



Dear Parents/Guardians of Pitt Meadows Elementary Students,

Each year, throughout BC, students in elementary grades receive instruction in sexual health education. Instruction is mandated for all BC students by the Ministry of Education and it is included in the Physical and Health Education program. On occasion, some schools bring in experts in the field to address the topic with the school community. We are pleased to inform you that this year, your PAC has sponsored for Corinne Underwood of Choices for Sexual Health to visit the school to work with parents and students in Kindergarten to Grade 7.

Corinne Underwood is the founder and chief visionary of Choices for Sexual Health. She is a professionally trained Sexual Health Educator through Options for Sexual Health (OPT), an International Coach Federation (ICF) Certified Coach, a Consent Practitioner and Somatic Therapist Apprentice. She brings expertise and dynamic and engaging communication skills to inspire and empower others.

As an educator, Corinne provides inclusive and age appropriate body science and sexual health education and support for youngsters, youth and adults. She works with parents and teachers to provide comprehensive and relevant education to help prevent sexual abuse and foster healthy decision making and she supports youth to navigate through life changes with strength and resiliency. Corinne is actively involved in advocacy and education regarding menstrual health, gender equality, consent, healthy relationships, body image and self-esteem.

In the presentations to students, Corinne teaches about body science and healthy sexuality in an approachable, light-hearted and non-threatening format.

Research indicates that it is essential to provide learners with this information starting at Kindergarten for the following reasons:

1. Providing accurate information early will help prevent children from falling victim to misleading information that they will hear later in life on the playground, from peers, the media and internet. It will also help to establish parents as their child's main source for support and information as they grow and develop.
2. Children who are educated about their bodies, healthy boundaries and sexuality are at a reduced risk of sexual abuse. When children can differentiate between appropriate and inappropriate touching, they are less likely to fall victim to sexual abuse and are more likely to acknowledge and respect healthy boundaries.
3. Young children are easiest to teach, and they are excited to learn especially from parents. Children are curious, and they will only absorb information that they are ready for.

Please join us for an informative **Presentation for Parents** on April 20, 2021 from 6:30 pm – 8:00 pm. During this session, Corinne Underwood will give you an overview of student presentations in an interactive and lively format. She will also provide you with the knowledge on how to continue to support your child at home by being an “Askable Adult”.

Student sessions will take place during the school day on April 27 & 28, 2021. The content of the presentations are in accordance with current research as being age appropriate and a healthy contribution to child development. Some of the topics covered in the presentations extend beyond the content of the BC Physical Health and Education curriculum.

**Parent Session: 6:00 pm -7:30 pm**

Topic: PME Parent Session - Raising Body Positive, Sexually Healthy Kids

Join Zoom Meeting

<https://zoom.us/j/7064393475>

Meeting ID: 706 439 3475

Passcode: happy

[www.choicesforsexualhealth.com](http://www.choicesforsexualhealth.com)  
[info@choicesforsexualhealth.com](mailto:info@choicesforsexualhealth.com)