

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

Activity Overview

This [activity](#) was developed for educators to use in the classroom to reinforce the Ministry of Education's Healthy Living Strand: Human Development and Sexual Health Grade 7 curriculum (2019). ***Please note: It is essential to complete your curriculum pre-teaching material prior to using the activity for increased class participation and retention of information.***

Activity Objectives

- Students will be able to demonstrate an understanding of factors that contribute to healthy development.
- Students will be able to demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.
- Students will be able to make connections that relate to health and well-being and how their choices affect themselves and others.

Activity Structure & Suggested Format

- The activity is for **Grade 7 and 8 students**.
- All students should participate in the activity together. It is recommended that this activity be used with a classroom size group no larger than 30 students.
- Internet access, a laptop, and a projector are needed for the activity or access via smartboard.
- The activity includes music at the beginning and throughout the game. Volume may need to be adjusted or muted for those students who are sensitive to sound.
- The [Jeopardy Game](#) should take approximately **60 minutes** to complete. An optional scoreboard can be created on the blackboard or on paper. One student per group can be responsible for keeping the group's score.
- Play in groups; divide the class into two (2) groups. Have each group select a leader who will be responsible for picking the category, point value, and delivers the final answer for the group. The answer will be determined by the team as a whole.
- Prior to starting, review the **Ground Rules** with the class.
- Click "**Let's Play**" at the bottom of the screen to begin.
- Have the first group pick a category and a point value.
- Click on the chosen box for the question. The question and available answers will appear on the slide.
- The teacher will read the question aloud and allow the students to discuss an answer as a group (**1-2 minutes**).
- Allow the leader to answer the question. **Click on the selected answer, then hit the checkmark on the bottom of the screen.** If correct, the team is awarded the points. If incorrect, the opposite team has a chance to steal. You will have to hit "**Try again**" to return to the question. Stealing is allowed with the exception of fact/fiction and true/false style questions.

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

- The leader from the opposite team answers the question. If correct, the points are allotted. If incorrect, the facilitator will review the correct answer with rationale and additional information and no points are allotted.
- The last team to answer the questions incorrectly is next in turn to choose a category and point value. If the team answers the questions correctly, it is the opposite teams turn to select a category and point value. Rotate between the two teams to ensure equal opportunity to answer questions and collect points.
- The point value will disappear from the board when that question is no longer available.
- Continue the game until all the questions have been answered. The team with the most points wins, if you wish to keep score.

Game Questions & Detailed Answers

Below you will find all questions with correct answers in the [Jeopardy Game](#). There is also additional information to help explain the question and answer.

Game Categories

| | |
|---|----|
| SAFETY AND PREVENTION | 2 |
| PUBERTY | 4 |
| STBBIs (Sexually Transmitted and Blood-Borne Infections)..... | 7 |
| RELATIONSHIPS..... | 8 |
| WHY WAIT?..... | 11 |
| FACT OR FICTION? | 12 |

SAFETY AND PREVENTION

\$100: The only 100% effective birth control method is

- a. Hormonal birth control (e.g., oral contraceptives like the pill)
- b. Condoms
- c. **Abstinence**

Abstinence refers to not having sex and in terms of using as a method of contraception, it means avoiding vaginal intercourse. It can mean deciding not to engage in sexual intercourse, not participating in certain sexual activities, or not engaging in any sexual touching. Both partners must make sure to avoid any contact between the penis and the vagina and be cautious not to have the pre-ejaculate or ejaculate come in close contact with the vagina ([The Society of Obstetricians](#)

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

[and Gynaecologists of Canada, 2025](#)). A person can choose abstinence at any time, even after they have had sexual intercourse.

Hormonal birth control (e.g. the pill) is 99% effective if used correctly. But people aren't perfect and it's easy to forget or miss pills—so in reality the pill is about 93% effective ([Planned Parenthood Federation of America, Inc 2025](#)). Condoms, if used correctly are 98% effective at preventing pregnancy. Again, people are not perfect, so in real life condoms are about 82% effective ([Planned Parenthood Federation of America, Inc 2025](#)).

\$200: External condoms (male condoms) are typically ____ % effective in preventing pregnancy.

- a. 100%
- b. 99%
- c. **82%**
- d. External condoms do not prevent pregnancy

The rate of effectiveness goes down when 2 condoms are used at the same time, the wrong type of lubricant is used with them (such as petroleum or oil-based lubricants), condoms are exposed to heat and light during storage, expired condoms are used, or medications are used at the same time (like yeast infection treatments). If condoms are used perfectly every time, they can be up to 98% effective at preventing pregnancy ([Government of Canada, 2025](#)).

\$300: Put the steps for using an external condom (aka male condom) in the correct order:

1. Leave a 1cm space by pinching the tip of the condom and placing it on the head of the penis.
2. Carefully slide the condom off away from your partner and put in the garbage.
3. Make sure condom is ready to roll on the right way.
4. After use, hold the base of the condom when withdrawing from partner's body.
5. Check the package for expiry date and any rips or tears.
6. Unroll the condom down the shaft of the erect penis all the way to the base.

Answer:

1. **Check the package for expiry date and any rips or tears.**
2. **Make sure condom is ready to roll on the right way (in the right direction).**
3. **Leave a 1cm space by pinching the tip of the condom and placing it on the head of the penis.**
4. **Unroll the condom down the shaft of the erect penis all the way to the base.**
5. **After use, hold the base of the condom when withdrawing from partner's body.**
6. **Carefully slide the condom off away from your partner and put in the garbage.**

Condoms sometimes fail because of improper use or damage ([Government of Canada, 2025](#)). It is important to use a new one every time someone engages in sexual activity. Check the package for the expiry date and to assess if there are any holes in the package. Discard if found. Make sure condom is ready to roll on in the right direction. Hold the tip of the condom and squeeze out the air before putting on an erect penis. Unroll it all the way down to the base of the penis. After

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

ejaculation, hold on the condom at the base of the penis and withdraw. Slide the condom off, throw in the garbage (do not flush down the toilet) and wash hands ([Alberta Health Services, 2024](#))

\$400: Condoms offer good protection from:

- A variety of Sexually Transmitted and Blood-Borne Infections (STBBIs) during intercourse
- A variety of STBBIs during oral sex
- Pregnancy
- All of the above**

A condom can be used during oral sex and vaginal or anal intercourse to provide protection against STBBIs and pregnancy. When used properly, it prevents bodily fluids from coming into contact with the mouth or genital areas. For birth control, condoms trap sperm so it cannot fertilize an egg. Condoms should be put on before any skin-to-skin genital or oral contact, to reduce the risk of pregnancy and STBBIs.

\$500: Hormonal birth control methods (e.g., oral contraceptives like the pill) help prevent:

- Pregnancy**
- Sexually Transmitted and Blood-Borne Infections (STBBIs)
- Both

There are 3 common hormonal birth control methods 1) oral contraceptive pill (taken daily), 2) contraceptive patch (worn weekly for 3 weeks), AND 3) vaginal ring or implant (flexible plastic ring that is inserted in the vagina for 3 weeks). These birth control methods contain hormones which stop the ovaries from releasing an egg, but do not prevent STBBIs. They are prescribed by a Health Care Practitioner like other medication. When they are used with a non-hormonal form of birth control (such as a condom), it is more effective. However, abstinence is the only method that is 100% effective at preventing pregnancy.

PUBERTY

\$100: What happens during menstruation?

- An egg is released from the ovary
- The lining of the uterus leaves the body**
- A baby is born

Menstruation is a medical term for having a “period” and happens about once a month. The hormone system controls the menstrual cycle and may start as early as 9 years old and as late as 16 years old. It is the movement of blood and tissues from the uterus through the vagina and lasts approximately 3-7 days. The total amount of flow (blood) can be from 2 tablespoons to ½ cup and be reddish to brown colored ([Always Changing & Growing Up Grades 7-8 Student Guide, 2025](#)).

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

\$200: Puberty can affect your relationships with your family and friends.

True or false.

Puberty can affect relationships with both friends and family. The hormones testosterone and estrogen are responsible for all the changes that people notice during puberty- like rapid growth, mood swings, acne, penis/breast enlargement, sperm production and menstrual period. Puberty usually starts between age 9 and 14 and lasts two to four years. It is important to remember everyone develops at their own pace ([Kids Help Phone, 2023](#)). Puberty is a time of both physical and emotional change. Examples of emotional change which are normal are:

- Feeling more grown up one day and like a child the next
- Wanting more independence
- Being interested in dating
- Experiencing conflicts with parents/guardians (curfew, responsibilities, friends)
- Wanting privacy. Don't want younger siblings hanging around
- Change in friends (they may feel like they can relate to some friends more than others, they may get along and fight with good friends all in the same day)
- Laugh one moment, cry the next and feel angry at times ([Stanford Medicine Children's Health, 2025](#))

\$300: What is this organ? Pick one:

- a. Penis
- b. Testicles**
- c. Vagina

This organ produces testosterone and sperm. The testes make a lot of sperm – about 1,000 sperm every second. Sperm are best produced at a cooler temperature than normal body temperature. Because of this, the scrotum and testicles hang outside your body to stay cool. If you are cold, your scrotum shrinks to pull the testicles in closer to your body for warmth. When it is very hot, they may hang lower ([Always Changing & Growing Up Grades 7-8 Student Guide, 2025](#)).

DAILY DOUBLE: During ejaculation approx. 1 tsp. of semen leaves the penis. How many sperm are in one ejaculation?

- a. 150 million-500 million**
- b. 50 million-100 million
- c. 10 million -20 million

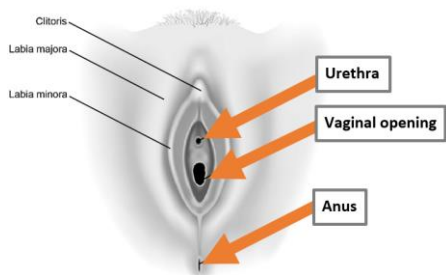
Semen is made up of seminal fluid and sperm cells. There are up to 500 million sperm in 1 tsp (5ml) of semen ([Alberta Health Services, 2022](#)). How many of those 500 million sperm need to find an egg to cause a pregnancy? **ONLY ONE.** Sperm can live in the uterus and fallopian tubes for up to 5 days: for

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

example, if intercourse happens on a Monday and the body releases an egg anytime between Monday and Friday (within 5 days), pregnancy is possible.

\$400: How many openings does a person with a vagina have in their genital area? Pick one:

- a. 1
- b. 2
- c. 3



The three openings include: the **urethra**, the **vaginal opening**, and the **anus**. The **urethra** is a very small opening and is the tube that drains urine from the body. The **vaginal opening** is a muscular tube that goes from the outside genital to the cervix. Menstrual blood leaves the body through this passageway. A penis is inserted into the vagina during sexual intercourse. The **anus** is an outside opening from the rectum, which releases feces ([Alberta Health Services, 2024](#)).

Other terms - Hymen: a thin layer of skin at the opening of the vagina. Some individuals only have a little bit of tissue and some have more. Individuals can still pass menstrual blood and use a tampon. Hymens may be stretched when an individual has vaginal sex for the first time or even riding a bike or playing sports. Sometimes it may cause bleeding or pain when this occurs ([Planned Parenthood, 2025](#)).

\$500: What is a splash pregnancy?

- a. Pregnancy that happens when you least expect it
- b. Pregnancy that happens while swimming
- c. **Pregnancy that happens without intercourse**

A splash pregnancy can happen when semen is spilled on or near the vagina, even though no intercourse has taken place. It's important to note that pre-ejaculate is created when a penis is erect, before ejaculation, and this fluid may contain a small amount of sperm. Through natural processes, sperm can make their way up (swim) into the vagina and fertilize an egg if one is present. This is not something that is common but can and does happen ([Alberta Health Services, 2024](#)). When deciding not to engage in sexual intercourse, both partners must make sure to avoid any contact between the penis and the vagina and be cautious not to have the pre-ejaculate or ejaculate come in close contact with the vagina ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

STBBIS (SEXUALLY TRANSMITTED AND BLOOD-BORNE INFECTIONS)

\$100: Which of the following sexual activities could result in a Sexually Transmitted and Blood-Borne Infection (STBBI)?

- a. Vaginal intercourse
- b. Anal intercourse
- c. Oral sex
- d. Naked below the waist hugging
- e. **All of the above**

Sexual activity is contact that allows body fluids to be shared. By avoiding skin-to-skin contact in the genital, rectal, and mouth areas, the sharing of bodily fluids cannot happen. Vaginal intercourse is when the penis enters the vagina. Anal intercourse is when the penis enters the anus. Oral sex is when a person touches another person's genitals or anus with their mouth, lips, tongue, or teeth ([Alberta Health Services, 2025](#)).

\$200: HPV (Human Papilloma Virus) is a common virus that can cause genital warts and cancer (cervical cancer, and cancer of the vulva, vagina, penis, anus, mouth, and throat).

True or false

HPV (Human Papilloma Virus) is spread by skin-to-skin contact via oral, anal, vaginal intercourse and naked below the waist skin-to-skin contact. The HPV vaccine can prevent HPV infections and is available free to all students beginning in grade 7. If someone chooses to become sexually active, a condom may help, but if HPV is on skin somewhere that is not covered by the condom, such as the groin, scrotum or labia, a person can still become infected. There are treatments for HPV infection however there is no cure. That is why it is important to get vaccinated ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

\$300: Which of the following statements is true?

- a. HIV stands for human immunodeficiency virus
- b. Sexually Transmitted and Blood-Borne Infections (STBBIs) can be caused by a virus or a bacteria
- c. Some STBBIs can be treated and cured
- d. **All of the above**

Curable means that with proper treatment the infection will go away. The "curable" STBBIs are treated with antibiotics. Without treatment these STBBIs can cause sterility, infertility (chlamydia, gonorrhea) and in the case of syphilis, death. Infections can reoccur if they continue to have sexual activity without condoms. Chlamydia is the number one bacterial STBBI. Non-curable infections can be treated but never go away ([Windsor-Essex County Health Unit, 2025](#)). It's important to note, that there are some drug-resistant strains of chlamydia, gonorrhea, and syphilis. Therefore, prevention and prompt treatment are necessary ([WHO, 2016](#)).

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

\$400: Where can teens go for information AND testing for Sexually Transmitted and Blood-Borne Infections (STBBIs) and birth control?

- a. Windsor-Essex Community Health Centre (Teen Health Centre)
- b. Kids Help Phone
- c. Family doctor/Nurse practitioner
- d. A and C**
- e. A and B

Teens can go to the Teen Health Centre, walk-in clinics, or their family doctor/nurse practitioner for information and testing for STBBIs/birth control. The Teen Health Centre has locations in Windsor and Leamington. The Kids Help Phone is a Canadian service offering bilingual counselling, information and referrals, and volunteer-led, support to young people via text, phone, or online chat only. For information about STBBI testing or birth control, you can also go to a trusted adult or visit the WECHU website.

\$500: What is the most common symptom of a Sexually Transmitted and Blood-Borne Infection (STBBI)?

- a. Rash
- b. Discharge
- c. Bumps
- d. Nothing**

Most people have NO symptoms; the only way to know for sure is to get tested. Sometimes people will have burning, itching, change in discharge, sores, bleeding between periods, and rashes, but most people who have STBBIs do not know it because they do not have any signs or symptoms of infection. Therefore, you can't tell if someone has an STBBI by looking at them. Without treatment, STBBIs can cause sterility, infertility (chlamydia, gonorrhoea), and syphilis, HIV, hepatitis B and C can all cause death.

It's important to talk to your partner about testing for STBBIs and prevention of pregnancy before having sex. If this conversation makes you or your partner uncomfortable, then you are not ready to have sex with that person ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

RELATIONSHIPS

\$100: Consent is:

- a. Asking for permission before starting any sexual activity
- b. Understanding what you are agreeing to
- c. Needed for every sexual activity, every time
- d. All of the above**

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

Consent means that partners agree to sexual activity and each person understands what they are agreeing to. Partners must give and get consent every time they choose to be sexually active. Consent can be withdrawn at any time, including during the sexual activity. Just because someone does not say NO to something does not mean they have said YES. Consenting to one thing does not mean the person has consented to everything ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

\$200: A person can give consent for sexual activity when they are high and/or drunk

True or **False**

A person cannot give consent or permission to sexual activity if they are high, drunk, feeling pressured, forced, threatened, and/or sleeping. Sexual activity without consent is sexual assault. If a person agrees to sex or sexual activity but becomes unconscious or intoxicated by alcohol or drugs – the consent earlier does not count as a yes later. Sexual activity must stop, and the focus must be on keeping everyone safe. Consenting to one thing does not mean the person has consented to everything ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

\$300: Which of the following are examples of inappropriate sexual behaviour?

- a. Touching someone's body without their permission/consent
- b. Making comments about someone's body parts
- c. Sending pictures of your genitals or naked body
- d. All of the above**

Touching someone's body without their permission or consent is sexual assault. Making comments about someone's body parts is sexual harassment. Sexual harassment can be physical, verbal or emotional, and can take place online, in person, and/or on physical surfaces like a bathroom wall. Sexual harassment is illegal. Sharing a sexual photo/video without a person's consent could be illegal. The Protecting Canadians from Online Crime Act (Bill C-13) changed the way sharing sexual images and videos without consent is prosecuted under the Criminal Code of Canada. It is illegal to send sexual photos/videos of anyone who is or appears to be under the age of 18 years of age. This includes sending sexual photos/videos of yourself if you are under 18 years old ([Kids Help Phone, 2024](#)).

DAILY DOUBLE: If you see inappropriate sexual behaviour, what can you do to stop it? Pick one:

- a. Report it to a trusted adult
- b. Tell the person to stop
- c. Refuse to participate
- d. All of the above**

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

\$400: Select a characteristic of a HEALTHY relationship:

- a. Your partner respects your boundaries
- b. You feel scared when you're with your partner
- c. You don't tell lies or secrets about each other
- d. A and C**

Healthy relationships are not just about dating partners. They also include friends, schoolmates and family. Healthy relationships include the following qualities:

- You can be yourself
- Your partner/friend listens to what you have to say
- You can agree to disagree
- Your partner/friend respect your boundaries
- You are honest with each other
- You share common values
- You feel safe

Healthy relationships make us feel good emotionally and physically. Unhealthy relationships can make us feel sick.

Introduce the acronym **SHARE** that stands for **Safety, Honesty, Acceptance, Respect, Enjoyment and Equality**. Healthy relationships should contain these qualities. **Safety** means that you do not worry that you will be harmed physically or emotionally, and you are not tempted to harm them. You can change your mind about something, like having sex, without worry of injury or harm. **Honesty** means that you speak and act truthfully without lying or deceiving. **Acceptance** means that you both accept each other and appreciate each other's uniqueness. **Respect** is that you think highly of each other. You treat each other as equals. **Enjoyment and equality** mean that a healthy relationship is not just how two people treat each other - it also must be fun! In a healthy, equal relationship, both partners should feel happy, confident, and safe ([University of Saskatchewan, 2023](#)).

\$500: Chris asks Terry to use a condom. Terry does not like to use condoms and seems upset. Terry says, "I thought you loved me." What is Chris's best response?

- a.) I guess it's ok, I know that you don't have a Sexually Transmitted Blood-Borne Infection (STBBI)
- b.) I do love you, but I need you to respect my choice.**
- c.) I do love you, so we don't have to use a condom this time
- d.) All of the above

STBBIs do not always have symptoms and the only way to find out if you have one is to be tested. Using condoms properly every time is the best protection against STIs (sexually transmitted infections). In a healthy relationship, boundaries are respected. Also, highlight the importance of a healthy relationship and the essential qualities that make up a healthy relationship ([Nemours Children's Health, 2022](#)).

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

WHY WAIT?

\$100: If a person says they are abstinent, that means:

- a.) They are choosing not to have intercourse (vaginal/anal)
- b.) They are choosing not to have oral sex
- c.) They are choosing not to have naked skin-to-skin contact with someone
- d.) All of the above**

Abstinence does not mean a person will never have sex. It means a person has chosen not to have any sexual activity right now ([The Society of Obstetricians and Gynaecologists of Canada, 2025](#)).

\$200: Reasons teens may use for having sex before they are ready include: peer pressure, alcohol and drug use, pressure from a partner, media influences and seeking acceptance from someone.

True or False

Some other reasons include being influenced by pornography, thinking clothing/appearance is sending a message (but remember that consent is not given by how someone looks!), attraction, curiosity, prior sexual activity ([Alberta Health Services, 2022](#)).

\$300: Once someone has been sexually active, abstinence is:

- a.) No longer a choice
- b.) Still a choice**
- c.) Neither a nor b

A person can choose abstinence at any time during their life, even if they have already been sexually active.

\$400: What should you consider when making decisions around sex and sexual limits:

- a.) Partners past sexual activity
- b.) Risk of pregnancy
- c.) Personal and family values
- d.) Emotional consequences
- e.) All of the above**

Things to consider when making decisions around sex and sexual limits include: your personal values, family values, your personal goals, religious beliefs, risk of STBBIs, risk of pregnancy and emotional/financial consequences ([Alberta Health Services, 2024](#)).

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

\$500: Jessie and Riley have been dating for a few months. Riley wants to be sexually active, but Jessie does not feel emotionally ready. What are some ways Jessie can communicate this to their partner?

- Suggest another activity
- Make communication clear about why you want to wait
- Say no
- Tell them what you are comfortable doing (ex. hugging/kissing)
- **All of the above**

Sometimes it's hard to tell someone you like that you don't want to have sex. But talking about what you do and don't want to do in the sex department is an important part of your relationship ([Planned Parenthood Federation of America, 2025](#)).

FACT OR FICTION?

\$100: Using two condoms during intercourse is more effective than using one.

Fact or **Fiction**.

Two condoms are more likely to break because of the friction created during intercourse. This would include any combination of internal and external condoms. Never use two condoms at the same time ([Nemours Children's Health, 2022](#)).

\$200: If a person sends a revealing picture of themselves over the internet, even to a trusted person, they lose control of it forever.

Fact or Fiction

Removing pictures from cyberspace is extremely challenging and may not always be possible. Although there may be some online tools to assist with removing pictures, there is no way to guarantee that all pictures can be removed. Visit cybertip.ca to learn more or to create a report.

\$300: HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immunodeficiency Syndrome) are the same thing.

Fact or **Fiction**

HIV (human immunodeficiency virus) and AIDS (acquired immunodeficiency syndrome) are two different things. HIV is the virus that is spread person to person and attacks the immune system. AIDS is the last stage of the HIV infection. During this time, a person's immune system is weakened, and they are unable to fight off infections and can develop certain cancers ([The Society of](#)

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

[Obstetricians and Gynaecologists of Canada, 2025](#)). **The treatment for HIV is called antiretroviral therapy (ART).** ART cannot cure HIV (a daily medication), but it can slow the spread of the virus in your body and fight off infections which can improve the health of people living with HIV (Government of Canada, 2025).

\$400: If I am under 16 years old, I can get birth control without my parents/guardians knowing.

Fact or Fiction

A person can get birth control without asking their parents/guardians. Condoms can be purchased at pharmacies, grocery and convenience stores. Condoms are free at the Windsor-Essex County Health Unit, the Windsor Essex Community Health Centre (WECHC/Teen Health Center), and Pozitive Pathways (formerly the AIDS Committee of Windsor). Birth control can be discussed and prescribed confidentially with a health care provider or at a health clinic. The Teen Health Centre at the WECHC has a sexual health clinic for youth ages 12-24 years of age.

\$500: Puberty is the time when people choose their sexual orientation.

Fact or Fiction

Sexual orientation refers to the gender to which a person is attracted to. Sexual orientation is a part of who you are, meaning that it is not something a person can choose or choose to change. It is not clearly understood what determines a person's sexual orientation, but it is likely explained by a variety of biological and genetic factors. People tend to become aware of who they are attracted to at a very young age, often before puberty ([Nemours Children's Health, 2018](#)).

Additional Resources

For more information related to human development and sexual health, please visit our [Healthy Schools Human Development and Sexual Health webpage](#). It contains credible information for educators on a variety of topics related to your health curriculum, and information for parents/caregivers and students.

All health-related content is available at www.wechu.org/educators

Facilitator's Guide for Jeopardy to Support Human Development & Sexual Health

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