



Zeballos Elementary Secondary School
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Zeballos, BC
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September 17, 2025

To Parents and Guardians of ZESS Students,

RE: Sexual Health being taught at ZESS.

Starting in October, as part of the Physical Health Education curriculum, teachers will be teaching sexual health classes alongside our school counsellor, Natalie Goodall. The curriculum varies by grade level, ensuring that lessons are age-appropriate. I have attached a list that provides a breakdown of the topics covered in each grade.

This curriculum is unique because parents and guardians have the option to teach this topic at home instead the classroom. If you would prefer to do so, please send me an email or call me at the school. In this case, the school will provide you with the necessary materials, and your child will be assigned an alternate activity outside the classroom during the sexual health lessons.

Our counsellor, Natalie Goodall, will be available to support students during the weeks when these lessons are presented. Additionally, we will keep parents informed about the topics covered each week so they can stay updated and follow up with their children if they wish.

Thank you,

Adam Barber
Principal, ZESS
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Grade	Big Idea(s)	Content	Possible topics/skills
K	<p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p>	<p>Names for parts of the body, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p>	<ul style="list-style-type: none"> • Correct names for body parts • Body parts under bathing suits and inappropriate touching • Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret • Caring behaviours in groups and families • Reliable sources of health information (safe adults)
1	<p>Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p> <p>Knowing about our bodies and making healthy choices helps us look after ourselves.</p>	<p>Names of body parts, including genitals (private parts)</p> <p>Appropriate and inappropriate ways of being touched</p> <p>Caring behaviours in groups and families</p>	
2	<p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p>	<p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p> <p>Names for parts of the body, including genitals (private parts)</p>	<ul style="list-style-type: none"> • Managing and expressing emotions • Relationship between worries and fears (gr. 3) • Hazards and potentially unsafe situations • Correct names for body parts • Assertive communication skills • Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret • Strategies for accessing health information • Nature and consequences of bullying (Grade 3) • Correct names for body parts

Grade	Big Idea(s)	Content	Possible topics/skills
3	<p>Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.</p>	<p>Strategies for accessing health information</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations</p> <p>Nature and consequences of bullying</p> <p>Factors that influence self-identity</p> <p>Names for parts of the body, including genitals (private parts)</p>	<ul style="list-style-type: none"> Managing and expressing emotions Relationship between worries and fears (gr. 3) Hazards and potentially unsafe situations Correct names for body parts Assertive communication skills Appropriate and inappropriate ways of being touched: safe vs. unsafe vs. secret Strategies for accessing health information Nature and consequences of bullying (Grade 3) Correct names for body parts
4	<p>Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p>	<p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases, media messaging and body image</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations, including identifying common lures and tricks used by potential abusers</p> <p>Strategies for responding to bullying, discrimination, and violence</p> <p>Physical, emotional, and social changes during puberty</p> <p>Factors that influence self-identity, including body image and social media</p> <p>Names for parts of the body, including genitals (private parts)</p>	<ul style="list-style-type: none"> Sources of health information and support services Identifying common lures or tricks used by potential abusers Hazards and potentially unsafe situations Strategies for responding to bullying, discrimination, and violence Puberty - basic physical changes Personal hygiene Body image: social media and media messaging's effects on body image Correct names for body parts

Grade	Big Idea(s)	Content	Possible topics/skills
5	<p>Understanding ourselves and the various aspects of health that helps us develop a balanced lifestyle.</p> <p>Personal choices and social and environmental factors influence our health and well-being.</p> <p>Developing healthy relationships helps us feel connected, supported, and valued.</p>	<p>Practices that promote health and well-being, including those relating to communicable and non-communicable diseases, media messaging and body image</p> <p>Strategies and skills to use in potentially hazardous, unsafe, or abusive situations, including identifying common lures and tricks used by potential abusers</p> <p>Strategies for responding to bullying, discrimination, and violence</p> <p>Physical, emotional, and social changes during puberty</p> <p>Factors that influence self-identity, including body image and social media</p> <p>Names for parts of the body, including genitals (private parts)</p>	<ul style="list-style-type: none"> • Sources of health information and support services • Identifying common lures or tricks used by potential abusers • Hazards and potentially unsafe situations • Strategies for responding to bullying, discrimination, and violence • Puberty - basic physical changes • Personal hygiene • Body image: social media and media messaging's effects on body image • Correct names for body parts
6	<p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in</p>	<p>Practices that reduce the risk of contracting sexually transmitted infections (STBIs)</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Physical, emotional, and social changes during puberty, including those involving sexual</p>	<ul style="list-style-type: none"> • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Including identifying common lures or tricks used by potential abusers could include: <ul style="list-style-type: none"> ○ offering special attention or compliments ○ saying they know a family member ○ using the Internet to get to know you ○ catfishing (e.g., online games, fake profiles) ○ asking for help (e.g., "can you help me find my dog?")

	individuals and groups influences community health.	identity, gender, values, and beliefs online safety	<ul style="list-style-type: none"> ○ offering gifts • Consequences of bullying, stereotyping, and discrimination • Strategies for managing personal and social risks related to the use of substances and potentially addictive behaviour • Practices that reduce the risk of contracting sexually transmitted infections • Physical, emotional, social changes of puberty in more detail • the importance of giving and receiving consent • Body image: social media and media messaging's effects on body image • Respect for Diversity • Communicable and non-communicable illness prevention • recognizing how • students' bodies are • growing and changing • during puberty
7	<p>We experience many changes in our lives that influence how we see ourselves and others.</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Learning about similarities and differences in individuals and groups influences community health.</p>	<p>Practices that reduce the risk of contracting sexually transmitted infections (STBIs)</p> <p>Sources of health information</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships Online safety</p>	<ul style="list-style-type: none"> • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Including identifying common lures or tricks used by potential abusers could include: <ul style="list-style-type: none"> ○ offering special attention or compliments ○ saying they know a family member ○ using the Internet to get to know you ○ catfishing (e.g., online games, fake profiles) ○ asking for help (e.g., "can you help me find my dog?") ○ offering gifts • Describe and assess strategies for responding to bullying, stereotyping, and discrimination • Practices that reduce the risk of contracting sexually transmitted infections (updated term is Sexually Transmitted and Blood Borne Infections -STBBIs) focus on practices of reducing transmission and how to seek help if concerned- this places emphasis on knowing what is 'normal' for one's own body. Understand the influence of the changes experienced during puberty on identities and relationships • Explore the impact of transition and change on identities • Respect for diversity

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8	<p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others connects us to our community</p>	<p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services, Healthy sexual decision making Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Including identifying common lures or tricks used by potential abusers could include: <ul style="list-style-type: none"> offering special attention or compliments saying they know a family member using the Internet to get to know you catfishing (e.g., online games, fake profiles) asking for help (e.g., “can you help me find my dog?”) offering gifts porn and explicit content Potential short-term and long-term consequences of health decisions Describe and assess strategies for responding to bullying, stereotyping, and discrimination Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries Respect for diversity
Grade	Big Idea(s)	Content	Possible topics/skills
9	<p>Healthy choices influence our physical, emotional, and mental well-being.</p> <p>Healthy relationships can help us lead rewarding and fulfilling lives</p> <p>Advocating for the health and well-being of others</p>	<p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, and sleep routines</p> <p>Sources of health information</p> <p>Strategies to protect themselves and others from potential abuse,</p>	<ul style="list-style-type: none"> Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line Influences of changes on identities and relationships Healthy sexual decision making Potential short-term and long-term consequences of health decisions Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings Including identifying common lures or tricks used by potential abusers could include:

	connects us to our community	<p>exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> o offering special attention or compliments o saying they know a family member o using the Internet to get to know you o catfishing (e.g., online games, fake profiles) o asking for help (e.g., “can you help me find my dog?”) o offering gifts o porn and explicit content • Describe and assess strategies for responding to bullying, stereotyping, and discrimination • Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries • Respect for diversity
10-12	Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.	<p>Healthy sexual decision making</p> <p>Potential short and long term consequences of health decisions, including those involving nutrition, protection from STBBIs, sleep routines, and technology</p> <p>Sources of health information</p> <p>Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings</p> <p>Influences of physical, emotional, and social changes on identities and relationships</p>	<ul style="list-style-type: none"> • Sources of health information and support services: Medical professionals, safe adults, medical clinics, community services www.kidshealth.org Kids Help Phone 1-800-668-6868, IHA Crisis Line • Influences of changes on identities and relationships: • Practices that reduce the risk of contracting sexually transmitted infections (updated term is Sexually Transmitted and Blood Borne Infections -STBBIs) focus on practices of reducing transmission and how to seek help if concerned- this places emphasis on knowing what is ‘normal’ for one’s own body. Understand the influence of the changes experienced during puberty on identities and relationships • Including identifying common lures or tricks used by potential abusers could include: <ul style="list-style-type: none"> o offering special attention or compliments o saying they know a family member o using the Internet to get to know you o catfishing (e.g., online games, fake profiles) o asking for help (e.g., “can you help me find my dog?”) o offering gifts o porn and explicit content • Analyze the potential effects of social influences on health (social influences could

			<p>include: social media, use of technology (ie gaming), peer pressure, etc.)</p> <ul style="list-style-type: none"> • Develop skills for maintaining healthy relationships and responding to interpersonal conflict • Healthy sexual decision making • Potential short-term and long-term consequences of health decisions • Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • Describe and assess strategies for responding to bullying, stereotyping, and discrimination • Basic principles for responding to emergencies • Media and social influences related to potentially addictive behaviours: peer pressure, self-esteem, boundaries • Respect for diversity
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