



Parkland School Division Administrative Procedure 262: Appendix A

**APPENDIX A: HUMAN SEXUALITY, GENDER IDENTITY
AND SEXUAL ORIENTATION EDUCATION**

SAMPLE PERMISSION FORM

**Permission Form: Human Sexuality, Gender Identity, and Sexual Orientation
Instruction**

School Name: Woodhaven Middle School

School Year: 2025-2026

Teacher: Mr. Park Land

Course: Grade 7 Health and Personal Life Skills

Dear Parent/Guardian,

This form provides you with information about upcoming instruction in your child's Grade 7 Health and Personal Life Skills class that deals primarily and explicitly with human sexuality, gender identity, or sexual orientation. In accordance with Parkland School Division Administrative Procedure 262, your written consent is required for your child to participate in these specific lessons and activities.

Sexual health education is a required part of Alberta's provincially mandated curriculum, integrated within Physical Education and Wellness and explicitly addressed in Health and Life Skills programs. This curriculum is designed to equip students with essential life skills, promoting informed decision-making and personal responsibility regarding sexual health as a vital aspect of overall life management and future planning.

Description of Unit/Lesson(s) and Resources

The following topics will be covered as part of our Human Growth and Development unit in Grade 7 Health and Personal Life Skills. These lessons align with Alberta Education's specific learning goals for this grade level.

- **Unit/Lesson Focus:** Understanding Puberty and Healthy Relationships
- **Anticipated Date(s) of Delivery:** Approximately October 2025 (Specific dates will be shared via email and the parent portal closer to the instruction period.)

Topics to be Covered:

- **1. Human Reproduction and Puberty:**
 - Physical and emotional changes during puberty for males and females.

- Basic anatomy and physiology of the reproductive systems.
- **2. Healthy Relationships:**
 - Defining healthy and unhealthy relationships.
 - Communication, respect, and boundaries in friendships and romantic relationships.
 - Understanding and practicing **consent** in various contexts.
- **3. Gender Identity and Sexual Orientation (Introduction):**
 - Basic understanding of gender identity as distinct from biological sex.
 - Introduction to the concept of sexual orientation and respecting diverse identities.
- **4. Decision-Making and Responsibility:**
 - Making informed choices related to personal health and relationships.
 - Understanding the impact of choices on oneself and others.

Instructional Materials and Resources:

All instructional materials and any external presenters used for these lessons have received prior Ministerial approval as required by Alberta Education policy and Parkland School Division Administrative Procedure 262.

- **Primary Resources:** Alberta Education's authorized curriculum resources for Health and Life Skills, reputable online resources such as [TeachingSexualHealth.ca](https://www.teachingsexualhealth.ca) (an initiative of Alberta Health Services), age-appropriate videos from recognized health organizations, and classroom discussions facilitated by Ms. Chen.
- **External Presenter:** On (date) a representative from Alberta Health Services will deliver a presentation on Healthy Relationships and Consent. The presentation will focus on the following topics:
 - Understanding Healthy Relationships: Characteristics of respectful, trusting, and supportive relationships (e.g., open communication, mutual respect, shared decision-making, honesty, empathy).
 - Identifying Unhealthy Relationships: Recognizing warning signs of unhealthy or abusive behaviours (e.g., control, manipulation, disrespect, pressure, jealousy, isolation).

- What is Consent? Defining consent as an ongoing, enthusiastic, voluntary, and informed agreement that can be withdrawn at any time.
- Personal Boundaries: Understanding and establishing personal boundaries in all types of relationships (friendships, family, online, and romantic).

Please review the consent section that follows and return the completed and signed form to the school office or your child's teacher by [Insert Date - e.g., September 27, 2025] to ensure your child's participation or placement in alternate instruction.

We appreciate your cooperation in ensuring an informed and supportive learning environment for all our students.

Sincerely,

The Grade 7 Teaching Team at Woodhaven Middle School

Please return this portion of the form to your child's teacher by
[Insert Date: eg September 27,2025]

Parental Consent

Please indicate your decision regarding your child's participation in the instruction outlined above.

Student Name: _____ (Please Print)

Student Grade: 7

Please select ONE option below by checking the appropriate box and, if applicable, specify your preferences for partial consent:

- ☐ **I consent to FULL participation:** My child, _____, may participate in *all* described instruction, activities, and resource use related to human sexuality, gender identity, and sexual orientation as outlined above for the 2025-2026 school year. I understand that I can withdraw this consent or request an update at any time.

- ☐ **I consent to PARTIAL participation:** My child, _____, may participate in *some* of the described instruction, activities, and resource use. Please indicate the topics you **do NOT** consent to your child participating in by checking the box(es) below:
 - ☐ Topic 1: Human Reproduction and Puberty
 - ☐ Topic 2: Healthy Relationships (including consent)
 - ☐ Topic 3: Gender Identity and Sexual Orientation (Introduction)
 - ☐ Topic 4: Decision-Making and Responsibility

I understand that for any topic(s) I do not consent to, my child will be provided with alternate instruction or a supervised educational activity during those specific times. This alternate activity will not reference or include content related to human sexuality, gender identity, or sexual orientation and will be at the discretion of the school administration.

- ☐ **I do NOT consent to ANY participation:** My child, _____, may *not* participate in any instruction or activities related to human sexuality, gender identity, or sexual orientation. I understand that my child will be provided with alternate instruction or a supervised educational activity during these times. This alternate activity will not reference or include content related to human sexuality, gender identity, or sexual orientation and will be at the discretion of the school administration.

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____

Date: _____