

## **Sexual Health Education**

From Canadian Guidelines for Sexual Health Education

*Research consistently indicates that positive sexual health outcomes are most likely to occur when sexual health education effectively integrates knowledge, motivation, skill-building opportunities and environmental supports for sexual health. Effective sexual health education involves a combination of educational experiences that will enable:*

### **Acquisition of knowledge**

- . Information relevant to personal sexual health
- . Understanding of individual and cultural differences in beliefs about sexual health
- . Information about ways to achieve/maintain sexual health

### **Development of motivation/personal insight**

- . Acceptance of one's own sexuality
- . Development of positive attitudes toward sexual health-promoting behaviour
- . Critical consciousness raising about sexual health issues

### **Development of skills that support sexual health**

- . Ability to formulate age-appropriate sexual health goals
- . Ability to carry out sexual health-promoting behaviours to reach those goals
- . Ability to evaluate and modify one's sexual health plan as necessary

### **Creation of environment conducive to sexual health**

- . Developing personal awareness of environmental influences on sexual health
- . Acquiring skills needed to identify and influence the social practices/policies/structures that affect sexual health

To obtain a copy of Canadian Guidelines for Sexual Health Education, contact : Division of STD Control, Bureau of communicable Disease Epidemiology, LCDC, Health Canada, Ottawa, Ontario K1A 0L2  
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