



May 23, 2017



Dear Parents/Guardians ,

Sex talk. No sweat.

A Workshop for Parents

Not all parents are comfortable talking to their children about sex, but all parents can *learn to be comfortable*. During this open and informational session, parents will come to terms with sexual health, and understand how it fits into the lives of their children at this stage of life. Attendees will discover how to easily overcome embarrassment when talking about sexual health, learn words and concepts that are easy to use, and leave well equipped to clearly answer the questions children ask. The workshop is light hearted, but delivers straight and current facts on how parents and children can work together to promote good sexual decisions for a lifetime.

Where: Crescent Park Elementary Learning Commons

When: Thursday, May 25th @ 6:30 pm

Please RSVP to crescentpark@surreyschools.ca if you plan on attending

PRESENTATIONS FOR STUDENTS ON SEXUAL HEALTH

Saleema Noon

Wednesday, May 31st and Friday, June 2nd

Each year, students in all elementary grades throughout BC receive instruction in health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education. From time to time, our school has also brought in experts in the field to address this topic with our school community. I want to inform you that this year Dr. Brandy Wiebe of Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students Kindergarten to Grade 7.

A member of the Saleema Noon Sexual Health Educators team for seven years, Brandy has been involved in the field of sexual health education for over ten years. After completing her BA in sociology and women's studies at the University of Alberta, Brandy went on to volunteer at the University of British Columbia Sexual Assault Support Centre in public awareness and education upon starting her PhD at UBC. At the same time, Brandy became an OPT Certified Sexual Health Educator. Receiving her Ph.D. in sociology (specializing in sexuality) in 2009, Brandy has extensive experience teaching sexuality at the university level. She now focuses her attention on the elementary, middle and high school settings and loves teaching "Body Science" to children, teens and parents in a way that is fun, comfortable and meaningful.

Based on her education and experience as a sexual health educator, Saleema identifies three reasons why providing this information starting at kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are protected from child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (85% of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to surmount the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes above their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual intercourse.

3. Unfortunately, children today are exposed at earlier and earlier ages to all things involving sex. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or on the internet. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.

Please note that the presentations for students are age/grade appropriate and that all of what could be discussed with your child will be previewed at the parent information session on Thursday, May 25th. Workshop information has been provided for each grade on the back of this notice.

Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the learning outcomes of the BC Physical and Health Education curriculum. In addition, it is understood that not all families may feel comfortable with a presentation of this subject matter. For the same reason, we understand that some parents may not wish to have their children attend the sessions. We sincerely hope that **you** can attend the parent session on May 25th at which time we feel the facilitator will be able to answer your concerns. If, however, you remain uncomfortable with the sessions planned for our students and do not wish your child to attend, we ask that you notify the classroom teacher by Tuesday, May 30th. This is necessary to allow us to plan alternate activities for your son/daughter.

A special thank you to the PAC for organizing this event.

Sincerely,

Mr. D. A'Bear
Principal

PRESCHOOL CHECKLIST (K-Gr.1)

Your preschooler needs to know:

- the three private parts of the body: mouth, breasts, and genitals
- that they have ownership of their bodies (basics of consent)
- the scientific words related to anatomy and reproduction (i.e. vulva, penis, testicles, vagina, urethra, anus, uterus)
- that reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse.
- that the baby grows in the uterus (not the stomach)
- that the baby is usually born through the vagina
- that families are formed in different ways and are all unique
- not to pick up condoms or needles

Bonus points

- basics about gender stereotypes
- basics about periods and wet dreams

PRIMARY CHECKLIST (Gr.2-3)

Your primary child needs to know everything preschoolers need to know, plus:

- the basics about periods and wet dreams as clean and healthy processes

Bonus points

- more about body changes during puberty

INTERMEDIATE CHECKLIST

Your intermediate child needs to know everything the previous age groups have learned, plus:

(Gr. 4-5)

- the responsibilities that come with the decision to be in a sexual relationship
- basic information about sexually transmitted infections (STIs)
- more about the different ways that families are formed, and that all families (for example, single parent, blended, divorced, gay, adoptive) deserve respect
- that homophobic language, jokes, and attitudes are unacceptable
- all about physical and emotional changes at puberty
- skills that foster a healthy body image
- basic assertiveness skills
- digital and media literacy
- how to make smart decisions and stay safe on the Internet

(Gr. 6-7)

- smart decision making regarding social media, including discussion of cyberbullying, sexting, and selfies
- how to think critically about pornography
- more about sexual consent in the context of relationships
- how to think critically about gender stereotypes
- what makes for a healthy relationship
- factors to consider when exploring emotional readiness for a sexual relationship
- the different types of sexual activity and possible physical outcomes: STIs



Saleema Noon Sexual Health workshops

Child's Name

Teacher

_____ Yes, I give my child permission to attend the Saleema Noon workshop scheduled for May 31st and June 2nd

_____ No, I do not give my child permission to attend the Saleema Noon workshop scheduled for May 31st and June 2nd. I understand that alternative work will be provided for my child.

Parent Signature

Date

