

SAMPLE Information Letter from Teachers to Parents

Dear Parent/Guardian,

This year in grade 7 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn the importance of having a shared understanding with a partner about delaying sexual activity until an older age, the reasons for not engaging in sexual activity, the concept of consent, how consent is communicated and clear communication about making decisions about sexual activity within the relationship
- Students will learn to identify common sexually transmitted infections (STIs) and describe their symptoms
- Students will learn ways of preventing STIs and unintended pregnancy
- Students will learn physical, emotional, social and psychological factors that need to be considered when making decisions about sexual health
- Students will learn the benefits and dangers, for themselves and others, that are associated with the use of computers and technology (*e.g. increased access to information, improved communication, misuse of private information, identity theft*) and identify protective responses
- Students will learn to assess the impact of different types of bullying or harassment, including sexting, on themselves and others, and identify ways of preventing or resolving such incidents

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:

- Let's Talk About Sex: Changing Bodies, Growing Up, Sex and Sexual Health, Robie Harris

Book recommendations for parents:

- Beyond the Big Talk: A Parent's Guide to Raising Sexually Healthy Teens – From Middle School to high School and Beyond, Debra W. Haffner
- What Every 21st-Century Parent Needs to Know: Facing today's challenges with wisdom and heart, Debra W. Haffner

Website Recommendation:

- 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,