



Grade 8 Sexual Health Education Program Parent Information Letter

Dear Parent/Guardian,

We would like to inform you that all Grade 8 students will soon participate in 4-5 hours of sexual health education, delivered by a trained sexual health education teacher from our school district. Your child's classroom teacher will also be present during these lessons. Please review *Important Notes About Participation* at the bottom of this document for information about participating in sexual health education lessons.

The topics covered in Grade 8 Sexual Health Education are based on the [BC Physical and Health Education Curriculum](#) and the [Supporting Student Health Guides](#) from the Ministry of Education and Child Care. These topics are designed to support the dialogue that parents or guardians have with their children at home. Please use the questions that follow to help prepare your child for their upcoming sexual health education lessons.

Below is an overview of the key topics covered. Please note that additional age-appropriate discussions may arise based on student questions. If you have questions after the lessons, your child's teacher should be able to answer them.

Grade 8 Topics:

- Healthy and unhealthy relationships
- Sexual decision making
- Healthy boundaries in relationships and consent
- Online safety
- Respecting individual differences
- Sexually transmitted and blood-borne infections, including prevention, transmission, detection/testing, and treatment

Visit our website for more information on:

- [Grade 8 sexual health lessons](#)
- [Grade 8-12 resources for parents and students](#)
- [Age-based examples of sexual behaviour in children and adolescents](#)

Talking to children and teens about digital safety is more important than ever as young people face increasing risks online – from privacy concerns to cyberbullying and inappropriate content. Please check out our [website](#) for a list of resources or [Media Smarts](#) for tip sheets on how to talk to children about making safer, smarter choices in the digital world. Tip sheet topics include, among others, how to talk to children and teens about body image, sextortion, sexting, and pornography.

Suggested Questions to Discuss with Your Child Before the Lessons:

1. **What do you think makes a relationship healthy?**
What qualities would you want in a future partner?
2. **Can you identify any warning signs of an unhealthy relationship?**
For example: jealousy, controlling behaviour, or isolating someone from friends and family.
3. **What are personal boundaries, and what are some of yours?**
How do you decide what information or physical contact feels safe to share?



4. **What does sexual consent mean to you?**
Why is it important in any relationship?
5. **How can someone give or receive consent for activities like kissing or other forms of intimacy?**
What signs show that someone is comfortable or uncomfortable?
6. **Have you heard of sexually transmitted infections (STIs)?**
What do you know about how they spread and how they can be prevented?
7. **What are some infections that spread through blood-to-blood contact?**
How might that happen (e.g., contact sports, sharing needles, helping someone who is bleeding)?
8. **If someone chooses to be sexually active, what are ways they can protect themselves from infections?**
9. **What are our family's values when it comes to decisions about sex and relationships?**
How do those values influence your own thinking?
10. **Have you heard about pornography from friends or online?**
What are your thoughts about it, and how do you think it affects people's understanding of relationships?
11. **Do you know what sexting and sextortion are?**
What would you do if someone pressured you to share private images or messages?
12. **Have you ever visited [cybertip.ca](https://www.cybertip.ca) or heard of it?**
It's a Canadian website that offers information and support for online safety, including topics like grooming, sextortion, and deepfakes.

You may find helpful tools to guide your discussions on this [website](#).

Important Notes About Participation:

Sexual health education is a mandatory part of the BC Physical and Health Education curriculum. While students cannot opt out of learning this content, families may choose to deliver the lessons at home. If you prefer this option, please contact your school's principal or vice-principal to request a Home Learning Package. Parents and guardians are responsible for reviewing the materials and ensuring their child can demonstrate understanding of the content.

The Ministry of Education and Child Care states:

"The alternate delivery policy does not allow students to 'opt-out' of learning about these topics. It is expected that students will, in consultation with their school, demonstrate their knowledge of the learning standard(s) or learning outcomes they have arranged to address by alternative means."

Your school's principal or vice-principal can guide you on how your child will be expected to demonstrate their learning.

Thank you for preparing your child for their sexual health lessons.

The Sexual Health Education Program Team