

Title: Notifying Parents/Guardians Regarding Human Development and Sexual Health

Adopted: March 30, 1993

Effective: March 30, 1993

Amended/Reviewed: April 21, 2026

This Procedure must be interpreted, applied, and implemented in ways that uphold Indigenous and human rights and responsibilities, promote accessibility, and prevent and address (and do not reinforce) discrimination/discriminatory barriers.

1.0 RATIONALE

This Procedure establishes a clear and consistent process for notifying parent(s)/guardian(s) when Human Development and Sexual Health content is introduced in Grades 1-8. It outlines the process by which parent(s)/guardian(s) may request an exemption for their child from Human Development and Sexual health instruction, in accordance with Ministry policy.

2.0 DEFINITIONS

2.1 Human Development and Sexual Health: The component of the Healthy Living strand of the Health and Physical Education Curriculum (2019) that addresses growth, development, relationships, and personal safety for Grades 1–8.

2.2 Exemption: A written request from a parent/guardian for a student to be excluded from all Human Development and Sexual Health expectations for the student's grade, in accordance with PPM 162.

3.0 RESPONSIBILITY

The Director is responsible for the development, implementation and monitoring of procedures developed to support Board policies.

Principals are responsible for following this procedure and working in partnership with teachers and parents/guardians to ensure that each student has access to the best possible educational experience.

4.0 APPLICATION AND SCOPE

This procedure applies to all elementary schools (Grades 1-8) and outlines requirements for notification, exemption, and supervision related to the Human Development and Sexual Health component of the Health and Physical Education

Curriculum.

5.0 PROCEDURES

5.1 Notice and Communication of Instruction

Communication shall be accessible, culturally responsive, and provided in formats that support access for all families, including translation or interpretation where appropriate.

5.1.1 Principals shall notify parent(s)/guardian(s) by letter a minimum of twenty (20) days prior to the teaching of Human Development and Sexual Health content.

5.1.2 The notification shall outline the topics and expectations to be taught in Health class throughout the school year.

5.1.3 The notification letter (Appendix A) and exemption request form (Appendix B) may be utilized.

5.1.4 Human Development and Sexual Health is a mandated and integral component of the Healthy Living strand of the Health and Physical Education Curriculum. Students shall not be exempted from instruction related to any other expectations in this curriculum or from expectations in other curriculum areas.

5.1.5 Principals shall inform parent(s)/guardian(s) of the deadline by which an exemption form or written request must be submitted. The deadline shall be no more than five (5) school days prior to the commencement of the period of instruction.

5.1.6 In the event of unforeseen circumstances, the period of instruction may be rescheduled. Where this occurs, schools shall provide notice of the change to parent(s)/guardian(s) as soon as reasonably possible.

While parent/guardian choice is respected in accordance with Ministry direction, the Board affirms that Human Development and Sexual Health education is a mandate component of the curriculum designed to support student well-being, safety, and development.

5.2 Process for Exemption

- 5.2.1** Exemptions shall only be granted upon receipt of a signed exemption form or written request from a parent/guardian for each child in the family.
- 5.2.2** Schools shall acknowledge receipt of all exemption requests.
- 5.2.3** Principals are responsible for making the final decision to accept or reject exemption requests that fall outside the parameters set out in PPM 162 and for communicating the outcome of the decision to parents/guardians.
- 5.2.4** Exemptions shall apply only to all Human Development and Sexual Health expectations for the student's grade. Partial exemptions for selected expectations or groupings of expectations shall not be permitted. References to human development and sexual health that occur outside the intentional teaching of this content are not included in the exemption.
- 5.2.5** There shall be no academic penalty for students who are exempted. Grades in Health and Physical Education shall be determined based on the overall expectations in Strand D (Grades 1–8), excluding Human Development and Sexual Health expectations. Exempted expectations shall not be assessed, evaluated, or reported.

5.3 Supervision of Exempted Students

Supervision arrangements shall be implemented in a manner that protects student dignity, privacy, and inclusion, and avoids stigmatization or isolation.

- 5.3.1** Principals shall ensure that supervised alternate arrangements are provided for all exempted students during the period of instruction.
- 5.3.2** Parent(s)/guardian(s) shall select one of the following supervision options for their child:
 - Remaining in the classroom without participating in instruction and completing assigned work or activities;
 - Leaving the classroom and remaining in the school under supervision; or
 - Being released into the care of the parent/guardian or the parent/guardian's approved designate.
- 5.3.3** Where a supervision option is not selected by the parent/guardian, the principal shall determine the appropriate supervised location within the school.
- 5.3.4** Principals are responsible for approving all non-staff members involved in the instruction and/or delivery of the aspects of the Human development and Sexual Health component of the curriculum and for approving materials to be viewed and distributed.

5.4 Tracking and Monitoring

Schools shall maintain records of notification, exemption requests, and supervision arrangements in accordance with Board records management practices. Aggregate data may be reviewed at the system level to support planning, consistency, and

continuous improvement.

6.0 APPENDICES

Appendix A – Sample Parent Letter

Appendix B – Exemption Request Form

7.0 REFERENCE DOCUMENTS

- Teaching and Learning Policy P CUR 12
- DDSB Guide to the 2019 Ontario Health & Physical Education Curriculum
- Health and Physical Education Curriculum (2019)
- Health and Physical Education (2019) Website
- Ministry of Education PPM 162