

grande prairie
voiceforlife 

Presentations Available for Kindergarten to Grade 7 Classrooms



GR. K-4

Presentation Title and outline:

Good Pictures, Bad Pictures JR – Digital World Safety

This presentation goes through a best-selling book "Good Pictures Bad Pictures - Junior", written by Kristen A. Jenson, founder of ProtectYoungMinds.org, and Gail Poyner, PhD.

Using gentle, age-appropriate messages, children will learn to **Turn, Run & Tell** when they are accidentally exposed to inappropriate content. Sharing information in a fun and interactive way, this presentation will discuss how all of the body is good, and some parts are for sharing and other parts are not for sharing. This presentation will equip children with an internal filter to use in the digital world. Students will also be able to recognise that they can use their voice to protect themselves or to ask for help when they are in uncomfortable situations. This book creates a comfortable setting for an essential safety conversation. It is a NCOSE recommended resource for parents and classrooms. The goal is to teach children to guard their brain development and be safe.

Presentation Title and outline:

God Made All of Me – A Book to Help Children Protect Their Bodies (Faith based school option)

- Read “God Made All of Me – A Book to Help Children Protect Their Bodies” written by Justin S. Holcomb & Lindsey A. Holcomb
- Name parts of the body and identify what amazing things they can do (jump, sing, draw, run, clap, look, smell...)
- Talk about how every part of the body is special (God called our body “good”), but some are public parts that are for sharing and other parts of the body are private parts that are not for sharing (name them as well).
- Talk about how children have a voice and they can say “No, thank you” to a hug, handshake or kiss when they are uncomfortable.
- Ask the children to identify people who make them feel safe and strong; e.g. family members, teachers, police, counsellors, neighbors
- Talk about how to ask for help and how to keep asking if someone makes the child feel uncomfortable or confused.
- Talk about the difference between secrets and surprises.
- Talk about how every child’s body is valuable and ask, “What is something that your body can do that is amazing?”; e.g. running, dancing, smiling, singing, sports, reading...
- Recap: When God made your body, he said it was... GOOD! (thumbs up)



GR. 1-2

Presentation Title and outline:

Your Special Start – Classic Presentation

- Read a book written from the perspective of a baby in early development stages.
- Share and discuss pictures of baby/fetus development throughout a pregnancy
- Show and let students hold baby models

Presentation Title and outline:

Introduction to Puberty

(Girls and Boys have separate presentations)

- Differences between men and women
- Puberty: signs and time frames
- **Males Only:** Reproductive System, male hormone changes and impacts
- **Females Only:** Reproductive System, Menstrual Cycle, feminine hygiene products, female hormone changes and impacts
- Healthy Habits – personal grooming/cleanliness
- Body Image & Self-Esteem vs Advertisement and Media messages
 - Looking through the lenses of HEART, MIND and BODY value conveyed
- Supportive relationships – including parents, safe adults and friends
- Safe use of technology/social media

Presentation Title and outline:

Male and Female Reproductive Anatomy

(Separate presentations for girls and boys recommended)

- What is puberty?
- Signs of puberty
- Identify your support network and reliable sources of information (parents, teachers, counsellors, doctors) available to answer future questions
- Identify information sources that are not reliable (the internet, peers)
- Discuss brain development during puberty: the brain is not fully formed until age 25
- Examine male and female reproductive systems
- Ovulation and Sperm production
- Discuss the role of sperm and ovum in conception
- Process of fertilization and formation of human - video 14.5 minutes
- Preview online... (https://www.youtube.com/watch?v=-TXkZ_sjyUk)

Presentation Title and outline:

Human Development: Conception to Birth

- Identify and describe the stages of human development from conception to birth
- What is reproduction? The amazing transfer of genetic information - 3 billion characters form the detailed human code stored in the nucleus of a fertilized ovum.
- Examine fetus models that are to scale, matching various development stages
- Examine factors that can positively impact human development during the prenatal stages – emotional support, nutrition, healthy activity levels, prenatal care
- Examine factors that can negatively impact human development during the prenatal stages - smoking, alcohol, street drugs, Accutane medication, excessive maternal stress, and poor nutrition.
- First minutes of a baby's life

Presentation Title and outline:

The Reproductive Process, Abstinence Benefits, Influences and Decision Making - Part 1&2

(Two presentation bookings required)

- Examine the impact of the human reproductive process
 - Body: Basic reproductive biology
 - Mind: Decision making, personal “brakes”, brain development timeline
 - Heart: Impact of Dopamine, Serotonin, Oxytocin on Emotions
 - Misunderstandings associated with development
- Examine benefits of abstinence with respect to mind, body, and heart impact
- Body image/self-esteem/expectations
 - Media and Culture Influence
 - Support available from parents and safe adults
 - Support from peers
 - Changing your self-talk
- Protecting your digital body and respecting the digital body of others
 - Digital World: What is its reach? (space and time)
 - What does Canadian Law say about minors and sexting?
 - Is the internet always a reliable source of information?
 - Information and resources from NCOSE and FightTheNewDrug.org
- Develop personal resiliency and decision-making skills:
 - Weigh the pros and cons of various choices
 - Think of the big picture - what goals do you have?
 - What plan do you have to achieve your goal?
 - Who is in your support system to help you achieve personal goals?