

## **SAMPLE Information Letter from Teachers to Parents**

Dear Parent/Guardian,

This year in grade 5 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn to identify the parts of the reproductive system and describe how the body changes during puberty
- Students will learn the process of menstruation (the menstrual cycle, getting your period) and spermatogenesis (how the body creates sperm) and how these processes relate to reproduction and overall development
- Students will learn about the emotional and interpersonal stresses that relate to puberty (e.g. changing bodies and feelings, changing relationships, crushes, conflict between personal desires and cultural feelings) and strategies they can apply to manage stress, build resilience and enhance their mental health and emotional well-being (e.g. being active, writing in a journal, accessing information, talking to a trusted peer or adult, breathing deeply, meditation, seeking cultural advice from elders)

This information will help to keep your child safe, healthy, happy and informed. At school we teach students research based information and facts, we do not teach our values or beliefs surrounding these topics. We encourage you to talk to your children at home about what they are learning at school and share your values and beliefs with them. Here are some things you can do at home to help your child understand the concepts being taught:

- Ask your child what they are learning in health class
- Encourage your child to practise what they are learning at school
- Recommend books for your child to read or provide them with books and ask them questions about what they are reading
- Join your child when they are watching television or movies and ask them what they think about the characters, gender roles, relationships etc. that they see
- Be aware of, and know how to use, the social media your child uses
- Talk to them about what they are posting on social media and the implications

**Book recommendations:**

- It's perfectly normal: Changing bodies, growing up, sex and sexual health, Robie Harris
- Below Your Belt, How to be Queen of your Pelvic Region: A Pelvic Health Handbook for Girls, Missy Lavender and Ihm Donatelli
- What's Going on Down There: Answers to Questions Boys Find Hard to Ask, Karen Gravelle
- Sex is a Funny Word: A book about bodies, feelings and you, Cory Silverberg

**Book recommendations for parents:**

- The New Speaking of Sex: What your children need to know and when they need to know it, Meg Hickling R.N.
- From Diapers to Dating: A parent's guide to raising sexually healthy children from infancy to middle school, Debra W. Haffner
- What Every 21<sup>st</sup>-Century Parent Needs to Know: Facing today's challenges with wisdom and heart, Debra W. Haffner

**Website Recommendation:**

- [sexandu.ca](http://sexandu.ca) – a trusted resources for sexual and reproductive health for youth, parents and educators created by the Society of Obstetricians and Gynaecologists of Canada.

As always, I encourage you to get in touch with me if you have any questions or concerns. The full Health and Physical Education curriculum can be found on the WRDSB website.

Thank you,