



Physical and Health Education Supports for K-12 Curriculum Implementation

New Physical and Health Education (PHE) resources are available to support teachers in delivering the redesigned K-12 PHE curriculum. The resources support the teaching of mental health and sexual health in elementary and secondary schools.

Developed by B.C. teachers with support from the Ministry of Health, Ministry of Mental Health and Addictions and other key health stakeholders, [Supporting Student Health Elementary](#) and [Supporting Student Health Secondary](#) provide a starting point to teach health topics such as consent, stress and anxiety, safe sex, mental health stigma, cyberbullying, and online safety. The guides also include instructional approaches and tips to respond to unexpected situations.

The redesigned PHE curriculum unites health education and physical education to focus on overall healthy living for students. An emphasis in the PHE curriculum is well-being—the connection between physical, mental, and social health. The guides are meant to support classroom teachers in normalizing conversations about mental health and sexual health topics. A main goal of combining physical and health education is to remove the stigma from health education topics and promote mental and sexual health for students in the same way that we promote physical health.

Additional resources supporting the mental and sexual health components of PHE curriculum have been evaluated by the Educational Resource Acquisition Consortium (ERAC) for potential use by teachers. Links to these resources are available at <https://curriculum.gov.bc.ca/curriculum/physical-health-education>.