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PRINCIPAL

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Sept 1, 2011

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, relationship choices, learning strategies and career development.

Please note that out of the numerous learning objectives within the curriculum, Alberta Education highlights specific outcomes related to sexual education. Below are the following objectives to be addressed per grade:

**Grade 5:**

- identify the basic components of the human reproductive system, and describe the basic functions of the various components; e.g., fertilization, conception
- recognize and accept that individuals experience different rates of physical, emotional, sexual and social development

**Grade 6:**

- Identify and describe the stages and factors that can affect human development from conception through birth
- Examine and evaluate the risk factors associated with exposure to blood borne diseases-HIV, AIDS, Hepatitis B/C

**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 abstinence and 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, gonorrhoea, hepatitis B/C, HIV
- 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 by **September 16, 2011 to their PE teacher.**

Thank you,  
PE Department

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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):

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

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_