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Dear Parents/Guardians:

One of the main responsibilities of the Physical Education Department is to cover the health curriculum. There are many topics and themes in health, including personal health, safety and responsibility, nutrition, body image, and relationship choices

Please note that out of the numerous learning objectives within the curriculum, Alberta Education highlights specific outcomes related to sexual education. For these topics we may be bringing an outside source, Calgary Sexual Health Centre, to teach these topics. If you would like more information on their programs please visit <http://www.calgarysexualhealth.ca/>

Below are the following objectives to be addressed per grade:

Grade 7:

- Recognize the human reproductive process, and recognize misunderstandings associated with sexual development
- Identify the effects of social influences on sexuality and gender role and equity; e.g. media, culture
- Examine the influences on personal decision making for responsible sexual behaviour
- Examine decisions to postpone sexual activity as healthy choices

Grade 8:

- Determine the signs, methods and consequences of various types of sexual abuse
- Identify and describe the responsibilities and consequences associated with involvement in a sexual relationship
- Describe symptoms, effects, treatments and prevention for common sexually transmitted diseases i.e. Chlamydia, HPV, herpes, gonorrhea, hepatitis B/C, HIV
- Identify and discuss all types of sexuality and the difference between gender, sex and identity.
- Identify and describe basic types of contraceptives, i.e. abstinence, condom, birth control pills

Grade 9:

- Apply coping strategies when coping with different rates of physical, social & emotional development (e.g. positive self-talk).
- Evaluate implications & consequences of sexual assault on a victim and those associated with that victim.
- Determine “safer” sex practices (e.g. communication, abstinence, contraceptive use).
- Identify and describe the responsibilities and resources associated with pregnancy and parenting.
- Develop strategies that address factors to prevent or reduce sexual risk (e.g. drugs & alcohol use, date in groups and the use of assertive behaviour).

We will be covering these objectives in the year. You have the right to exempt your child from the above topics. If you do choose to exempt your child, we will provide alternative work during these periods.

Please sign and have your child return the form below **to their PE teacher.**

Thank you,
PE Department

I, _____(name of parent/guardian), understand that topics related to sexual education will be covered in physical education as part of the health curriculum. I have chosen to have my child, _____ (name of student):

Please check one of the following:

- Take part in the health classes concerning these topics.
- Be exempted from the health classes concerning these topics

Parent Signature: _____ Date: _____