



Dear Parents/Guardians of West Langley Elementary Students,

Each year, students in all elementary grades throughout BC receive instruction in health education. This information is included in the Health and Career Education (HCE K-7) program mandated for all BC students by the Ministry for Education. From time to time, our school has also brought in experts in the field to address this topic with our school community. We are excited to inform you that this year, thanks to the generosity of our PAC, Cath Blythe of Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students Kindergarten to Grade 7.

Cath earned her nursing degree in 1997, and went on to gain extensive community based experience as a midwife in rural & remote western Australia. Her passion for family health then led her to community-based child health nursing focusing on preventative health education. Cath also has a background in facilitating many different groups including prenatal and early parenting education. She is passionate about teaching parents and children, and is excited to bring her experience to the Saleema Noon Sexual Health Educators team.

Based on her education and experience as a sexual health educator, Saleema identifies three reasons why providing this information starting at kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are protected from child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (85% of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to surmount the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes above their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual intercourse.
3. Unfortunately, children today are exposed at earlier and earlier ages to all things involving sex. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or on the Internet. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.

Smart decisions start here.

t 604.418.9417
e saleema@saleemaanon.com
w www.saleemaanon.com





Please join us for an informative **Presentation for Parents** on **February 23, 2015 from 6:30-8pm**. This session will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, Cath will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Student sessions will take place during the school day on February 25 and 26.

The content of these sessions is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the learning outcomes of the BC Health and Career Education curriculum. For this reason, participation of students is not required. Attendance at the parent presentation is strongly encouraged, but not required.

Please inform your child's teacher if you do not wish your child to participate in these workshops.

Please also feel free to phone me at the school if you have any questions and/or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,

A handwritten signature in black ink, appearing to read "D. Sean Oliver".

D. Sean Oliver
Principal
West Langley Elementary