



Katimavik Elementary School

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Dear Parent or Guardian

In the near future, Grade 7 students will begin a health unit on Healthy Living – Growth and Development. 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 6 and will cover the following areas;

- Explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older; the reasons for not engaging in sexual activity; the concept of consent and how consent is communicated; and, in general, the need to communicate clearly with each other when making decisions about sexual activity in the relationship;
- Identify common sexually transmitted infections (STIs) and describe their symptoms;
- Identify ways of preventing STIs, including HIV and/or unintended pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms consistently if and when a person becomes sexually active;
- Demonstrate an understanding of physical, emotional, social, and psychological factors that need to be considered when making decisions related to sexual health;
- Explain how relationships with others and sexual health may be affected by physical and emotional changes associated with puberty.

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 and M Jamel Touabi,
Grade 7 Health Physical Education Teachers, Katimavik ES