

Dear Parents/Guardians of Queen Mary students,
2026

January 16th,

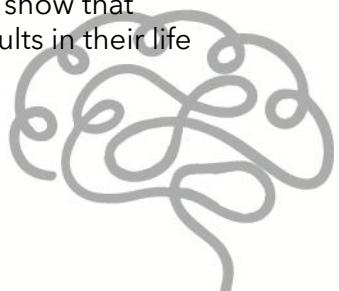
Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education and Child Care. From time to time, schools bring in experts in the field to address this topic in the classroom. We are excited to inform you that this year Saleema Noon Sexual Health Educators will again be visiting our school leading sessions for students in **Kindergarten to Grade 7**.

In the Body Science presentations, Saleema Noon and her team of experienced educators work with children of all ages, teaching them about healthy bodies and healthy sexuality, in ways they find non-threatening and entertaining. In age-appropriate terms, children will learn about how their bodies change, and what those changes mean.

Link here for further information on the content of the sessions:
www.saleemanoon.com/workshops/body-science-at-school/

Based on research and many years of experience as sexual health educators, Saleema Noon Sexual Health Educators identify three reasons why providing this information starting in kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are at reduced risk of child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (the majority of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to navigate the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes over their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual activity.



3. Children today are exposed at earlier and earlier ages to all things involving sex and sexuality. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or online. We need to teach them to think critically about what they hear, with parents establishing themselves early as their child's number one source of sexual health information throughout their development.

Student sessions are scheduled to take place in classrooms, January 27th - 29th. The content of the presentations is supported by current research as being age-appropriate and believed to contribute to healthy child development. Some of the topics covered in the workshops will extend beyond the scope of the learning outcomes of the Physical and Health Education curriculum in B.C. For this reason, participation of students is not necessarily required. **Please inform your child's classroom teacher if you DO NOT wish your child to participate in the Body Science Sessions, by contacting your child's teacher, by email or note, by Friday January 23rd.** If "OPTING OUT" for your child, we will make sure your child does not "stand out" - we will tactfully engage your child in an alternate activity in another learning space during the time of the class session. If opting out, we also assume that you will take on responsibility for the delivery of this part of the curriculum at home.

Please feel free to contact me if you have any questions about the upcoming Saleema Noon Sexual Health Educators' presentations.

Sincerely,

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