



Frank Panabaker Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

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Ancaster, Ontario L9G 1T2
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Principal: Caitlin Evans
Vice-Principal: Gord Cook
www.hwdsb.on.ca/frankpanabaker

May 4, 2021

Dear Parent/Guardian:

This letter is to inform you that your child will begin a unit on Human Development and Sexual Health beginning May 19, 2021.

The following expectations of the Ontario Curriculum will be covered in the Grade 7 program. By the end of Grade 7, students will:

- explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older (e.g., choosing to abstain from any genital contact; choosing to abstain from vaginal or anal intercourse; choosing to abstain from oral-genital contact); the reasons for not engaging in sexual activity; the concept of consent, the legal age 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 a healthy, loving relationship
- identify sexually transmitted and blood-borne infections (STBBIs), and describe their symptoms
- identify ways of preventing STBBIs and/or unplanned pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms and other forms of protection consistently
- demonstrate an understanding of physical, emotional, social, and cognitive factors that need to be considered when making decisions related to sexual health (e.g., sexually transmitted and blood-borne infections [STBBIs], possible side effects of contraceptives, pregnancy, protective value of vaccinations, social labelling, gender identity, gender expression, sexual orientation, self-concept issues, relationships, love, respect, desire, pleasure, cultural teachings)
- explain how relationships with others (e.g., family, peers) and sexual health may be affected by the physical and emotional changes associated with puberty (e.g., effect of physical maturation and emotional changes on family relationships; effect of growing interest in intimate relationships on peer relationships; increased risk of STBBIs and/or pregnancy with onset of sexual activity)

The following resources will be used to assist in the delivery of this unit:

- ***Always Changing & Growing Up Girl's and Boy's Guides***- an educational program endorsed by Ophea and Physical and Health Education Canada (PHE Canada), and has been developed and written by physical and health educators as well as students
- ***My Body. My Identity. My Choice.*** <https://phecanada.ca/programs/phe-learning-centre/healthy-bodies-education-activities>
- ***Understanding sexual health and decision making*** <https://teachingtools.ophea.net/lesson-plans/hpe/grade-7/understanding-sexual-health-and-decision-making>
- ***AMAZE.org.*** Amaze videos harness the power of digital media to provide young adolescents around the globe with medically accurate, age-appropriate, affirming, and honest health education.



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As the Ontario Curriculum indicates, "Parents are the primary educators of their children with respect to learning about values, appropriate behaviour, and ethnocultural, spiritual, and personal beliefs and traditions, and they are their children's first role models. It is therefore important for schools and parents to work together to ensure that home and school provide a mutually supportive framework for young people's education" (page 14). This unit offers you, as the most significant influence of your child's values and behaviours, the chance to discuss the classroom lessons and consider them in light of your own family beliefs.

Parents and Guardians were invited to attend an information session held on April 21, 2021. You can view this presentation and obtain more information here:

<https://www.hwdsb.on.ca/blog/elementary-learning-human-development-sexual-health/>

If Parent/Guardians would like their child(ren) exempted from all expectations, they will need to complete an exemption form in the Parent Portal. [Paper copies](#) and/or phone calls will also be accepted.

Please feel free to contact the school (905-648-4439 – South Campus) if you have questions or concerns regarding this upcoming unit.

Sincerely,

A handwritten signature in black ink, appearing to be "CE", written over a horizontal line.

Mrs. C. Evans (Principal)

A handwritten signature in black ink, appearing to be "J. Fairley", written over a horizontal line.

Mrs. J. Fairley (Teacher)