

BLUME

The Educator's Handbook

Thank you for downloading Blume's Sexual Health and Relationship Education Presentations! The intention of these materials is to:

- Provide scientific, evidence-based, unbiased information to young people around the globe
- De-stigmatize conversations around bodies, puberty, sex, dating, and relationships
- Encourage self-reflection and critical thinking about these topics
- Spread awareness about safer sex practices
- Get people familiar with safe, helpful community resources and to identify who in their lives they feel comfortable talking to about these topics

Questions?

Email us at hi@meetblume.com

You should know...

The presentations provided are inclusive of all bodies, genders and sexual orientations. Our hope is to promote love and acceptance, so our world can be a safer, happier place. It is your responsibility to hold a safe space for everyone. Do not tolerate discrimination, bullying or harassment in your classroom.

The presentations are meant to be comprehensive just in themselves. This means you can read them aloud word for word and your students will receive all the information they need. We hope these presentations help you **start** the conversation about bodies, sexuality, dating, sex and relationships. If you do not feel comfortable **continuing** conversations with young people after facilitating the presentations, provide them with resources where they can get their questions answered in a nonjudgmental and informed way.

Before opening up conversations with young people, ask yourself if your gender, sexual orientation, ethnic identity, (dis)ability, religious belief system or privilege impact how you relate to this subject?

Tone

The *tone* in which you present this information is extremely important. Sex has been a taboo subject for a long time which means talking about it can be awkward. However, this is not the place to make jokes about bodies, relationships or sexual activity. Remember that all of these topics make people *vulnerable*, so we need to approach the material sensitively. It's okay to feel awkward presenting this information, but it's not okay to try to lighten the mood with inappropriate jokes.

Students will ask questions that throw you off. Try to limit your reaction to questions. Remember, it is 100% okay to say "I'm not sure how to answer this" or "I want to make sure I give you the best answer to your question, so can I come back to this later after I've had time to think about/look up the correct answer?" Just make sure you do come back to their question!

If you feel like you are not the correct person to present this information, that is okay! But it is up to you to find someone who is comfortable going through the presentations with youth so that they do receive this info in a safe way.

Specific notes about presentations

Pointing is smiled upon here

It is beneficial to point out body parts on the diagrams when discussing them. Sometimes diagrams look chaotic, because there really is a lot going on!

- Example: When talking about the **uterus**, point out the uterus on the diagram

Look! It's a unicorn!

We recommend you facilitate a reflective exercise using the resource "[The Gender Unicorn](#)" when you see the slide that says "Time to reflect on how you identify!" at the end of the gender portion of the Body Science presentation. You can find the poster and colouring sheet version of this resource for free online with the link provided.

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It's better IRL

When going over how to manage a period, it is helpful to have real examples of pads, tampons, a menstrual cup and a pair of period undies to show as examples.

A little touchy feel-y

When going over different methods of contraception, it is helpful to have tangible examples of external condoms and internal condoms. If you can, also acquire a sample IUD, NuvaRing, Implant, Patch, and Depo-Provera Injection (contact your local Planned Parenthood for a contraception education kit, or check out the Sex Ed Store!)

Here to state the facts

Certain topics will have laws that differ depending on where you live. We recommend looking up the following things in your area (state, province, territory, country):

Age of Consent laws

- Legal Definition of Consent
- Laws regarding abortion and where people can safely access abortion services
- Support resources: for LGBTQ2SIA+ youth, folks leaving abusive relationships, shelters, local informational hotlines, local sexual health clinics (there is a list of resources below)

We're here for you

Please keep this on hand for when youth you support are in crisis and may need 24 hour support. Resources include support for youth dealing with mental health, suicidal thoughts, sexual assault, dating abuse, domestic abuse, gender/sexuality-related trauma and revenge porn.

Blume says thank you!

These curriculums are important to our society. They will help youth feel good about their bodies so they aren't consistently seeking to diminish insecurities in unhealthy ways. They will help youth understand how puberty, pregnancy, and STIs work so they can make informed decisions about how they take care of themselves, who they interact with and how. They will help youth enter into relationships that are safe and full of love, which in turn results in a new generation of happy families. You are doing a good thing. Thank you.

Educational Resources

[Consent: It's as simple as tea](#)

[Scarlateen.com](https://www.scarlateen.com)

[PlannedParenthood.org](https://www.plannedparenthood.org)

[Glaad.org](https://www.glaad.org)

[SexEdSchool.ca](https://www.sexedschool.ca)

[Sexualityandu.ca](https://www.sexualityandu.ca)

[Transstudent.org](https://www.transstudent.org)

[Smartsexresource.ca](https://www.smartsexresource.ca)

[OMGYes.com](https://www.omyes.com)

[HPVinfo.ca](https://www.hpvinfo.ca)

[YourOpenCloset.com](https://www.youropencloset.com)

[CATIE.ca](https://www.catie.ca)

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Support Resources

Hotlines

Crisis support for all issues: bullying, mental health/suicide, dating abuse

Suicide Prevention Lifeline

1-800-273-8255

Sexual Assault Hotline

1-775-221-7600

Love is Respect Dating Abuse Hotline

866-331-9474

Crisis Text line

Text: 741-741

Support dealing with revenge porn

US: 844-878-2274

CA: [NeedHelpNow.ca](https://www.needhelpnow.ca)

For Queer and Questioning

The Trevor Project

866-488-7386

Trans Lifeline

US: 877-565-8860

CA: 877-330-6366

Canadian Resources

BC's Planned Parenthood

[OptionsforSexualHealth.org](https://www.optionsforsexualhealth.org)

1-800-SEXSENS (739-7367)

Toronto's Planned Parenthood

[Ppt.on.ca](https://www.ppt.on.ca)

Pregnancy Options Helpline

[All-options.org](https://www.all-options.org)

1-888-493-0092 (Canada)

Kids Help Phone

[KidshelpPhone.ca](https://www.kidshelpline.ca)

1-800-668-6868

WAVAW Rape Crisis Hotline

604-255-6344

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