



Sexuality Education Program 2022-2023

Dear parents/guardians,

The Ministère de l'Éducation et de l'Enseignement supérieur is offering schools the opportunity to provide students with Sexuality Education. Students will receive 5 to 10 hours of sexuality education over the course of the 2022-2023 academic year (starting in January 2023). The learning content in Secondary school is designed for students from Secondary 1 through Secondary 5.

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 in collaboration with partners chosen by the school (e.g. health network or community organizations). The learning content takes into account contemporary issues, for example, easy access to images and messages about sexuality in the community and the use of social media.

Attached to this letter and seen below is the program for the 2022-2023 academic year:

James Lyng Sexuality Education Curriculum Plan 2022-2023

Grade	Topic	Sub-topics	Subject Area	Who	When	Duration
Aim High 1 & 2	1) Comprehensive View of Sexuality	-Entering adolescence	Science	Zandra Lau John Devlin	January-February	2 hours
	2) Sexual Growth and Body Image	-Advantages of having a positive body image -Influence that social norms can have on body image	English	Zandra Lau Samira Chawki (Resource) John Devlin	February-March	2 hours
	3) Identity, Gender Stereotypes and Roles, and Social Norms	-Role of puberty in consolidating one's identity	English	Zandra Lau Samira Chawki (Resource) John Devlin	March-April	2 hours
	4) Emotional and Romantic Life	-Feelings of love and attraction -Awareness of sexual Orientation	English:	Zandra Lau Samira Chawki (Resource) John Devlin	April-May	2 hours
*Aim High 2	*Sexual Violence	-Myths & prejudices about sexual assault. -Concept of consent	English	Samira Chawki (Resource) John Devlin	*March-April	2 hours
Secondary 1	1) Comprehensive View of Sexuality	-Entering adolescence	Science	Ms. Porritt	January-February	2 hours



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	2) Sexual Growth and Body Image	-Advantages of having a positive body image -Influence that social norms can have on body image	English	Ms. Ahn	February-March	2 hours
	3) Identity, Gender Stereotypes and Roles, and Social Norms	-Role of puberty in consolidating one's identity	Science	Ms. Ahn	March-April	2 hours
	4) Emotional and Romantic Life	-Feelings of love and attraction -Awareness of sexual orientation	English	Ms. Ahn	April-May	2 hours
Grade	Topic	Sub-topics	Subject Area	Who	When	Duration
Secondary 2	1) Emotional and Romantic Life	-Romantic relationships -Challenges involved in first dating relationships	Ethics	Ms. Ahn	January-February	2 hours
	2) Sexual Violence	-Myths and prejudices about sexual assault -Concept of consent	Ethics	Ms. Ahn	March-April	2 hours



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	3)Sexual Behaviour	-Sexual behaviour during adolescence	Science	Ms. Ahn	March-April	2 hours
	4)STBBIs and Pregnancy	-Respect for choices concerning sexual behaviour -Importance of sexual and reproductive health -Positive attitude toward using protection	Science	Ms. Ahn Nurse	January-February	2 hours
Grade	Topic	Sub-topics	Subject Area	Who	When	Duration
Secondary 3	1)Identity, Gender Stereotypes and Roles, and Social Norms	-Reflect in critical manner on representations of sexuality in the public space	English	Ms. Ahn	January-March	2 hours
	2)Emotional and Romantic Life	-Benefits of a romantic relationship based on mutuality -Managing conflicts in a health way in a romantic relationship	English	Ms. Ahn	January-March	2 hours
	3)Sexual Violence	-Active role to prevent or report sexual assault -Helpful attitudes toward victims of sexual assault	English	Ms. Porritt and Ms. Ahn	January-March	2 hours



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	4)Sexual Behaviour	-Desire and pleasure in sexual activity -Factors that influence sexual relationship	English	Ms. Ahn	March-April	1 hours
	5)STBBIs and Pregnancy	-How protection methods work -Development of safe sexual behaviours	Science	Ms. Ahn and Nurse	April-May	3 hours
Grade	Topic	Sub-topics	Subject Area	Who	When	Duration
Secondary 4	1)Emotional and Romantic Life	-Recognizing symptoms of violence -Solutions to prevent or deal with violence	English	Ms. Ahn	January-March	2 hours
	2)Sexual Behavior	-Issues related to sexual relations in adolescence -Sustaining emotional intimacy and sexual intimacy	English	Ms. Ahn	January-March	2 hours
	3)STBBIs and Pregnancy	-Steps to take after unprotected or poorly protected sexual relations -Development of safe sexual behaviours	Science	Ms. Ahn &Nurse	April-May	2 hours
Grade	Topic	Sub-topics	Subject Area	Who	When	Duration
Secondary 5	1)Comprehensive View of Sexuality	-Being comfortable with one's sexuality all one's life	Leadership	Ms. Ahn	January-March	2 hours
	2)Emotional and Romantic Life	-Meaningful emotional and romantic relationships	Leadership	Ms. Ahn	January-March	2 hours
	3)STBBIs and Pregnancy	-Risks of STBBIs and pregnancy associated with different contexts of a sexually active lifestyle -Ethical issues	Leadership	Nurse	April-May	2 hours



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Schools and families play complementary roles in teaching Sexuality Education. The parallel nature of these roles reinforces and optimizes the efforts of both. You can be assured that the school team is deeply committed to the healthy development of your child and will continue to follow the recommendations of the Ministère de l'Éducation du Québec (MEQ).

For more information regarding the content of sexuality education and inclusive schools, you can visit the MEQ [website](http://www.education.gouv.qc.ca/en/references/publications/results/detail/article/sexuality-education-parents/) (<http://www.education.gouv.qc.ca/en/references/publications/results/detail/article/sexuality-education-parents/>), and [Measures for openness to and support for trans and non-binary students](#), [Improved understanding and practices for sexual and gender diversity in schools](#).

Sincerely,

Mr. Giovanni Iammarrone

Principal