

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

Dear Parent/Guardian,

This year in grade 6 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn about factors that affect the development of a person's self-concept
- Students will learn how to build confidence and lay a foundation for healthy relationships in relation to the physical, social and emotional changes that occur during adolescence (e.g. body growth, skin changes, increased influence of peers, new interests in romantic relationships, increased intensity of feelings)
- Students will learn to make informed decisions that demonstrate respect for themselves and others and help build healthier relationships, using a variety of skills
- Students will learn how to assess the effects of stereotypes, including homophobia and assumptions regarding gender roles and expectations, sexual orientation, gender expression, race, ethnicity or culture, mental health, and abilities, on an individual's self-concept, social inclusion, and relationships with others, and propose appropriate ways of responding to and changing assumptions and stereotypes

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:**

- Will Puberty Last my Whole Life: Real answers to real questions from preteens about body changes, sex, and other growing up stuff, Julie Metzger and Robert Lehman
- 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,