

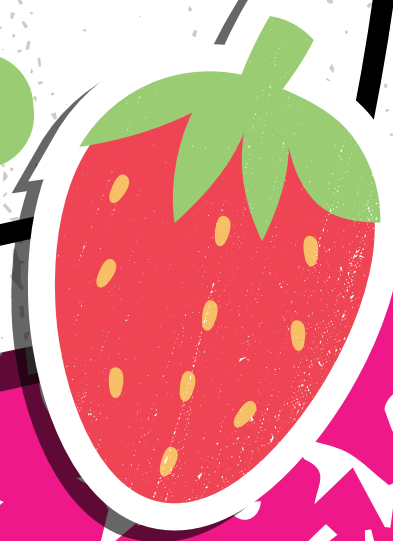
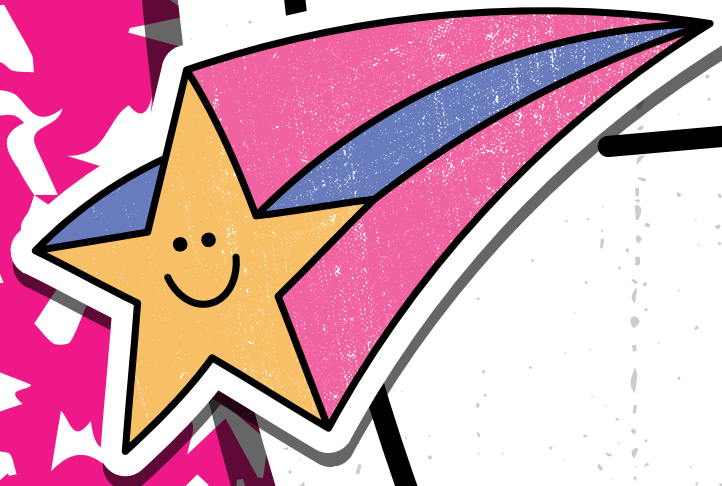
COOL

What New Brunswick students learn about  
in sex education:

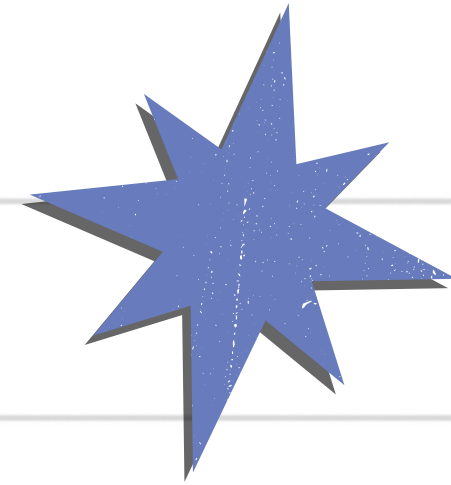
# Elementary (K-5)

Get to know me more!

by @SexalityNB  
(Casey Burkholder & Melissa Keehn)



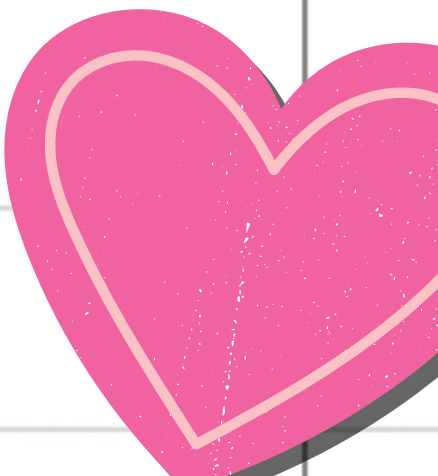
# Introduction



Sex education in New Brunswick elementary school is taught in 1) Exploring Your World (K-2) and 2) Personal Wellness (3-5).

Sex ed in elementary school includes themes like personal boundaries, the names of body parts, families, and in later grades, puberty and menstruation.

We hope you find this guide useful and informative.



*Dream*

# Kindergarten - G. 2

Between kindergarten and Grade 2, young people explore the names of body parts (including vulva, penis, breasts, and scrotum).

Students learn how to communicate what no means, and how to say no.

Students explore how to identify safe spaces, people, and behaviors,  
And learn about their own sense of uniqueness.

# Grade 3

*Dream*

In Grade 3, young people learn about consent, and having control over their own body.

Students learn the vocabulary they need to describe their own unique identities and the identities of people who are different from them.

Students also learn about body diversity and differences.



# Grade 4

*Dream*

In Grade 4, young people begin to learn about the changes that happen in their body during puberty (e.g. voice changes, hair growth, menstruation).

Students talk more about consent and personal boundaries.

Students explore their relationships with the people around them and learn how to show appreciation in these relationships.

*Dream*

# Grade 5

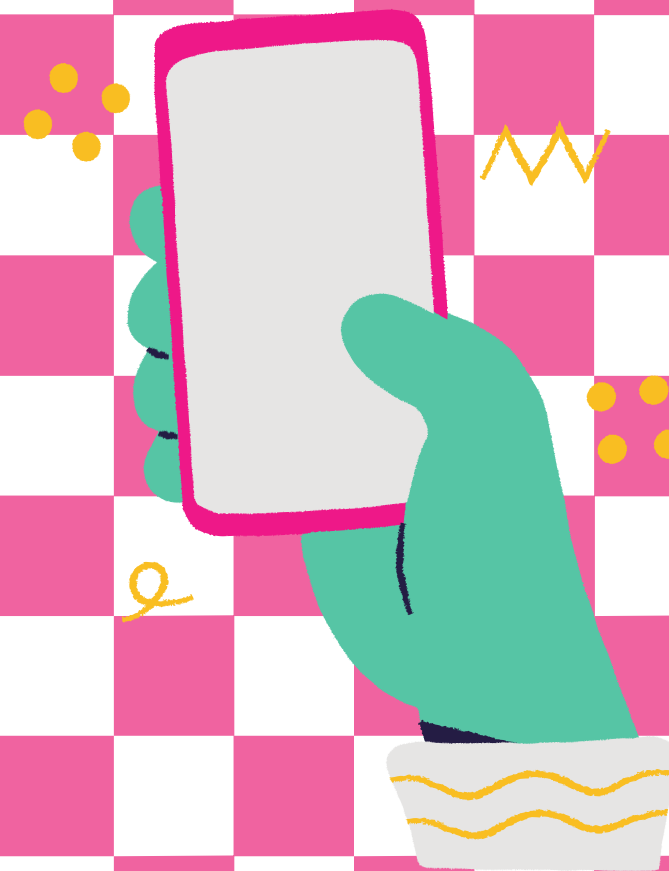
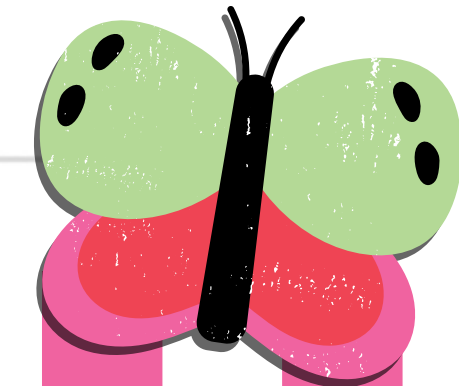
In Grade 5, young people talk about ways to give and withdraw consent.

Students explore topics like menstruation, sperm production, and the reproductive system.

Students learn about how puberty looks different for everyone.

Students also learn about allyship, and what diversity looks like in their own communities.

# LEARN MORE



Explore Your World

<https://curriculum.nbed.ca/learning-areas/primary-block/exploration-time/>

Personal Wellness

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

Curricula

[https://www2.gnb.ca/content/gnb/en/departments/education/kl2/content/anglophone\\_sector/curriculum\\_anglophone.html](https://www2.gnb.ca/content/gnb/en/departments/education/kl2/content/anglophone_sector/curriculum_anglophone.html)



# Thank You

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

Questions? Comments?

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