



CYCLE 2

Sexual Growth and Body Image

Share your feelings about growing up:

- Sharing of feelings with people you trust

Emotional and Romantic Life

Discuss your representations of love and friendship:

- Characteristics of a friend and the importance of friendships

Understand how certain attitudes and behaviours can influence interpersonal relationships:

- Behaviours that make it easier to get along with one another
- Behaviours that make it harder to get along with one another
- Aspirations for your interpersonal relationships

Sexual Assault

Develop your ability to apply safety rules to prevent a situation that puts you at risk or to deal with a situation of sexual assault:

- Applying self-protection and self-defence skills
- Seeking solutions
- Reporting an incident

Identity, Gender Stereotypes and Roles, and Social Norms

Identify stereotypical representations of femininity and masculinity in your personal and social environments, including the media:

- Images and messages conveyed by family, peers, and the media regarding attitudes, preferences, appearance and activities
- Stereotypes conveyed about girls and boys

Make connections between gender stereotypes and the development of your gender identity:

- Influence of stereotypes on the behaviours to adopt
- Influence of the group of friends
- Influence of values and personal preferences

Make connections between gender inequalities and the establishment of harmonious relationships:

- Signs of gender inequality
- Positive attributes associated with each gender
- Negative attributes associated with each gender
- Double standard associated with gendered attitudes

Understand the norms that guide how you express yourself:

- Personal preferences
- Norms and outside influences



CYCLE 3

Comprehensive View of Sexuality

Become aware that sexuality is experienced and expressed through five dimensions:

- Psychoaffective dimension: feelings and emotions, body image, need for independence
- Socio-cultural dimension: norms, rules for living together, expectations, stereotypes
- Interpersonal dimension: interpersonal relationships, communication, mutuality

Identity, Gender Stereotypes and Roles, and Social Norms

Explain how discrimination based on gender identity, gender expression and sexual orientation can affect people:

- Definition and manifestations of sexism

Discuss the role that you can play in respecting sexual diversity and differences:

- Empathy toward others
- Concept of equality as a social value
- Denouncing discrimination or inequalities by those experiencing or witnessing these incidents

Sexual Growth and Body Image

Discuss the importance of adopting a positive attitude toward your changing body and the diversity of body types:

- Understanding the changes that will take place throughout puberty

Sexual Assault

Look at different contexts that involve sexual assault with a view to preventing them:

- Real-world situations involving someone you know well, not very well or not at all
- Virtual-world situations

Become aware that the rules to ensure your personal safety can apply to different contexts:

- Using self-protection and self-defence skills appropriate to the situation
- Seeking solutions





SECONDARY 1

Comprehensive View of Sexuality

Become aware that during adolescence, you will gradually adopt new roles and behaviours related to your sexuality and increasingly make your own decisions:

- Construction of a vision and personal choices

Identity, Gender Stereotypes and Roles, and Social Norms

Recognize the role of puberty in the consolidation of your gender identity:

- Exploration of new sexual values and norms, some of which reflect stereotypes

Sexual Growth and Body Image

Reflect on the advantages of having a positive body image:

- Feelings about your own body
- Attitudes and behaviours related to appreciating your own body
- Advantages of having a positive body image

Understand how certain norms can influence body image:

- Standards and messages about the body from the people in your life (peers, family), society and the media
- Influence of these standards and messages on people's body image