



**École secondaire
LESTER B. PEARSON
High School**

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Dear Parents,

The Ministère de l'Éducation et de l'Enseignement supérieur has mandated schools to provide students 10 to 15 hours of sexuality education over the course of the 2022-2023 academic year. The learning content in Secondary school is designed for students from Secondary 1 through Secondary 5. You can find the Lester B. Pearson high School Sexuality Education Plan on our school's website.

The learning content defined by the Minister of Education is tailored to the students' ages and levels of development, and is in line with the recommendations of experts from the World Health Organization and UNESCO. The content will be taught by trained school personnel collaboration with partners chosen by the. The learning content takes into account contemporary issues, for example, easy access to images and messages about sexuality in social media.

	1	2	3	4	5
Comprehensive View of Sexuality:					
Become aware that during adolescence, they will gradually adopt new roles and behaviours related to their sexuality and increasingly make their own decisions.	■		■		■
Sexual Growth and body image:					
Reflect and understand certain norms that can have an impact on a positive body image.	■		■		■
STBBI's and pregnancy:					
Taking responsibility for sexual and reproductive health		■	■	■	■
Emotional and Romantic Life:					
The need for security, self-fulfillment and recognition are some of the developmental needs that are satisfied by adolescent romantic relationships.	■		■	■	■
Sexual Violence:					
Certain factors related to the psychosexual development of teens makes them vulnerable to sexual violence: curiosity, desire for love, closeness, romance, acceptance, independence. These can cause some teens to ignore safety rules in the real or virtual world.		■	■		■
Sexual Behaviour:					
Young people who understand that the development of healthy sexuality is a learning process will have the most realistic expectation regarding their first sexual experiences and will be better able to evaluate how positive or negative experiences affect their self-image, their current relationships and their sexual identity.		■	■	■	■
Identity, gender stereotypes & roles and social norms:					
Adolescence is a period of transition marked by the discovery of feelings and introspection and in which sexual identity, formed during childhood, becomes strengthened, consolidated and differentiated.	■		■		■

Covered in the Classroom Setting



Covered Via Seminar Series



The school and the family play complementary roles in Sexuality Education, the nature of which reinforces and enhances these efforts. Rest assured that the school team is deeply committed to the healthy development of your child.

For more information about sexuality education, please visit

<http://www.education.gouv.qc.ca/en/references/publications/results/detail/article/sexuality-education-parents/>

Kind Regards,

J. Vitantonio
Principal
Lester B. Pearson High School

