



**Queensbury Elementary School**  
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February 11, 2016

### Sexual Health / Body Science Presentations

Each year, students in all elementary grades throughout BC receive instruction in health education. This information is included in the Health and Career Education (HCE K-7) program mandated for all BC students by the Ministry for Education.

This year, the Queensbury PAC has invited and provided funding for parent and student presentations by Dr. Brandy Wiebe from Saleema Noon Sexual Health Educators. Dr. Wiebe will be offering a parent workshop on Wednesday, March 2<sup>nd</sup> from 6:30-8:00pm in the Queensbury Library, ahead of in-class, age appropriate sessions for all students on Thursday, March 3<sup>rd</sup> or Friday the 4<sup>th</sup>.

#### **Parent Session: Sex talk. No sweat**

Not all parents are comfortable talking to their children about sex, but all parents can *learn to be comfortable*. During this open and informational session, parents will come to terms with sexual health, and understand how it fits into the lives of their children at this stage of life. Attendees will discover how to easily overcome embarrassment when talking about sexual health, learn words and concepts that are easy to use, and leave well equipped to clearly answer the questions children ask. The workshop is light hearted, but delivers straight and current facts on how parents and children can work together to promote good sexual decisions for a lifetime.

#### **Student Session:**

In their own language, children learn about how their bodies change, and what those changes mean. As they discuss body changes with their friends, there is both accurate and (wildly) inaccurate information being shared. Using humour and straight talk in an open, interactive environment, Dr. Wiebe will convey healthy, accurate and meaningful messages about healthy bodies and healthy sexuality. She is very careful to ensure that the students feel safe during the talk and provides vital information for growing up healthy and being smart about their bodies in a non-threatening way.

The content of these sessions is supported by current research as being age appropriate and contributing to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extends beyond the learning outcomes of the BC Health and Career Education curriculum. For this reason, participation of students is not required. If you would like your child to be provided an alternate setting in the school and to not attend the Body Science Workshop on March 3<sup>rd</sup> or 4<sup>th</sup>, please notify your child's teacher in writing prior to the workshop. If you are unsure, our suggestion is to attend the parent night before making a final decision.

For more information about the content of the sessions or for additional resources, please take a look at the website <http://www.saleemanoon.com>

If you have any concerns or questions, please feel free to contact me.

Mr. Cary Hungle  
Principal