



ECOLE ROCHESTER ELEMENTARY SCHOOL

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BODY SCIENCE PRESENTATIONS FOR STUDENTS AND WORKSHOP FOR PARENTS COMING THIS MONTH

Dear Parents/Guardians of Rochester Elementary Students,

Each year, students in elementary grades throughout BC receive instruction in health education. This information is part of the Health and Career Education (HCE K-7) program by the Ministry for Education. From time to time, schools augment their school based instruction with experts in the field to address this topic with our school community. Thanks to our RPAC, expert Catherine (Cath) Blythe of Saleema Noon Sexual Health Educators will visit 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. 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 her education and experience as a sexual health educator, Saleema identifies 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 protected from 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.

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 Cath Blythe and other parents for an informative **Presentation for Parents on Tuesday, November 24th in our gym from 6:30-8:00 pm.** In this session, Cath Blythe will give an overview of her student presentations and, using humor and straight talk in an open, interactive environment, 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 Monday, November 30 and Tuesday December 1st in the afternoon (between 1 – 3 pm for grades 3, 4, 5 and after school from 3:10 – 3:45 for children in grades K – 2 with parents in attendance as per SD 43 protocol.)

The outline for student presentations is as follows:

Kindergarten-Grade 2

- ☑ Ownership of one's body
- ☑ Scientific words for private body parts
- ☑ Human reproduction
- ☑ Development of baby in the uterus, birth
- ☑ Used condom and needle safety

Grade 3

Session will address all topics in K-Gr. 1 presentation, plus:

- ☑ The basics about menstruation and nocturnal emissions (wet dreams) as clean and healthy processes
- ☑ Basic/introductory information about body changes at puberty

Grade 4-5

Session will address all topics in previous presentations, plus:

- ☑ All about physical and emotional changes at puberty
- ☑ The responsibilities that come with the decision to be in a sexual relationship
- ☑ Basic information about sexually transmitted infections (STIs)
- ☑ How families are created in ways other than through sexual intercourse
- ☑ Importance of showing respect for all people, relationships and families

The above content 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 extends beyond the learning outcomes of the BC Health and Career Education curriculum. For this reason, **parents of students in Kindergarten through grade 2 must attend the student presentation in order for your child to participate.** Parental permission for participation of students in Grades 3-5 is not required. Attendance at the Parent Presentation is strongly encouraged but not required.

Any questions, please call Cath at:

604-418-9417

E: saleema@saleemanoon.com

W: www.saleemanoon.com

BODY SCIENCE WORKSHOP

Please return the notice below to the Rochester school office by **Wednesday, November 18**. Please do not hesitate to phone me at the school if you have any questions or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,

John Goheen
Principal
Rochester Elementary

- I give my permission for my child(ren) in K-gr. 2 to participate in the Body Science Workshop and know I must attend with my child(ren).
- I will be in attendance for my K-gr. 2 child(ren)'s workshop in order for them to participate.
- I will be attending the Parent Presentation on Tuesday, November 24th.
- I will not be attending the Parent Presentation on Tuesday, November 24th.
- I require childcare for _____ (indicate # of) children.

Name of Parent/Guardian _____
(Please print)

Student Name(s) _____
(Please print)

Division _____

Date _____

**Please return this notice to the school office by Wednesday,
November 18th**