

A Parent's Guide to  
Understanding  
**How Human  
Development and  
Sexual Health in the  
Health & Physical  
Education Curriculum  
Will be Taught in  
Catholic Schools**

**PRIMARY**  
**Grades 1, 2 and 3**



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“A Catholic world view is a way of looking at the world through a Catholic Church lens. This world view is derived from Catholic Church teachings, scripture and Catholic Church traditions. These teachings, scripture and traditions form the basis of what is taught in Catholic schools.” (*Catholic Curriculum Cooperative of Ontario, Writing Catholic Curriculum, 2006, p.7*)

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As Catholics, we understand that parents and guardians are the primary educators of their children. Your role in the teaching of family life issues and values is vital, and Catholic schools seek to support the lessons about love, relationship, commitment and responsibility that you offer each day, by word, and by example.

Our Catholic schools work with our parents and our parishes to provide our students with an education that is founded in the Gospel of Jesus, and reflects a Catholic world view.

While many of the perspectives or attitudes that are embraced in contemporary society are entirely consistent with a Catholic world view, some aspects of secular culture are not always aligned with the teachings of the Church. Catholic schools respond to this reality by presenting curriculum through the lens of faith. In this way we provide opportunities for our students to grow in their ability to acquire knowledge and discern truth. The Human Development and Sexual Health component of the recently revised HPE curriculum is simply one such opportunity to reinforce the values of our faith.

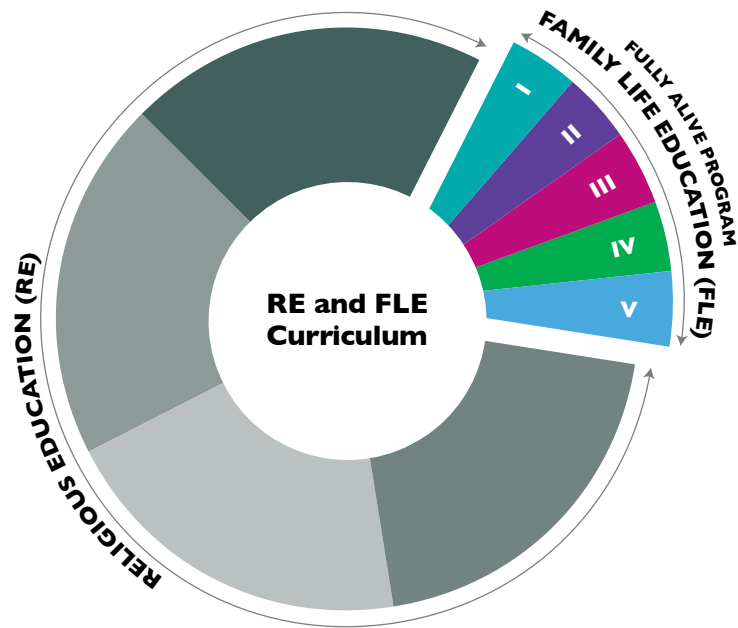
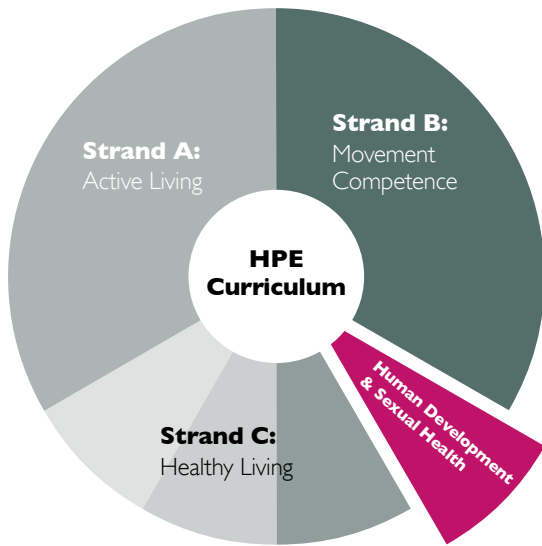
Catholic Schools will continue to teach the Human Development and Sexual Health expectations of the Health and Physical Education Curriculum through the Fully Alive Program. While 90% of the HPE expectations were already covered in the existing family life program, additional lessons to address new expectations in the curriculum are being developed through the Institute for Catholic Education, under the supervision of the Assembly of Catholic Bishops of Ontario, and will be available for use this year.

In February, 2015, the Ontario Ministry of Education released revisions to the Health & Physical Education (HPE) Curriculum, which will be taught in classrooms across Ontario beginning in September, 2015.

The revised HPE curriculum, last updated in 1998, contains new material related to a number of issues, including mental health, online safety and the risks of sexting, respect for self and consent within healthy relationships, and respect for diversity.

This brochure will explain how the expectations contained in the Human Development and Sexual Health theme of the revised HPE curriculum will be delivered as part of the family life curriculum offered in Catholic schools.

## Understanding the Connection Between HPE & FLE



The resource used to teach the FLE curriculum is called 'Fully Alive'. The Fully Alive program presents a distinctively Catholic view of human life, sexuality, marriage and family and is designed to encourage students to become the people God wants them to be – to be fully alive.



## The Fully Alive Program

### I CREATED AND LOVED BY GOD

The foundation of the curriculum and affirms the Christian belief that each person is made in the image of a loving God as the starting point in the search for answers about human existence.

### II LIVING IN RELATIONSHIP

The exploration of the meaning of human existence continues with a focus on the significant relationships of family and friendship.

### III CREATED SEXUAL: MALE AND FEMALE

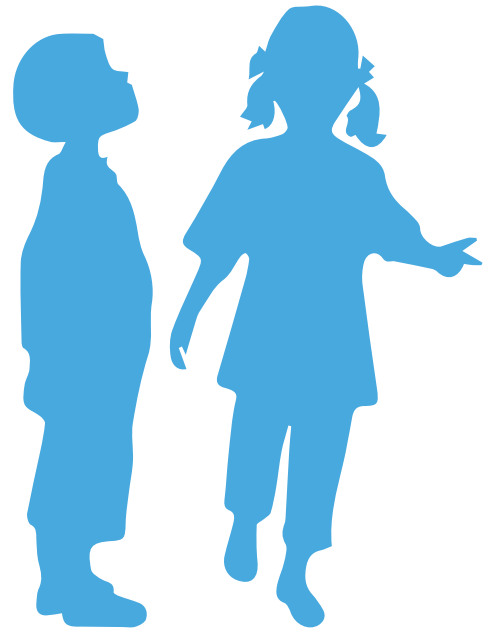
Human sexuality is a precious gift from God, intended for life and love, and is a fundamental dimension of human identity.

### IV GROWING IN COMMITMENT

This theme addresses the integrity and dignity of our daily lives as persons who live in relationship with others.

### V LIVING IN THE WORLD

Students are encouraged to recognize that they have a unique contribution to make to the world, one that cannot be made by anyone else.

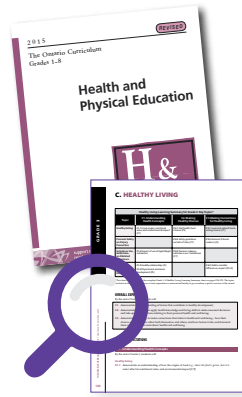


## Ontario Curriculum – a Closer Look

All Ontario Ministry of Education curriculum is written in language that outlines *Overall Expectations* of learning, and *Specific Expectations* of learning.

Teacher prompts, examples (e.g.) and student responses are included throughout. These are **OPTIONAL**, and are intended only as sample dialogues to help with answering questions and prompt thinking about different perspectives.

Teacher materials developed by the Institute for Catholic Education will provide examples that are appropriate for use in Catholic classrooms to guide learning and discussion.



## What are the Specific Expectations of the HPE Curriculum in Grades 1, 2 and 3?

### Human Development and Sexual Health Expectations

#### GRADE ONE

**CI.3** identify body parts, including genitalia, using correct terminology.

**CI.4** identify the five senses and describe how each functions.

**C2.5** demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others.

#### GRADE TWO

**CI.4** outline the basic stages of human development and related bodily changes, and identify factors that are important for healthy growth and living throughout life.

**C2.4** demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health.

#### GRADE THREE

**CI.3** identify the characteristics of healthy relationships and describe ways of overcoming challenges in a relationship.

**CI.4** identify factors that affect physical development and/or emotional development.

**C3.3** describe how visible differences and invisible differences make each person unique, and identify ways of showing respect for differences in others.

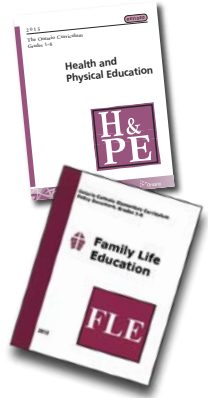
## An Example From the Grade 3 Curriculum

### HPE Curriculum says:

The Ministry's expectation for student learning is:

*C3.3 describe how visible differences and invisible differences make each person unique, and identify ways of showing respect for differences in others.*

**In Catholic schools**, this expectation is covered in Theme I in the Family Life (Fully Alive) Curriculum:



### THEME I: Created and Loved by God

The first theme of *Fully Alive*, called "Created and Loved by God", is like the foundation of a house. Everything else depends on it. In this theme, students will explore the Christian belief that we are made in God's image, and that God knows and loves each one of us. Because we are each a very special creation, we are called to respect and value ourselves and others.

- students explore what it means to be known and loved by God, known so well that God calls each of us by name
- students find out about what it means to be a person – to be unique, but also alike in many ways
- students explore what it means to have feelings and to make choices about the way we express them
- students explore what it means to have talents and gifts we need to develop, and discover when we share our talents and gifts with one another, we are sharing ourselves

Catholic schools will implement the Human Development and Sexual Health expectations through the Fully Alive program, which has been endorsed by the Assembly of Catholic Bishops of Ontario. Parents should draw confidence from the knowledge that the resources and supplementary materials have been developed to align with Catholic teaching, and will have been carefully reviewed and vetted prior to distribution. This ensures that teachers are able to present lessons in a relevant, age-appropriate manner, through a distinctively Catholic lens.

## When Will This be Taught?

The Family Life Curriculum makes up 20% of the Religious Education Program, and is usually taught 1 day a week.

The Human Development and Sexual Health expectations are taught across all themes, but most especially the third theme of the Fully Alive Program – Created Sexual: Male and Female.

Your child's teacher will send home a letter to parents for each of the themes of the Fully Alive program before beginning to teach each section, so that as parents, you will be aware of the specific content being taught in the classroom. The letters also point you towards additional parent resources to help you participate in the program by providing tips and suggestions that you can use at home with your family.



## Communication Between Home and School is Important

If you have concerns about any part of the curriculum or classroom learning activities, the concern should be discussed with your child's teacher and/or principal as an important first step. Consider the following:

- Meet with your child's classroom teacher in person to discuss your concerns.
- Review the curriculum with the teacher and/or principal. In particular:
  - the appendix on pgs. 224, 225 in the **Health and Physical Education Curriculum (Elementary, 2015)**
  - Focus for Learning in Family Life Education for the Primary Division, pgs. 55-59 in the **Family Life Education, (Ontario Catholic Elementary Curriculum Policy, 2012)**
  - Theme III – Learning Summary chart, pgs. 126-129 in **Family Life Education, (Ontario Catholic Elementary Curriculum Policy, 2012)**
- Ask your child's teacher to share the Fully Alive program teacher resource manual with you.
- You may also view the electronic parent resources found on the Assembly of Catholic Bishops of Ontario website at [www.acbo.on.ca](http://www.acbo.on.ca).
- Read the available parent resources developed by the Ontario Ministry of Education, available at: <http://edu.gov.on.ca/eng/curriculum/elementary/health.html>.
- Additional parent and teacher resources prepared by the Institute for Catholic Education are available at: [www.iceont.ca](http://www.iceont.ca).

The option to remove your child from specific lessons has always been available to parents, however it is our hope and intent that all of our students experience the curriculum fully.

