

Dear Parents/Guardians of Qayqayt Elementary Students,

Each year, students in elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education. We hoped to invite Saleema Noon and her team to provide this curriculum in class however this school year we will be offering the content to students and families online.

### **EVENT # 1**

What: Parent workshop via Zoom  
Topic: QayQayt Parents - Talk Sex Today with Julie  
Time: Apr 12, 2022 6:30-8 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/82608783890?pwd=UGdJVnNGdVBFZ0NaL0ZCZzh4WEZuZz09>

Meeting ID: 826 0878 3890

Passcode: 854850

### **EVENT # 2**

On May 1<sup>st</sup> 2022, parents and teachers will be granted access to Saleema's online learning platform, *Body Science Online*, for 30 days.

***To obtain access to Body Science Online, submit your email using the link below before April 29<sup>th</sup> 2022 at 3pm. Please note that no extensions will be given beyond this deadline.***

QAYQAYT SIGN UP LINK <https://forms.gle/GcywsrStXft7Tvyo9>

### **About Saleema**

Saleema Noon earned her Bachelor of Arts degree in Family Sciences at UBC. She then researched the quality of sexual health education in B.C. high schools, earning her a Master of Arts degree in sexual health education in 1997, also from UBC. Since then, Saleema has been teaching not only in the field of sexual health, but also in the areas of empowerment, consent, assertiveness training, internet safety, healthy relationships, body image and self-esteem.

Respected by the media as a sexual health expert, Saleema has appeared as a regular guest on CTV News, Global News, CBC News, CBC Radio, CKNW Radio, Shaw TV, CityTV *Breakfast Television*, CTV *Morning Live*, *The Kid Carson Show* on 95.3, and also appeared in CBC's *Passionate Eye* documentary *Secrets* and CBC Doc Zone documentary *Sext Up Kids*. Saleema has been featured in *Canadian Living*, *Chatelaine* and *Today's Parent* magazines along with several other national publications, and is a member of the Order of British Columbia. Her book for parents, *Talk Sex Today*, was released in September 2016.



In their Body Science presentations, Saleema Noon and her team of educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean.

Based on research and her many years of experience as a sexual health educator, Saleema identifies three reasons why providing this information starting in 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 at reduced risk of 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 (the large majority 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 activity.
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 online. 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.

The content of the videos is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Your participation is strongly encouraged.

Sincerely,

Your Qayqayt Administration and PAC

