

Dear Parents and Caregivers,

In order to address important personal health (PHE) learning outcomes, your child will be receiving lessons about their personal safety and their bodies. We call it 'Body Science' and 'Personal/Sexual Health'. These lessons include the topics of body awareness, boundaries, personal safety, interpersonal skills, healthy relationships, and development.

Unless you have been informed otherwise, this curriculum will be delivered by your child's teacher, or other school district educator. In some cases, part of curriculum may be supplemented by an outside provider.

For parent resources that will help you continue the conversation at home please check out these reliable sources of health information: [Appendix E](#)

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

The benefits of comprehensive personal and sexual health education 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 mis-information, bias, stereotypes and myths from social media/internet/TV/peers etc., and is a major tool in preventing discrimination, sexual abuse, and exploitation).
2. Gain knowledge, understanding, skills and the 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).

You, as parents, 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.

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

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. [Alternative Delivery in the Physical and Health Education and Planning 10 Curricula](#)

[NLPS Alternative Delivery Procedure](#)

[Request Form](#)

Sincerely,