

Parent Communication

GOAL:

To communicate with parents/guardians or caregivers the grade specific Human Development and Sexual Health curriculum expectations.

INSTRUCTIONS:

1. Prior to teaching curriculum to students, consider adapting the sample parent letter to inform parents of the upcoming Human Development and Sexual Health lesson.
2. Encourage students to share what they've learned with their parents/guardians or caregivers.
3. Consider contacting the public health nurse for additional support, health expertise, or resources to complement curriculum.

Curriculum Connections

- Grade 4: D1.5 Puberty – changes: emotional and social impact; C2.4 Puberty – personal hygiene and care
- Grade 5: D1.3 Reproductive system; D1.4 Menstruation, spermatogenesis; D2.4 Self-concept, sexual orientation; D2.5 Emotional, interpersonal stresses – puberty
- Grade 6: D1.3 Sexually explicit media; D2.5 Understanding of puberty changes, healthy relationships; D2.6 Decision making, consent; C3.3 Stereotypes and assumptions – impacts and strategies for responding
- Grade 7: D1.3 Delaying sexual activity; D1.4 Sexually transmitted and blood-borne infections (STBBIs); D1.5 STBBIs and pregnancy prevention; D2.4 Sexual health and decision making; D3.3 Relationship changes at puberty
- Grade 8: D1.4 Decisions about sexual activity; supports; D1.5 Gender identity, gender expression, sexual orientation, self-concept; D2.3 Decision making considerations and skills; D3.3 Relationships and intimacy

PARENT LETTER SAMPLE

The following is a sample letter that can be used to communicate with the parents/guardians or caregivers of the students about what is being taught in the classroom. This letter is meant to encourage parents to have discussions with their child about what they are learning. Research shows that children are less likely to participate in risky sexual behaviours when their parents take the opportunity to have an open discussion with them. It is recommended that the letter is sent home one to two weeks prior to starting the Human Development and Sexual Health Unit.

Dear _____

In the next few weeks, your child's class will begin the curriculum unit, Human Development and Sexual Health. The topics in the curriculum include:

(Insert appropriate grade specific topics below)

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As a _____, you play a significant role in helping your child develop their values and behaviours related to these topics. Take this opportunity to talk to your child about what they are learning and discuss any questions they have. This is an important time when children are learning decision-making and communication skills and they need to know that you support them.

Some other ideas to assist with generating conversations include:

- Watch television, movies or videos about relationships with your child, talk about how partners communicate
- Talk about how commercials, marketing or media messages that target children relate to the curriculum topics listed above

Should you have any concerns or questions please feel free to come in and speak with me.

Thank you,

(Teacher Name)

Adapted with permission from Middlesex-London Health Unit (October 2022)



HEALTH
DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/sexualhealth

If you require this information in an accessible format, contact 1-800-841-2729.

