



ADMINISTRATIVE PROCEDURE	
<i>Approval Date</i> 2019	<i>Replacing</i> NEW
<i>Review Date</i> 2020	<i>Page</i> 1 of 30
<i>Contact Person/Department</i> Superintendent Responsible for Safe and Accepting Schools	<i>Identification</i> ES-5021

HEALTH AND PHYSICAL EDUCATION: EXEMPTION PROCESS FOR THE HUMAN DEVELOPMENT AND SEXUAL HEALTH CURRICULUM EXPECTATIONS

1.0 PURPOSE

Trillium Lakelands District School Board believes a well-rounded educational experience including the study of Health and Physical Education supports social-emotional learning, physical health, mental health, inclusion, and academic success for all students. 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 in Grades 1-8.

To support differing preferences and beliefs, this procedure outlines the process for parents/guardians to apply for an exemption for their child from participation in all instruction related to the Human Development and Sexual Health expectations being taught as part of the curriculum for their child’s grade.

2.0 REFERENCES/RELATED DOCUMENTS

- 2.1 [The Education Act](#)
- 2.2 [Bill 13: The Accepting Schools Act](#)
- 2.3 [The Ontario Curriculum: Health and Physical Education Grades 1-8](#)
- 2.4 [PPM 162: Exemption from Instruction related to the Human Development and Sexual Health Expectations in the Ontario Curriculum: Health and Physical Education, Grade 1-8](#)
- 2.5 [Creating a Positive Space: Supporting our Transgender Students](#)
- 2.6 [Creating a Positive Space: Supporting our LGBTQ2S+ Students](#)

3.0 TERMS AND DEFINITIONS

3.1 HUMAN DEVELOPMENT AND SEXUAL HEALTH IN THE ONTARIO CURRICULUM

The Ministry of Education outlines the topics and learning expectations that must be covered by the completion of each grade for every curriculum subject. The Human Development and Sexual Health expectations are outlined in strand D – ‘Healthy Living’ - of *The Ontario Curriculum: Health and Physical Education, Grades 1-8*.

3.2 EXEMPTION FROM PARTICIPATION IN THE HUMAN DEVELOPMENT AND SEXUAL HEALTH EXPECTATIONS OF THE CURRICULUM

Waiving the requirement of a student to participate in instruction of the Human Development and Sexual Health expectations of the *Ontario Curriculum: Health and Physical Education, Grades 1-8* without academic penalty.

3.3 PERIOD OF INSTRUCTION

The period, including the beginning and end days, during which instruction in Human Development and Sexual Health during Health and Physical Education class is delivered. This period could extend over several days or weeks depending on individual school calendars and teacher's lesson plans.

3.4 UNFORSEEN EVENT

Unforeseen event refers to an event that impairs a class/school's ability to administer 'period of instruction.'

4.0 ADMINISTRATIVE PROCEDURE

4.1 APPLICATION OF PROCEDURE

4.1.1 Exemptions are only allowed in relation to scheduled and intentional instruction related to Human Development and Sexual Health topics and expectations as outlined in strand D of *The Ontario Curriculum: Health and Physical Education Grades 1-8*.

4.1.2 Reference to Human Development and Sexual Health made by teachers, board staff, or students outside of the intentional teaching of content related to the Human Development and Sexual Health curriculum expectations *are not* included as part of the exemption procedure or any individual student exemption.

4.2 NOTICE AND COMMUNICATIONS

4.2.1 Each year, all parents/guardians will receive a *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)* (Appendix 5.1) outlining what topics are included (by grade) in the Human Development and Sexual Health expectations in the curriculum, and what the process is for application for exemption.

4.3 CONDITIONS OF EXEMPTION

4.3.1 Exemptions are limited to instruction related to the Human Development and Sexual Health expectations found in strand D ('Healthy Living') of *The Ontario Curriculum: Health and Physical Education Grades 1-8*.

4.3.2 Exemptions must apply to all components of the Human Development and Sexual Health expectations within strand D ('Healthy Living') of *The Ontario Curriculum: Health and Physical Education Grades 1-8*. Students may not be exempted from only one component of the Human Development and Sexual Health topics and will not be exempted from groups of expectations, individual expectations or specific topics.

4.3.3 Application for exemption must be made on a **yearly basis**.

4.4 PROCESS FOR EXEMPTION

4.4.1 Each year, at the beginning of the year, all parents/guardians will receive a *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)* (appendix 5.1).

4.4.2 At least 20 days prior to the period of instruction for Human Development and Sexual Health, all parents/guardians will receive the *Notice of Intent to Start Instruction and Application for Exemption Form* applicable to their child's grade (Appendices 5.2-5.9).

4.4.3 Each form will include the period of instruction during which the Human Development and Sexual Health topics will be covered.

4.4.4 The *Notice of Intent to Start Instruction and Application for Exemption Form* will be sent home in hard copy and/or via an electronic communication.

4.4.5 Any parent/guardian who wishes to pursue exemption for their child, must complete the form provided.

4.4.6 No action is required for parents/guardians whose children will be participating in Human Development and Sexual Health instruction as outlined in strand D ('Healthy Living') of *The Ontario Curriculum: Health and Physical Education Grades 1-8*.

4.4.7 Forms must be returned to the teacher no later than 5 days prior to the commencement of the period of instruction. The due date for form submission will be indicated on the *Notice of Intent to Start Instruction and Application for Exemption Form*.

4.4.8 The absence of a returned form from any family presumes instruction will be received by the student, during the period of instruction, as scheduled.

4.4.9 Returned forms will be reviewed by the principal (or designate) to ensure the request for exemption falls within the parameters of this procedure.

4.5 ACADEMIC CONSIDERATIONS AND ASSESSMENT

4.5.1 Students will not be exempted from instruction related to any other expectations in the Health and Physical Education Curriculum.

4.5.2 For exempted students there will be no academic penalty for exemption, and no assessment, evaluation or reporting of exempted students' achievement related to Human Development and Sexual Health expectations in their grade.

4.5.3 Exempted students' grade in Health and Physical Education will be determined on the basis of the overall expectations in strand D ('Healthy Living') of the curriculum, without consideration of the specific expectations under Human Development and Sexual Health.

4.6 SUPERVISION OF EXEMPTED STUDENTS

4.6.1 As part of the exemption application, parents/ guardians are required to choose one of the following supervision options for their child for the period(s) during which Human Development and Sexual Health is taught.

- a) To be released into care of the parent/guardian or a predetermined and approved designate during the period of instruction.
- b) To remain in the classroom during the exemption period without taking part in instruction in Human Development and Sexual Health, and to be assigned work or activities by the teacher that are unrelated to Human Development and Sexual Health.
- c) To leave the classroom for the duration of the instruction and remain in the school under supervision of an alternate teacher or principal.

4.6.2 Students who have been exempted, and whose parent/guardian has indicated their child will remain at school during the period of instruction, will be provided with alternate supervision during the period of instruction.

4.6.3 The student's activities (if remaining in school) during the exemption period will be at the discretion of the teacher.

4.7 BOARD RESPONSIBILITIES

4.7.1 Maintain an updated procedure that allows for students to be exempted, at the request of their parents/guardians, from instruction related to Human Development and Sexual Health as outlined in strand D ('Healthy Living') of the Health and Physical Education Curriculum.

4.7.2 Ensure that parents/guardians are notified, on an annual basis, of the list of all Human Development and Sexual Health topics by grade (see Appendix 5.1).

4.7.3 Maintain standard board exemption forms by grade for use by schools (see Appendices 5.2-5.9).

4.7.4 Communicate the procedure and related roles and responsibilities to principals on an annual basis.

4.7.5 Ensure that support and resources are made available to staff as required.

4.8 PRINCIPAL RESPONSIBILITIES

4.8.1 Communicate the option for exemption to all parents/guardians at the beginning of each school year (see Appendix 5.1).

4.8.2 Obtain a timeline from all teachers of when their delivery of strand D and the Human Development and Sexual Health expectations are planned for during the current school year.

4.8.3 Ensure all teachers fill in all dates/applicable sections in the *Notice of Intent to Start Instruction and Application for Exemption* (see Appendices 5.2-5.9) form for the grade that they are teaching at least 20 days prior to the period of instruction and send home to all parents/guardians.

4.8.4 Determine whether a request for exemption falls within the parameters set out in this procedure.

4.9 TEACHER RESPONSIBILITIES

4.9.1 Use appropriate and effective teaching strategies to help students achieve the Health and Physical Education curriculum expectations.

4.9.2 Seek out resources, mentors and professional development opportunities as necessary to increase their own comfort level and skill in teaching the human development and sexual health curriculum and reflect on personal attitudes, biases and values with respect to the curriculum topics.

4.9.3 Communicate with parents/guardians regarding what students are learning.

4.9.4 Fill in the dates/applicable sections in the *Notice of Intent to Start Instruction and Application for Exemption* (see Appendix 5.2) form and send home form via hard copy and/or electronic means to all parents/guardians at least 20 days in advance of the start of instruction related to Human Development and Sexual Health expectations.

4.9.5 Send acknowledgement receipt (see Appendix 5.10) to parent/guardians of students who are to be exempted.

4.9.6 Comply with the supervision preferences expressed by the parent/guardian on the exemption form, and the supervision requirements as outlined in section 4.6 of this procedure for any student who is exempted.

4.9.7 Determine appropriate activities for exempted students who have opted to remain at the school during the period of instruction.

5.0 APPENDICES

- 5.1 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)
- 5.2 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 1
- 5.3 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 2
- 5.4 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 3
- 5.5 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 4
- 5.6 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 5
- 5.7 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 6
- 5.8 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 7
- 5.9 Notice of Intent to Start Instruction & Application for Exemption: Human Development & Sexual Health: Grade 8
- 5.10 Notice of Receipt of Exemption Application

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>

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM - STRAND D HEALTHY LIVING**

GRADE 1

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.3 Body parts D1.4 Senses and functions	D2.5 Hygienic procedures	

Curriculum Expectations

By the end of this grade, students will:

- D1.3 identify body parts, including genitalia (e.g., penis, testicles, vagina, vulva), using correct terminology and body-positive language;
- D1.4 identify the five senses and describe how each functions (e.g., sight: the eyes give the brain information about the world to help us see colours, shapes, and movement; touch: receptors in the skin tell us how things feel – if they are hot, cold, wet, dry, hard, soft; hearing: the ears pick up vibrations and send messages to the brain to help us hear sounds that are loud or soft, high or low-pitched; smell and taste: the tongue is covered with thousands of taste buds and the nose has tiny hairs and nerves that send messages to the brain about how things taste and smell); and,
- D2.5 demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others (e.g., washing hands with soap, using a tissue, sleeve sneezing, brushing and flossing teeth, not sharing hats or hairbrushes).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required.***
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below:***

Exemption Options:

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name

Child's First Name

Grade

Parent/Guardian Name (Print)

Parent Guardian Signature

Date

PLEASE NOTE:

The personal information provided on this form is collected by the Trillium Lakelands District School Board under the authority of the Education Act, Freedom of Information and Protection of Privacy Act / Municipal Freedom of Information and Protection of Privacy Act and TLDSB Policy BD-2030/2031. The information will be used to for student programs and educational services or as otherwise permitted /required by law. The information will be used in accordance with the Education Act, the regulations, and guidelines issued by the Minister of Education governing the establishment, maintenance, use retention, transfer, and disposal of pupil records. For questions about this collection, speak to the school principal.

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on: _____
- Acknowledgement to Parent of Receipt sent on: _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 2

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.4 Stages of development D1.5 Body appreciation	D2.4 Oral health	

Curriculum Expectations

By the end of this grade, students will:

- D1.4 outline the basic stages of human development (e.g., infant, child, adolescent, adult, older adult) and related changes, and identify physical, mental, social, and environmental factors that are important for healthy growth and living throughout life;
- D1.5 demonstrate the ability to identify and appreciate aspects of how their bodies work and describe what they can do to ensure that they will continue to appreciate their bodies as they grow and change; and,
- D2.4 demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health (e.g., brushing, flossing, going to the dentist regularly for a checkup).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, **no action is required**.
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, **please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below:**

Exemption Options:

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name	Child's First Name	Grade
Parent/Guardian Name (Print)	Parent Guardian Signature	Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means .In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION: <ul style="list-style-type: none"><input type="checkbox"/> Letter received by teacher on: _____<input type="checkbox"/> Acknowledgement to Parent of Receipt sent on: _____<input type="checkbox"/> Plan developed for Student Supervision During Period of Instruction<input type="checkbox"/> Exemption request filed in OSR

The personal information provided on this form is collected by the Trillium Lakelands District School Board under the authority of the Education Act, Freedom of Information and Protection of Privacy Act / Municipal Freedom of Information and Protection of Privacy Act and TLDSB Policy BD-2030/2031. The information will be used to for student programs and educational services or as otherwise permitted /required by law. The information will be used in accordance with the Education Act, the regulations, and guidelines issued by the Minister of Education governing the establishment, maintenance, use retention, transfer, and disposal of pupil records. For questions about this collection, speak to the school principal.

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 3

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.4 Healthy relationships, bullying, consent D1.5 Physical and social-emotional development		D3.3 Visible, invisible differences, respect

Curriculum Expectations

By the end of this grade, students will:

- D.1.4 identify the characteristics of healthy relationships (e.g. accepting and respecting differences, avoiding assumptions, being inclusive, communicating openly, establishing and respecting personal boundaries, listening, showing mutual respect and caring, being honest) and describe ways of responding to bullying and other challenges (e.g., exclusion, discrimination, peer pressure, abuse) and of communicating consent in their interactions with others;
- D1.5 identify factors (e.g. sleep, food, physical activity, heredity, environment, support from a caring adult, sense of belonging, peer influence) that affect physical development (e.g., of hair, skin, teeth, body size and shape), social-emotional development (e.g., of self-awareness, adaptive skills, social skills), and the development of a healthy body image (e.g., of the ability to enjoy, respect, and celebrate one's body, to acknowledge one's thoughts and feelings about it, to accept its shape and size and to focus instead on what it can do); and,
- D3.3 describe how visible differences (e.g. skin, hair, and eye colour; facial features; body size and shape; physical aids or different physical abilities; clothing; possessions) and invisible differences (e.g., learning abilities, skills and talents, personal or cultural values and beliefs, mental illness, family background, personal preferences, allergies and sensitivities) make each person unique, and identify ways of showing respect for differences in others

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required.***
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below***

Exemption Options:

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name	Child's First Name	Grade
Parent/Guardian Name (Print)	Parent Guardian Signature	Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on _____
- Acknowledgement to Parent of Receipt sent on _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 4

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.5 Puberty – changes; emotional, social impact	D2.4 Puberty – personal hygiene and care	

Curriculum Expectations

By the end of this grade, students will:

- D1.5 describe the physical changes that occur at puberty (e.g., growth of body hair, breast development, changes in voice and body size, production of body odour, skin changes) and the emotional and social impacts that may result from these changes; and,
- D2.4 demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty (e.g., increased importance of regular bathing/showering and regular clothing changes; use of hygiene products; continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required.***
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below:***

Exemption Options:

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name

Child's First Name

Grade

Parent/Guardian Name (Print)

Parent Guardian Signature

Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:

Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on: _____
- Acknowledgement to Parent of Receipt sent on: _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 5

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.3 Reproductive system D1.4 Menstruation, spermatogenesis	D2.4 Self-concept, sexual orientation D2.5 Emotional, interpersonal stresses – puberty	

Curriculum Expectations

By the end of this grade, students will:

- D1.3 identify the parts of the reproductive system, and describe how the body changes during puberty;
- D1.4 describe the processes of menstruation and spermatogenesis, and explain how these processes relate to reproduction and overall development;
- D2.4 identify intersecting factors that affect the development of a person's self-concept, including their sexual orientation (e.g., self-awareness, self-acceptance, social environment, opinions of others who are important to them, influence of stereotypical thinking, awareness of their own strengths and needs, social competency, cultural identity, availability of support, body image, mental health and emotional well-being, physical abilities), and how these factors can support their personal health and well-being; and,
- D2.5 describe emotional and interpersonal stresses related to puberty (e.g., questions about changing bodies and feelings, adjusting to changing relationships, crushes and more intense feelings, conflicts between personal desires and cultural teachings and practices), recognize signs that could indicate mental health concerns, and identify strategies that they can apply to manage stress, build resilience, keep open communication with family members and caring adults, and enhance their mental health and emotional well-being (e.g., being active, writing feelings in a journal, accessing information about their concerns, taking action on a concern, talking to a trusted peer or adult, breathing deeply, meditating, seeking cultural advice from Elders, Métis Senators, knowledge keepers or knowledge holders).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required.***
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child’s teacher no later than the date specified on the form below:***

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child’s grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child’s activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child’s activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal’s designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D (‘Healthy Living’) of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child’s grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child’s Last Name	Child’s First Name	Grade
Parent/Guardian Name (Print)	Parent Guardian Signature	Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on: _____
- Acknowledgement to Parent of Receipt sent on: _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH
AND EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 6

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.3 Sexually explicit media	D2.5 Understanding of puberty changes, healthy relationships D2.6 Decision making, consent	D3.3 Stereotypes and assumptions – impacts and strategies for responding

Curriculum Expectations

By the end of this grade, students will:

- D1.3 demonstrate an understanding of the impacts of viewing sexually explicit media, including pornography (e.g., leads to a limited or distorted understanding of relationships; reinforces harmful gender norms; promotes an unrealistic or idealized body image);
- D2.5 describe how they can build confidence and lay a foundation for healthy relationships by acquiring a clearer understanding of the physical, social, and emotional changes that occur during adolescence (e.g., physical: voice changes, skin changes, body growth; social: changing social relationships, increasing influence of peers; emotional: increased intensity of feelings, new interest in relationships, confusion and questions about changes);
- D2.6 make informed decisions that demonstrate respect for themselves and others and an understanding of the concept of consent to help build healthier relationships, using a variety of social-emotional learning skills (e.g., self-awareness and identity skills; emotion management skills; critical and creative thinking skills; skills based on First Nations, Métis, and Inuit cultural teachings, such as medicine wheel teachings connected to the life cycle, the seven-grandfather teachings, or other cultural teachings); and,

- D3.3 assess the effects of stereotypes and assumptions regarding gender roles and expectations, sexual orientation, race, ethnicity, culture, mental health, and abilities on an individual's self-concept, social inclusion, and relationships with others, and propose appropriate ways of responding to and changing harmful assumptions and stereotypes that can lead to destructive social attitudes including homophobia and racism.

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, **no action is required**.
2. For parents/ guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, **please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below:**

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;
- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name

Child's First Name

Grade

Parent/Guardian Name (Print)

Parent Guardian Signature

Date

The personal information provided on this form is collected by the Trillium Lakelands District School Board under the authority of the Education Act, Freedom of Information and Protection of Privacy Act / Municipal Freedom of Information and Protection of Privacy Act and TLDSB Policy BD-2030/2031. The information will be used to for student programs and educational services or as otherwise permitted /required by law. The information will be used in accordance with the Education Act, the regulations, and guidelines issued by the Minister of Education governing the establishment, maintenance, use retention, transfer, and disposal of pupil records. For questions about this collection, speak to the school principal.

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on _____
- Acknowledgement to Parent of Receipt sent on _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 7

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction (start and end dates)	
Schedule for Instruction (period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.3 Delaying sexual activity D1.4 Sexually transmitted and blood-borne infections (STBBIs) D1.5 STBBIs and pregnancy prevention	D2.4 Sexual health and decision making	D3.3 Relationship changes at puberty

Curriculum Expectations

By the end of this grade, students will:

- D1.3 explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older (e.g., choosing to abstain from any genital contact; choosing to abstain from vaginal or anal intercourse; choosing to abstain from oral-genital contact); the reasons for not engaging in sexual activity; the concept of consent, the legal age of consent, and how consent is communicated; and, in general, the need to communicate clearly with each other when making decisions about sexual activity in a healthy, loving relationship;

- D1.4 identify sexually transmitted and blood-borne infections (STBBIs), and describe their symptoms;
- D1.5 identify ways of preventing STBBIs and/or unplanned pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms and other forms of protection consistently;
- D2.4 demonstrate an understanding of physical, emotional, social, and cognitive factors that need to be considered when making decisions related to sexual health (e.g., sexually transmitted and blood-borne infections [STBBIs], possible side effects of contraceptives, pregnancy, protective value of vaccinations, social labelling, gender identity, gender expression, sexual orientation, self-concept issues, relationships, love, respect, desire, pleasure, cultural teachings); and,
- D3.3 explain how relationships with others (e.g., family, peers) and sexual health may be affected by the physical and emotional changes associated with puberty (e.g., effect of physical maturation and emotional changes on family relationships; effect of growing interest in intimate relationships on peer relationships; increased risk of STBBIs and/or pregnancy with onset of sexual activity).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required***.
2. For parents/guardians who **wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below***:

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;

The personal information provided on this form is collected by the Trillium Lakelands District School Board under the authority of the Education Act, Freedom of Information and Protection of Privacy Act / Municipal Freedom of Information and Protection of Privacy Act and TLDSB Policy BD-2030/2031. The information will be used to for student programs and educational services or as otherwise permitted /required by law. The information will be used in accordance with the Education Act, the regulations, and guidelines issued by the Minister of Education governing the establishment, maintenance, use retention, transfer, and disposal of pupil records. For questions about this collection, speak to the school principal.

- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name	Child's First Name	Grade
Parent/Guardian Name (Print)	Parent Guardian Signature	Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on _____
- Acknowledgement to Parent of Receipt sent on _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR

**NOTICE OF INTENT TO START INSTRUCTION & APPLICATION FOR EXEMPTION:
HUMAN DEVELOPMENT & SEXUAL HEALTH EXPECTATIONS IN THE ONTARIO PHYSICAL HEALTH AND
EDUCATION CURRICULUM STRAND D HEALTHY LIVING**

GRADE 8

Dear Parent/Guardian;

We are writing to inform you that we will soon be covering the Human Development and Sexual Health topics in strand D (Healthy Living) of the *Ontario Health and Physical Education Curriculum Grades 1-8*. For your child's grade the Human Development and Sexual Health content will be taught on the following dates/times:

Dates of Instruction	
(start and end dates)	
Schedule for Instruction	
(period/ time of day/ day of week)	

NOTE: Should unforeseen events arise, our school has the authority to move the period of instruction to a later date in the school year and will give notice of change to parents/guardians as soon as reasonably possible.

Grade Specific Topics & Curriculum Expectations:

Below is a table that provides an overview of the key topics that are covered in the Human Development and Sexual Health topic within the Healthy Living Strand (Strand D) of the curriculum for your child's grade. Further details can also be found at <http://www.edu.gov.on.ca/eng/curriculum/elementary/2019-health-physical-education-grades-1to8.pdf>.

Topic	D1. Understanding Health Concepts	D2. Making Healthy Choices	D3. Making Connections for Healthy Living
Human Development and Sexual Health	D1.4 Decisions about sexual activity; supports D1.5 Gender identity, gender expression, sexual orientation, self-concept	D2.3 Decision making considerations and skills	D3.3 Relationships and intimacy

Curriculum Expectations

By the end of this grade, students will:

- D1.4 identify and explain factors that can affect an individual's decisions about sexual activity (e.g., previous thinking about reasons to wait, including making a choice to delay sexual activity and establishing personal limits; perceived personal readiness; peer pressure; desire; curiosity; self-concept; awareness and acceptance of gender identity and sexual orientation; physical or cognitive disabilities and possible associated assumptions; legal concerns such as the legal age of consent; awareness of the risk of sexually transmitted and blood-borne infections [STBBIs]; concerns about the risk of becoming a parent; use of alcohol or drugs; personal or family values; religious beliefs; cultural teachings; access to information; media messages), and identify sources of support regarding sexual health (e.g., a health professional [doctor, nurse, public health practitioner], a teacher, a guidance counsellor, a religious leader, a parent/guardian or other trusted adult, a reputable website);
- D1.5 demonstrate an understanding of gender identity (e.g., male, female, Two-Spirit, transgender), gender expression, and sexual orientation (e.g., heterosexual, gay, lesbian, bisexual, pansexual, asexual), and identify factors that can help individuals of all identities and orientations develop a positive self-concept;

- D2.3 demonstrate an understanding of abstinence, contraception and the use of effective and suitable protection to prevent pregnancy and STBBIs, and the concept of consent, as well as the skills (e.g., self-awareness, communication, assertiveness, and refusal skills) they need to apply in order to make safe and healthy decisions about sexual activity (e.g., delaying first intercourse; establishing, discussing, and respecting boundaries; showing respect; opting to seek additional information and support; having safer sex); and,
- D3.3 analyse the attractions and benefits associated with being in a healthy relationship (e.g., support, understanding, camaraderie, pleasure), as well as the benefits, risks, and drawbacks, for themselves and others, of relationships involving different degrees of sexual intimacy (e.g., hurt when relationships end or trust is broken; in more sexually intimate relationships, risk of STBBIs and related risk to future fertility, becoming a parent/guardian before you are ready, sexual harassment and exploitation; potential for dating violence).

Options for participation:

1. For parents/guardians who **wish for their child to participate** in the Human Development and Sexual Health curriculum as outlined for their grade, ***no action is required.***
2. For parents/guardians **who wish to exempt their child from participation** in the Human Development and Sexual Health curriculum as outlined for their grade, ***please complete the remainder of the form and return to your child's teacher no later than the date specified on the form below:***

Having reviewed the Human Development and Sexual Health expectations in the elementary Ontario Health and Physical Education curriculum for my child's grade, I confirm I would like my child to be exempted from instruction related to these expectations, without academic penalty. During the exemption period, I understand per this procedure, that my child may participate in one of three alternate options.

I would like my child to [select one only]:

- Be released into my care;
- Remain in the classroom without taking part in instructional activities related to Human Development and Sexual Health. I understand my child's activities *unrelated* to Human Development and Sexual Health during the exemption period will be at the discretion of the teacher.
- Leave the classroom and remain in the school under staff supervision. I understand that my child's activities during the exemption period will be at the discretion of the teacher or principal.

NOTE: If one of the three options above is not selected, the principal or the principal's designate will determine where in the school the child is to remain during the exemption period.

Acknowledgement of Terms of Exemption

I understand and agree with the following statements:

- The Human Development and Sexual Health expectations in strand D ('Healthy Living') of the *Ontario Curriculum: Health and Physical Education Grades 1-8* are different for every grade so I must submit a completed exemption form every school year, for each child, in order for the child to be exempted from instruction related to Human Development and the Sexual Health expectations in that school year;
- Reference to or conversations about sexual health-related concepts among teachers, school staff, or other students outside of formal instruction in Human Development and Sexual Health are not subject to this exemption;
- Exemptions apply only to instruction related to *all* of the Human Development and Sexual Health expectations for my child's grade, and not for instruction related to selected topics, expectations or groups of expectations;

- My child will continue to receive instruction related to all other elementary Health and Physical Education curriculum expectations;
- Requests for exemption made by phone, or exemption forms or written requests that do not have a parent/guardian signature, will not be accepted.

Child's Last Name	Child's First Name	Grade
Parent/Guardian Name (Print)	Parent Guardian Signature	Date

PLEASE NOTE:

For a student to be exempted form must be returned no later than:	
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Parents/guardians will receive Acknowledgement of Receipt of Application for Exemption in writing and/or via electronic means. In the event you do not receive an acknowledgement, please contact your child's teacher in advance of the period of instruction.

FOR SCHOOL ACTION:

- Letter received by teacher on: _____
- Acknowledgement to Parent of Receipt sent on: _____
- Plan developed for Student Supervision During Period of Instruction
- Exemption request filed in OSR



Acknowledgement of Receipt of Exemption Application

Dear Parent/Guardian;

I am writing to confirm that we have received the application for _____ to be exempted from the specified period of instruction of the Human Development and Sexual Health topics delivered as part of the Healthy Living Strand (Strand D) of the *Ontario Curriculum: Health and Physical Education Grades* for grade _____.

Arrangements for student supervision during the period of instruction will occur in alignment with the preference specified on the application.

Please do not hesitate to be in touch should you have any questions.

Teacher Name

Teacher Signature

School Name

Date

*Note that exemptions only apply to the current school year, 20____ - 20 _____