

Dear Parents and Caregivers,

In order to address some of the important physical health education learning outcomes, your child will be receiving lessons throughout the year about their personal health and their bodies. We call it 'Body Science'! These lessons include the topics of body awareness, boundaries, healthy relationships, personal safety, and development.

The new BC Curriculum addressed can be found in the Physical Health Education section on the website <https://curriculum.gov.bc.ca>

The benefits of these health lessons are that students will:

1. Have the same, age appropriate, up to date, factual information delivered by a trained educator in a non-judgemental, safe environment (this combats misinformation, bias, stereotypes and myths from social media/internet/TV/peers etc. and is a major tool in preventing sexual abuse and exploitation).
2. Gain knowledge, understanding, skills and attitudes they will need in order to protect themselves and others from potential harm, and to make healthy decisions and choices (studies show that the more information students have the longer they delay sexual activity and the less likely they are to make risky decisions, or to be exploited).

Alternative Delivery:

"In cases where parents feel more comfortable addressing by means other than instruction by a teacher, parents may arrange to address topics related to reproduction and sexuality by an alternative means. **This must be arranged in consultation with their school.** The alternate means must be agreed upon by the students, their parents or guardians, and the school."

"The alternate delivery policy **does not allow students to "opt-out"** of learning about these topics. It is expected that students will, in consultation with their school, demonstrate their knowledge of the learning standard" www2.gov.bc.ca/gov/content/education-training/administration/legislation-policy/public-schools/alternative-delivery-in-the-physical-and-health-curriculum

You, as caregivers, are your child's most important teacher. Students are always encouraged to continue the conversations at home and to check in to what their family rules and family values are when it comes to decision making, health, and relationships. Some great guides to help keep the conversation going are listed at the bottom of the next page.

If you have any questions, please contact your school administrator, or student's teacher.