



December 2, 2019

Dear Parents/Guardians of RC MacDonald Elementary Students,

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. From time to time, schools bring in experts in the field to address this topic with the school community. We are excited to inform you that this year Cath Blythe of Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students Kindergarten to Grade 5.

Cath earned her nursing degree in 1997, and went on to gain extensive community based experience as a midwife in rural & remote western Australia. Her passion for family health then led her to community-based child health nursing focusing on preventative health education. Cath also has a background in facilitating many different groups including prenatal and early parenting education. She is passionate about teaching parents and children, and is excited to bring her experience to the Saleema Noon Sexual Health Educators team. Now based in North Vancouver, Cath can be found practicing what she preaches. Committed to her “stay fit and healthy” philosophy, she is an avid runner and hiker of the North Shore trails and mountains and makes this a part of her day-to-day life. Her motivation? Being a good role model for her three beautiful daughters, Nikki, Jaime and Jenna.

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

Based on research and many years of experience as sexual health educators, they identify three reasons why providing this information starting at 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 (85% 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 surmount 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 above 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 intercourse.

*Smart decisions start here.*

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3. Unfortunately, children today are exposed at earlier and earlier ages to all things involving sex. 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 on the internet. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.

Please join us for an informative **Presentation for Parents** on **Monday, January 20<sup>th</sup> from 6:30 to 8:00 pm**. In this session, Cath Blythe will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, she will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Student sessions will take place during the school day on Friday, January 24<sup>th</sup>. The content of the presentations is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the content of the BC Physical and Health Education curriculum. For this reason, parents may choose to have their children OPT OUT of the Body Science sessions with Cath.

**If you do not wish your child to attend, we ask that you notify our office no later than January 13, 2020 either by telephone 604-936-0447 or email at [023-office@sd43.bc.ca](mailto:023-office@sd43.bc.ca)**. This is necessary to allow us to plan alternate activities for your son/daughter. Attendance at the parent presentation before making this decision is strongly encouraged.

Please also feel free to phone me at the school if you have any questions and/or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,

Theresa Roberts, Principal  
RC MacDonald Elementary