

NOTICE OF EXEMPTION OPTION FOR THE HEALTH AND PHYSICAL EDUCATION CURRICULUM GRADES 1-8: HUMAN DEVELOPMENT AND SEXUAL HEALTH TOPICS IN STRAND D ('HEALTHY LIVING')

Trillium Lakelands District School Board respects the parent/guardian role in their child's learning and understands that families may choose to approach or teach topics related to Human Development and Sexual Health in a manner or at an age that differs from what is outlined in the Health and Physical Education Curriculum. Parents/guardians are therefore provided with the choice to exempt their child from participation in all instruction related to the Human Development and Sexual Health expectations for their grade.

Families will receive notice from their child's school at least 20 days in advance of the instruction start date advising when the Human Development and Sexual Health expectations will be taught in their child's class and next steps should a parent/guardian wish to exempt their child.

Please note that this exemption option applies *only* to the entire Human Development and Sexual Health expectations of the *Ontario Health and Physical Education Curriculum Grades 1-8, Strand D: Healthy Living- Human Development and Sexual Health* and not for instruction related to a group of expectations, a single expectation or a specific topic. **The key topics for each grade related to Human Development and Sexual Health include:**

GRADE	Understanding Health Concepts	Making Healthy Choices	Making Connections for Healthy Living
1	<ul style="list-style-type: none"> • Body parts • Senses and functions 	<ul style="list-style-type: none"> • Hygienic procedures 	
2	<ul style="list-style-type: none"> • Stages of development • Body appreciation 	<ul style="list-style-type: none"> • Oral Health 	
3	<ul style="list-style-type: none"> • Healthy relationships, bullying, consent • Physical and social-emotional development 		<ul style="list-style-type: none"> • Visible and invisible differences, respect
4	<ul style="list-style-type: none"> • Puberty- changes; emotional, social impact 	<ul style="list-style-type: none"> • Puberty- personal hygiene and care 	
5	<ul style="list-style-type: none"> • Reproductive system • Menstruation, spermatogenesis 	<ul style="list-style-type: none"> • Self-concept, sexual orientation • Emotional, interpersonal stresses- puberty 	
6	<ul style="list-style-type: none"> • Sexually explicit media 	<ul style="list-style-type: none"> • Understanding of puberty changes, healthy relationships • Decision making, consent 	<ul style="list-style-type: none"> • Stereotypes and assumptions- impacts and strategies for responding
7	<ul style="list-style-type: none"> • Delaying sexual activity • Sexually transmitted and blood-borne infections (STBBIs) • STBBIs and pregnancy prevention 	<ul style="list-style-type: none"> • Sexual health and decision making 	<ul style="list-style-type: none"> • Relationship changes at puberty
8	<ul style="list-style-type: none"> • Decisions about sexual activity; supports • Gender identity, gender expression, sexual orientation, self-concept 	<ul style="list-style-type: none"> • Decision making considerations and skills 	<ul style="list-style-type: none"> • Relationships and intimacy

If you would like further detail related to the topics covered as part of the Human Development and Sexual Health expectations, the Health and Physical Education Curriculum can be accessed at:

<http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>