



# From the Director's Desk....

---

## Health and Physical Education Curriculum and Sex Education

October 30, 2018

---

In September 2018, the Ontario government implemented the [2010 Health and Physical Education \(HPE\) Curriculum - Grades 1-8 \(Re-issued 2018 – Interim Edition\)](#), which replaced the 2015 HPE curriculum. One major change involves replacing the 'human development and sexual health' topic with the 'growth and development' topic from the 1998 HPE curriculum. Bluewater District School Board continues to focus on supporting schools that are safe, inclusive, and focused on our students' success and well-being.

Many important topics remain in the 2010 interim edition, including diverse families, online safety, cyberbullying, consent, gender identity, healthy sexuality, among other areas, which will continue to be discussed in our classrooms. The teaching of the expectations in the 2010 Health and Physical Education (HPE) Curriculum - Grades 1-8 (Re-issued 2018 – Interim Edition) will continue to be guided by Bluewater District School Board policies related to equity, inclusion, and human rights.

The following considerations for program planning have been highlighted from the introductory pages of the 2010 Health and Physical Education (HPE) Curriculum - Grades 1-8 (Re-issued 2018 – Interim Edition), which emphasize the importance of the above concepts:

### ***Inclusive Environment***

*It is critical to student success to create an atmosphere in which students of all body shapes and sizes, abilities, gender identities and sexual orientation, and ethnocultural, racial, and religious backgrounds can feel accepted, comfortable, and free from harassment. (Pg. 11)*

*(Teachers) should also ensure that all students – students of all cultures, abilities, genders, and sexual orientations – feel included and recognized in all activities and discussions. (Pg. 47)*

### ***Cross-Curricular Connections***

*Learning in health and physical education can play a key role in shaping students' views about relationships, healthy development, physical activity, and how they learn. Teachers can reinforce this learning in many different ways. They can integrate it with aspects of learning from other areas of the curriculum and make connections to healthy-school policies. (Pg. 11)*

### ***Healthy Living***

*The focus of the learning in this strand is not merely on health knowledge but rather on high-level thinking connected to the application of skills for healthy living. (Students) need to understand about growing and healthy development in order to make informed personal choices and take responsibility for their health. (Students) are encouraged to make connections beyond themselves to understand how their health is connected with that of others and is affected by factors in the world around them. (Pg. 31)*

### ***Growth and Development***

*Growth and development education is more than simply teaching young people about the anatomy and physiological of reproduction. For example, growth and development education focuses on an understanding of sexuality in its broadest context - sexual development, reproductive health, interpersonal relationships, affection, abstinence, body image, and gender roles. (Pg. 33)*

**Other Considerations**

*The overall expectations and specific expectations in this strand are age-appropriate and should be addressed with sensitivity and respect for individual differences. Because of the sensitive nature of these topics, parents or guardians must be informed about the content of the curriculum and time of delivery. Teachers and learners must develop a comfort level with these topics so that information can be discussed openly, honestly, and in an atmosphere of mutual respect. The 'healthy sexuality' expectations should be addressed only after teachers have developed rapport with their students. (Pg. 33)*

Bluewater District School Board remains committed to its vision of *Preparing Our Students Today for the World of Tomorrow*.

**Contact information**

For further information, please contact Alana Murray, Director of Education.