



RSE

RELATIONSHIPS & SEXUALITY EDUCATION

**Healthy sexuality is dependent
on healthy relationships**

WHAT IS RSE?

RSE stands for Relationship and Sexual Health Education, often referred to as sexual health education or sex ed. Our expertise is comprehensive sex ed, which means we believe in giving youth the tools and information to make healthy, informed decisions for themselves. It also means that our programs go beyond STIs and anatomy, because we know healthy sexuality is dependent on healthy relationships. We talk about consent, decision-making, communication, media literacy and more. We also explore gender and sexuality and help youth learn about what that might mean for themselves and others. All our curriculum is age-appropriate, well researched and evidence-informed. We also align with Alberta Education objectives. RSE is delivered to junior high and high school-aged students

START THE CONVERSATIONS

CONSENT

DECISION-
MAKING

COMMUNICATION

MEDIA
LITERACY

GENDER

SEXUALITY

& MORE

WHY RSE?

Sex ed is important - the content we deliver and how we deliver it matters. We believe youth are entitled to accurate information that will help keep them safe and make informed decisions about their own bodies and relationships. We know that extensive research supports this approach. We also provide an interactive classroom environment that embraces diversity and normalizes sexuality in safe environment, and we offer an adapted program for PLP, ACCESS and ELL classes. Our program is trauma-informed, evidence-informed, rights-based, and inclusive.

WHO TEACHES IT?

Our educators are not volunteers. They're trained, educated full-time staff who undergo rigorous, long-term training in order to teach in a classroom. Many of them are registered social workers or have backgrounds in health, sciences or education.

They follow a curriculum that's been carefully developed over many years and is constantly updated to reflect best practices and curriculum standards. We have been working in classrooms since 1975 and have taught tens of thousands of youth in that time! Our educators are always adapting to meet the needs of their students.

WHERE IS IT TAUGHT?

We have traditionally operated in junior high and high school classrooms in Calgary and throughout Southern Alberta. Since COVID-19, we've adapted and are also able to deliver RSE via Zoom. We also offer programs in community settings for groups outside of schools.

HOW CAN I FIND OUT MORE?

If you're interested in booking a program, want to find out more or have questions, please email Serena Dixon at sdixon@centreforsexuality.ca. You can also learn more on our website at:

www.centreforsexuality.ca

"I learned a lot about the different gender identities, and what each of them mean."

"I feel like I have a better understanding with how to communicate with a partner and what I'm comfortable with"

"I learned more about anatomy, safe sex, condom usage, and more knowledge on sexual intercourse and identity. I now know my rights and how to keep myself safe."

Facts:

- We have been delivering RSE programs in schools since 1975!
- We typically reach more than 10,000 students per year.
- More than 90% of students report feeling more confident making decisions about their sexual health after this program.