



## **LISGAR MIDDLE SCHOOL**

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**Mrs. A. Williams, Principal**

**Mrs. Y. Williamson, Vice-Principal**

Dear Parent or Guardian:

In approximately two weeks, we will begin a health unit on Healthy Living-Human Development and Sexual Health. The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to speak with me prior to commencing our studies.

It is our belief that you as parents/guardians play the most significant role in the formation of your children's values, virtues and behaviours related to human development and sexual health. This unit offers you the chance to discuss the classroom lessons and to consider them in view of your own family and religious beliefs.

This unit covers the following areas:

### OVERALL EXPECTATIONS:

- Identify the physical, emotional, interpersonal, and spiritual aspects of healthy sexuality (e.g., respect for life, ethical questions in relationships, contraception)
- Identify local support groups and community organizations (e.g., public health offices) that provide information or services related to health and well-being
- Apply living skills (e.g., decision-making, problem-solving, and refusal skills) to respond to matters related to sexuality, drug use and healthy eating habits

### SPECIFIC EXPECTATIONS:

- Explain the importance of abstinence as a positive choice for adolescents
- Identify symptoms, methods of transmission, prevention, and high-risk behaviours related to common STDs, HIV and AIDS
- Identify methods used to prevent pregnancy
- Apply living skills (e.g., decision-making, assertiveness, and refusal skills) in making informed decisions, and analyze the consequences of engaging in sexual activities and using drugs
- Identify sources of support (e.g., parents/guardians, doctors) related to healthy sexuality issues

Yours truly,

The P.E. Team

The Source: Health and Physical Education – **Grade 8**