



St. Monica Elementary School  
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Dear parent(s)/guardian(s),

The Ministère de l'Éducation du Québec (MEQ) created content to provide students with Sexuality Education since 2016. Now, for the 2020-2021 academic year, students in Elementary will continue to receive 5 to 10 hours of sexuality education. The learning content in Elementary school is designed for students from Preschool through to grade 6.

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.

Themes to be implemented for the 2020-2021 academic year are as follows:

ELEMENTARY	PS	1	2	3	4	5	6
<b>THEMES</b>							
<b>Pregnancy and Birth</b> Name and explain the steps involved in welcoming a baby into a family	√		√				
<b>Sexual Growth and body image:</b> Knowing your body, appreciating and taking care of it, understanding puberty.	√				√	√	√
<b>Comprehensive view of sexuality :</b> sexuality is at the core of who we are and has a number of dimensions (e.g. physical, psychological, affective, socio-cultural)		√	√				√
<b>Emotional and Romantic Life:</b> friendship, expressing your feelings, new feelings that come with puberty, etc.			√		√		√
<b>Sexual Assault Prevention:</b> Safety rules, strategies for protecting yourself and the importance of reporting an incident of sexual assault to an adult.		√		√		√	
<b>Identity, Gender Stereotypes and roles, and Social Norms</b> 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		√		√	√		√



The school and the family have complementary roles in the delivery of Sexuality Education. The correlative nature of these roles reinforces and optimizes the efforts of both. Rest assured that the school team is deeply committed to the healthy development of your child.

For more information about the MEQ Sexuality Education Program, please visit



[http://www.education.gouv.qc.ca/fileadmin/site\\_web/documents/education/adaptation-scolaire-services-comp/EDUC-Apprentissages-Sexualite-GrandPublic-EN.pdf](http://www.education.gouv.qc.ca/fileadmin/site_web/documents/education/adaptation-scolaire-services-comp/EDUC-Apprentissages-Sexualite-GrandPublic-EN.pdf)

Sincerely,

Silvana Crigna  
Principal