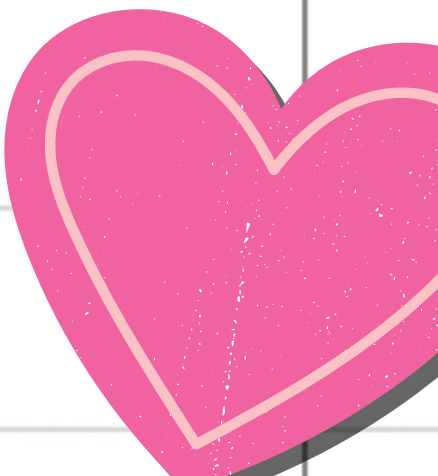
# Introduction



Sex education in New Brunswick middle school is taught in Personal Wellness (6-8).

Sex ed in middle school includes themes like reproduction, setting healthy personal boundaries, the impact of media on sexuality, gender roles and equity, discussing gender identity, gender expression, and sexual orientation.

We hope you find this guide useful and informative.



*Dream*

# Grade 6

In Grade 6, young folks continue to explore topics like puberty (and all the different changes that can happen to a person's body). Students review consent, the reproductive system, and learn the stages of being pregnant.

Students begin to explore human sexuality more intently, including sexual diversity. Students learn about romantic relationships, how to set boundaries in these relationships, and what to do if their needs are not met.

*Dream*

# Grade 6

Gender diversity and gender expression is also explored. Sex Ed also includes how the media portrays gender roles, and the ways media influences how someone feels about their body.

*Dream*

# Grade 7

In Grade 7, young people learn about sexual desire, sexual pleasure, and romantic feelings, including self-pleasure.

Students continue to explore the reproduction process, puberty, relationships (and how to navigate them), and how to set boundaries within relationships.

*Dream*

# Grade 7

Students begin learning about sexually transmitted blood borne illnesses (STBBIs), forms of birth control (including abstinence), sexual coercion, and how to analyze media messages about gender expression and gender roles.

*Dream*

# Grade 8

In Grade 8, young people explore what it means to become sexually active. Students learn about sexual decision-making, and also where to access local sexual health services and supports in New Brunswick.

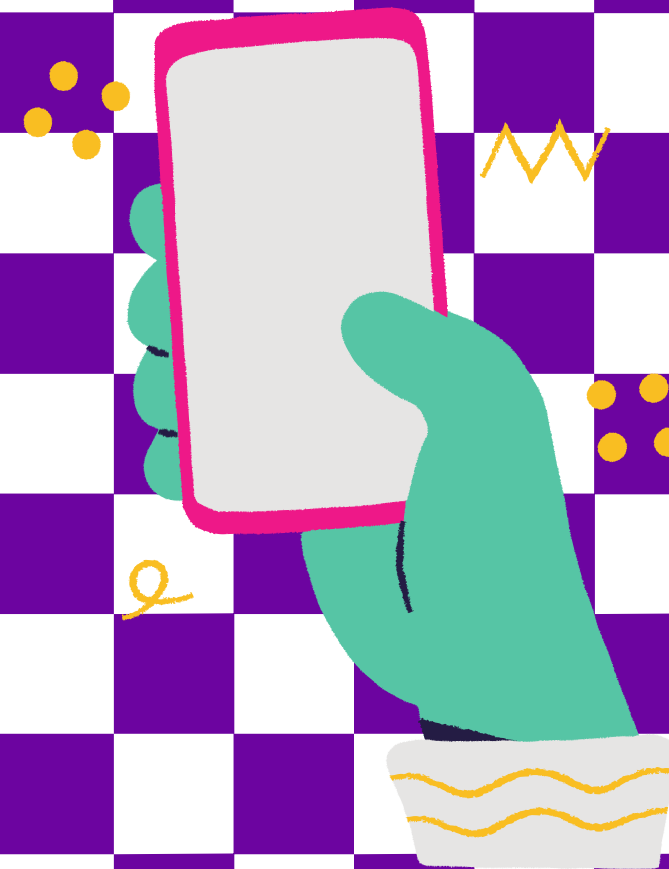
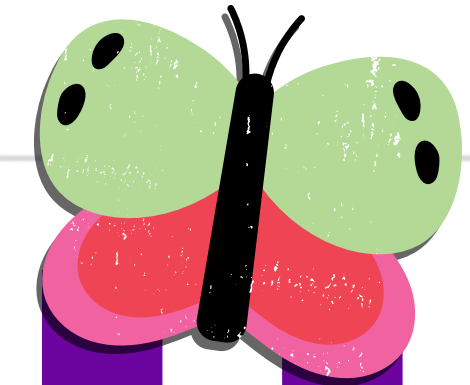
*Dream*

# Grade 8

Sex Ed in Grade 8 also includes topics like handling romantic rejection, breakups, gender-based violence, the negotiated process of consent, and how pornography affects people's sense of self and sexuality.



# LEARN MORE



Personal Wellness 6

<https://curriculum.nbed.ca/learning-areas/middle-block/personal-wellness/>

Personal Wellness 7

<https://curriculum.nbed.ca/learning-areas/middle-block/personal-wellness/>

Personal Wellness 8

<https://curriculum.nbed.ca/learning-areas/middle-block/personal-wellness/>



# Thank You

Learn more at: <https://sexualitynb.org>

Questions? Comments?

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