



## ***Katimavik Elementary School***

64 Chimo Drive  
Kanata, Ontario K2L 1Y9  
(613) 592-5462



January, 2016

Dear Parent or Guardian

In the near future, Grade 6 students will begin a health unit on Healthy Living –Human Development and Sexual Health. The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to talk with your child prior to commencing with our studies

This unit extends from the work begun in grade 5 and will cover the following areas;

- Identify factors that affect the development of a person's self-concept;
- Describe how they can build confidence and lay a foundation for healthy relationships by acquiring a clearer understanding of the physical, social and emotional changes that occur during adolescence;
- Make informed decisions that demonstrate respect for themselves and others and help to build healthier relationships, using a variety of living skills;
- 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 purpose appropriate ways of responding to and changing assumptions and stereotypes.

The delivery of this unit will be presented in partnership with our Public Health Nurse - Carrie Innes

It is our belief that you as parents/guardians play a significant role in the formation of your children's values and behavior related to human growth and development. This unit offers you a chance to discuss classroom lessons and to consider them in view of your own family values and beliefs.

Other activities which might encourage discussions with your child are;

- Watch a video or television show with your child and focus on sexual stereotyping, how relationships are portrayed and what messages are being given about sexuality
- Look at magazine ads or commercials and talk about messages that are being conveyed about human sexuality
- Complete any activity that your child brings home to share with you.

Should you have any questions or wish to have more information about the unit do not hesitate to contact me.

Sincerely,

Mr. Harry J. Roo, M Andrew Thorp, and M Jamel Touabi,  
Grade 6 Health Physical Education Teachers, Katimavik ES