



April 17th, 2019

Dear Parent, Caregivers or Guardians,

Learning about human development and sexual health is one part of overall health. It starts at birth. Human development and sexual health education involves much more than simply learning about body parts and reproduction.

In today's complex and fast-paced world, there is much more that young adults need to know to be safe and healthy. Human development and sexual health includes learning about healthy relationships, hygiene, reproductive health, mental health, abstinence, contraception and disease prevention, sexual orientation, online safety, and consent.

The focus is on getting accurate information and learning skills to make healthy and safe decisions by learning to think in advance, consider the potential result and reflect after a choice is made.

Education is most effective when parents, schools and communities all work together to support student's learning. In Catholic schools, Ontario's HPE curriculum is an opportunity for parents and teachers to talk to students about a distinctively Catholic view of human life, sexuality, marriage, and family.

As a Catholic teacher, I will present the issue of human development and healthy sexuality within the fullness of our faith-based family life curriculum that teaches the content of our faith, the value of persons, human relationships, commitment, and social responsibility.

WHAT WILL YOUR CHILD LEARN IN OUR GRADE 10 HUMAN DEVELOPMENT AND SEXUAL HEALTH UNIT?

Ontario HPE Curriculum expectations are as follows;

- **C2.5** describe factors that influence sexual decision making (e.g., personal values, having limits and being able to communicate them, being aware of and respecting the limits set by others, peer and family expectations, having physical and emotional desires, media messages, myths and norms related to sexual activity or safer sex practices, participation in activities such as substance use that impair judgement), and demonstrate an understanding of how to use decision-making and communication skills effectively to support choices related to responsible and healthy sexuality.
- **C3.4** describe some common misconceptions about sexuality in our culture, and explain how these may cause harm to people and how they can be responded to critically and fairly
- **C3.5** explain how being in an exclusive relationship with another person affects them and their relations with others (e.g., personal benefits such as learning about oneself, emotional comfort and security, sense of belonging; impact on peer relationships, family relationships, time management, homework, choice of activities; feelings and challenges involved in ending a relationship
- **C3.6** apply their knowledge of sexual health and safety, including a strong understanding of the concept of consent and sexual limits, and their decision-making skills to think in advance about their sexual health and sexuality

If you have any questions or concerns about any part of the curriculum or classroom learning activities, please do not hesitate to email or telephone me at school.

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