

# Parent Letter (Optional)



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**Dear Parents, Caregivers or Guardians,**

Though parents, caregivers and guardians are often the primary sexuality educators of students, schools also play a role in this endeavour. The Ontario Ministry of Education's curriculum guidelines include healthy sexuality and adolescent development as mandatory topics of study. Sexuality education in secondary school is designed to inform adolescents about the changes they may be experiencing as well as inform them about responsible relationships, pregnancy prevention options, sexually transmitted infections, decision making and sexual health issues. Consequently, it helps to prepare students for their physical, emotional and social development. The *Helping Teens* curriculum goes beyond anatomy and reproduction. It assists students with decision-making, communication and assertiveness skills. This health unit gives students a chance to examine their own values and attitudes, and to hear what others think. School-based sexuality education is not a substitute for what you teach in your home, but it can play an important role in preparing your adolescent for the future.

It is our belief that you, as parents/caregivers/guardians, play the most significant role in the formation of your adolescent's values and behaviours related to human growth and development. This unit offers you the chance to discuss the classroom lessons with your children and to consider them in view of your own familial and religious values.

In the next few weeks, we will begin a health unit on Healthy Growth and Sexuality. The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to speak with me prior to commencing our studies.

**The *Helping Teens* unit includes activities that:**

- allow students to ask questions related to sexual development
- to provide students with factual information on sexuality and anatomy
- encourage students to talk with their family members
- ease student's fears and apprehensions regarding sexuality by providing straight-forward information
- empower students as they learn decision-making skills for use in their relationships with family, friends and peers
- help students identify factors that enhance healthy relationships

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It is our hope that you will discuss the topic of sexual health with your children and complete any activity that your child brings home to share with you.

If I can be of further assistance, please contact me at: \_\_\_\_\_.