

**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')**

The Upper Canada 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:**

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

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>