Dear Parents/Caregivers,

Next week we will be starting our Personal and Sexual Health Learning. All materials used will be Ministry and District approved.

In grades 6 and 7, we begin by creating a safe and inclusive space to talk about the science of reproduction and the physical, emotional and social changes of puberty in ways that are inclusive of all bodies. This includes a discussion of good health habits (sleep, nutrition, exercise), big feelings, personal hygiene, menstrual products and an introduction to STI’s (and the HPV vaccine available in grade 6/9).

We will also discuss technology/media, sharing intimate images (sexting) and healthy relationships. Topics related to the physical aspects of puberty will include menstruation and nocturnal emissions. Personal identity and an introduction to sex, sexual orientation, gender identity and gender expression will also be provided.

If you choose not to have your child participate in these lessons, you are required by the Ministry of Education to provide for alternate instruction of these topics and to provide your child’s school with details as to how your child will complete this learning. You will also need to provide alternate arrangements for your child during this instructional time. Please let me know if this is your intention and how I can support you.

Note: Please encourage your child to share with you the discussion and factual information given during these lessons. The lessons will be informative and taught in a sensitive and respectful manner. Any ethical and moral concerns or questions that may be raised during class will be referred to home for discussion and decision making.

Respectfully,

Teacher’s Name

Please return the form below **if you do not want your child to participate in these lessons**.

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As parent/guardian, I do not wish for my child to participate in classroom lessons on personal and sexual health. I will arrange for my child to have the health curriculum taught by an alternate delivery method.

In choosing an alternate delivery method, I understand that it is my responsibility as a parent/guardian to make the necessary arrangements with my child’s teacher to provide an alternate location for my child during these lessons, as well as details as to how I will ensure my child receives this part of the curriculum.

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name (Please Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For an overview of the Supporting Student Health Curriculum K-10, please see:

[Supporting\_Student\_Health\_Elementary.pdf (gov.bc.ca)](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Elementary.pdf) (pages 39-42

or

[Supporting\_Student\_Health\_Secondary.pdf (gov.bc.ca)](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Secondary.pdf) (Pages 31-34)