

[Insert School Letterhead]

MM/DD/YY

To Parents/Guardians,

The PHE (Physical and Health Education) curriculum is designed to equip students with the knowledge, motivation, and skills they need to be safe, active, and healthy throughout their lives. Sexual and mental health topics are included as part of our province's holistic approach to health education. Specific lessons on these topics are offered and assessed by classroom teachers.

Additionally, all grade 9 classes receive approximately 5+ hours of instruction from our District Sexual Health Educator. These lessons are taught alongside the classroom teacher at key times throughout the school year.

The topics in Gr. 9 Sexual Health Education come from both the [Physical and Health Education Curriculum](#) and [Supporting Student Health Guides](#) from the Ministry of Education and Child Care. These topics are meant to support the dialogue that parents/guardians have at home with their students.

Grade 9 Topics

- Sources of health information and support services
- Strategies to support hygiene, mental well-being, and communication through puberty
- Strategies to protect against potential abuse, exploitation, and harm (including online)
- Strategies to address bullying, stereotyping, and discrimination and the importance of respect for differences between individuals (bodies, values, identities)
- Reproductive systems, conception, contraception, and pregnancy options
- Healthy relationships and sexual decision-making skills
- Potential short- and long-term consequences of health decisions – (e.g. STBBI prevention, testing, and treatment options)

If you have questions after the lessons, your student's teacher should be able to answer them. While learning about these topics can bring some temporary discomfort, the long-term benefits of young people having the knowledge and skills to make informed health decisions usually outweighs any awkwardness.

Respectfully,

[Principal's Signature]

Principal's Name, Principal
Contact Information