



Dear parent(s)/guardian(s),

The Ministère de l'Éducation du Québec (MEQ) is offering schools the opportunity to provide students with Sexuality Education. The learning content in Elementary school is designed for students from preschool through to grade 6. Students will receive 5 to 10 hours of sexuality education over the course of the 2021-2022 academic year.

The learning content, defined by the MEQ, 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 is taught by trained school personnel in collaboration with partners chosen by the school (e.g.: public health network or community organizations). The learning content takes into account present-day issues, for example, easy access to images and messages about sexuality in the community and the use of social media.

The MEQ [Sexuality Education learning content](#) is offered in, and in support of, an inclusive environment that embraces diversity and learner differences. All schools across Quebec work to promote equal opportunities for all students in a safe, supportive milieu, regardless of race, ethnicity, ability, gender identity and expression, and sexual orientation.

Themes to be implemented for 2021-2022 school year:

| ELEMENTARY | K | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|---|
| THEMES | | | | | | | |
| Comprehensive View of Sexuality : Sexuality is at the core of who we are and has a number of dimensions (e.g. physical, psychological, affective, socio-cultural). | | ✓ | | ✓ | | | ✓ |
| Emotional and Romantic Life: Friendship, expressing your feelings, new feelings that come with puberty, etc. | | | ✓ | | ✓ | | ✓ |
| Identity, Gender Stereotypes and Roles, and Social Norms: Identify stereotypical representations of femininity and masculinity and make connections between gender stereotypes and the development of your gender identity in your personal and social environments, including the media. | | ✓ | | ✓ | | ✓ | |
| Pregnancy and Birth Name and explain the steps involved in welcoming a baby into a family. | ✓ | | ✓ | | | | |
| Sexual Growth and Body Image: Knowing your body, appreciating and taking care of it, understanding puberty. | ✓ | | ✓ | | ✓ | ✓ | ✓ |
| Sexual Assault Prevention: | | | | | | | |



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. (Especially in front of their friends).

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|--|---|--|---|--|---|--|
| | ✓ | | ✓ | | ✓ | |
|--|---|--|---|--|---|--|

* Please note that the check marks (✓) indicate the theme to be covered for that grade level

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,

(principal name and signature)