

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

**INTERMEDIATE**  
**Grades 7 and 8** .....



---

[www.iceont.ca](http://www.iceont.ca)

10 St. Mary Street, Suite 604, Toronto, ON M4Y 1P9

**T:** 416.962.0031 **F:** 416.962.1672

---

“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*)

---

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.

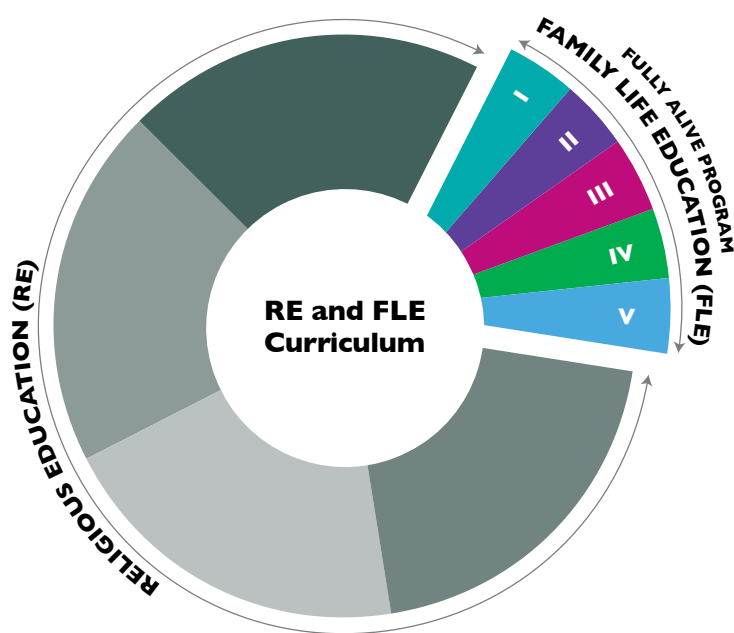
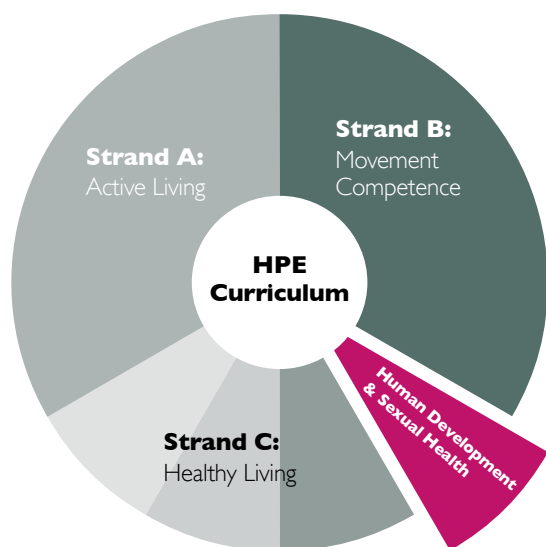
Catholic Schools will continue to teach the Human Development and Sexual Health expectations of Health and Physical Education Curriculum through the Fully Alive Program. While 90% of the HPE expectations were already covered in the existing family life program, additional lessons to address new expectations 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 booklet 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

### A 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.

### B LIVING IN RELATIONSHIP

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

### C CREATED SEXUAL: MALE AND FEMALE

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

### D GROWING IN COMMITMENT

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

### E 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.

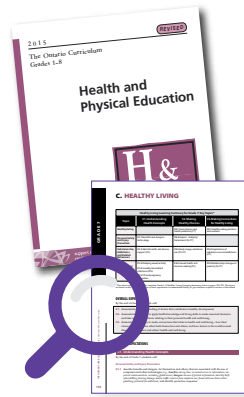


# Ontario Curriculum – A Closer Look

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 7 And 8?

### GRADE SEVEN

**C1.3** explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older the reasons for not engaging in sexual activity; the concept 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 the relationship

**C1.4** identify common sexually transmitted infections (STIs), and describe their symptoms

**C1.5** identify ways of preventing STIs, including HIV, and/or unintended pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms consistently if and when a person becomes sexually active

**C2.4** demonstrate an understanding of physical, emotional, social, and psychological factors that need to be considered when making decisions related to sexual health.

**C3.3** explain how relationships with others and sexual health may be affected by the physical and emotional changes associated with puberty.

### GRADE EIGHT

**C1.4** identify and explain factors that can affect an individual's decisions about sexual activity and identify sources of support regarding sexual health.

**C1.5** demonstrate an understanding of gender identity, gender expression, and sexual orientation and identify factors that can help individuals of all identities and orientations develop a positive self-concept

**C2.4** demonstrate an understanding of aspects of sexual health and safety, including contraception and condom use for pregnancy and STI prevention, the concept of consent, and matters they need to consider and skills they need to use in order to make safe and healthy decisions about sexual activity.

**C3.3** analyse the attractions and benefits associated with being in a relationship as well as the benefits, risks, and drawbacks, for themselves and others, of relationships involving different degrees of sexual intimacy

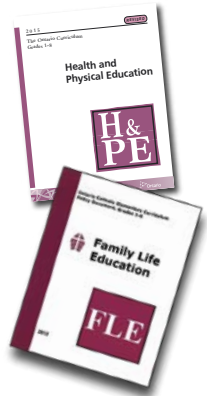
## An Example From the Grade 7 Curriculum

### HPE Curriculums says:

The Ministry's expectation for student learning is:

*C1.3 Explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older; the reasons for not engaging in sexual activity; the concept 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 the relationship.*

**In Catholic schools**, this expectation is covered across 3 themes in the Family Life (Fully Alive) Curriculum:



### THEME A: Created and Loved by God

- students explore what it means to be a person who is made in God's image
- students examine self-concept, personality traits, and human emotions and learn more about the influence of heredity and environment on individuals
- students explore some of the strengths and limitations that are part of each person and discuss the importance of self-honesty and self-discipline

### THEME B: Living in Relationship

- students explore three aspects of relationships: intimacy, choice, and quality
- students discuss the importance of communication in their relationships with family members and friends
- students explore the relationship of friendship, including what they learn from it, the qualities of healthy relationships, and the challenges that are part of all relationships

### THEME C: Created Sexual: Male and Female

- students examine some aspects of sexuality, including sexual characteristics, sexual identity and sexual roles
- students discuss the experience of sexual attraction and feelings, and examine the need for self-discipline and patience to reach the goal of becoming fully mature males and females
- students learn about chastity and the attitudes and behaviours that reflect their virtue and show respect for the gift of sexuality

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.

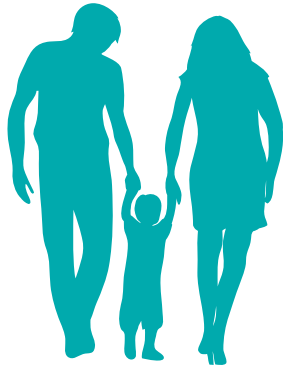
## When Will This Be Taught?

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 Intermediate Division, Theme C: Created Sexual: Male and Female, pgs. 106-107 in **Family Life Education, (Ontario Catholic Elementary Curriculum Policy, 2012)**
  - Theme C – 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.

