

Healthy Living – Human Development and Sexual Health

Katimavik Elementary School

Throughout the year students will continue to learn about the factors that contribute to healthy development and consider how that information connects to their personal healthy choices and the health of others in the world around them.

Human development and sexual health education is more than simply teaching young people about the anatomy and physiology of reproduction. Sexual health, understood in its broadest sense, can include a wide range of topics and concepts, from sexual development, reproductive health, choice and sexual readiness, consent, abstinence, and protection, to interpersonal relationships, sexual orientation, gender identity and gender expression, affection and pleasure, body image, and gender roles and expectations. Sexual development is one component of overall human development, and learning about healthy human development begins at an early age. It is important for that learning to be appropriate to children's age and stage of development. Younger children learn the names of body parts, begin to understand how their bodies work, and develop skills for healthy relationships, which include demonstrating respect for others. As students grow and develop, they build an understanding of the physical, emotional, social, and cognitive changes that they will experience at puberty. Their learning about human development – and their understanding of its many, interrelated aspects – deepens as students get older and as the nature of their relationships changes. They learn more about self, others, and identity; peer, family, and romantic relationships; personal safety; and decision making. Acquiring information and skills and developing attitudes, beliefs, and values related to identity and relationships are lifelong processes. The human development and sexual health expectations recognize that students at this age are developing their sense of personal identity, which includes their sexual identity. Students may already be involved in or contemplating sexual activity or dealing with relationship issues that affect their self-concept and sense of well-being. Consequently, there is an emphasis on developing the skills needed for maintaining healthy relationships and acquiring the knowledge and skills needed to make informed decisions about their sexual health.

Resources for Parents/Guardians

1. MINISTRY OF EDUCATION – HEALTH AND PHYSICAL EDUCATION CURRICULUM 2015
<http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>
2. A PARENT'S GUIDE TO THE REVISED HEALTH AND PHYSICAL EDUCATION CURRICULUM
<http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEguideRev.pdf>
3. A PARENT'S GUIDE: HUMAN DEVELOPMENT AND SEXUAL HEALTH IN THE HEALTH AND PHYSICAL EDUCATION CURRICULUM Grade 1-6
<http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEgrades1to6.pdf>
4. A PARENT'S GUIDE: HUMAN DEVELOPMENT AND SEXUAL HEALTH IN THE HEALTH AND PHYSICAL EDUCATION CURRICULUM Grade 7-12
<http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEgrades7to12.pdf>