



Parent/Legal Guardian

March 20th, 2026

RE: Opt-In | Human Sexuality | Health and Life Skills Grade 9

Dear Parent/Guardian:

In accordance with Section 58.11 of the [Education Act](#), Alberta schools must now obtain written consent of parents prior to providing instructions or materials that deal primarily and explicitly with human sexuality, gender identity or sexual orientation. Students are unable to participate in this portion of the curriculum unless consent is explicitly granted.

As part of the Alberta Program of Studies, **Grade 9** students take [Health and Life Skills \(Health and Life Skills\)](#). As a part of this Program of Studies, students will begin learning about human sexuality in an age-appropriate and respectful ways. These specific learning outcomes exist with the “Wellness Choices” unit, and the specific topics are outlined in the chart below.

Your student’s class will start learning about this topic on or after **March 31st, 2026**. Please refer to the table in the attached opt-in consent form for a detailed outline of the learning outcomes addressed in this unit. Parents/Guardians may choose to opt-in to all or selected outcomes. Your consent is required by **March 31st, 2026**.

Parent/Guardian Options:

1. **Opt-In Full Consent** – Your student will participate in all Human Sexuality lessons.
2. **Opt-In Partial Consent** – Your student will only participate in the Human Sexuality lessons which relate to the learning outcomes you agree to. The teacher will provide alternative learning tasks and assessments.
3. **Non-Participation** – Your student will not receive these lessons and will be provided with alternative learning tasks in a supervised setting.

Please note partially opting in or non-participation in these Human Sexuality lessons will not affect a student’s **Health and Life Skills** grade as the teacher will provide alternative learning tasks and assessments.

Sincerely,

Brenna Fraser
t | 403-777-7590
bcgoodwin@cbe.ab.ca



Opt-In for Human Sexuality: Health and Life Skills Grade 9

Please complete, sign and return this form.

I have received notification that my student is in the **grade 9 Health and Life Skills** course that includes subject matter that deals primarily and explicitly with human sexuality.

As the parent / guardian, I give permission for my student to participate in the Human Sexuality component of the Health and Life Skills Program of Studies as follows.

Please select one:

- Yes, I give permission** for my student to **fully** participate in the Human Sexuality component of the Health and Life Skills Program of Studies.
- Yes, I give permission** for my student to **partially** participate in the Human Sexuality component of the Health and Life Skills Program of Studies (please check the learning outcomes you wish your student to participate in which are listed below).

Learning Outcomes	Yes, I consent	No, I do not consent
W-9.3 apply coping strategies when experiencing different rates of physical, emotional, sexual and social development, e.g., positive self-talk	<input type="checkbox"/>	<input type="checkbox"/>
W-9.7 evaluate implications and consequences of sexual assault on a victim and those associated with that victim	<input type="checkbox"/>	<input type="checkbox"/>
W-9.12 determine "safer" sex practices, e.g., communicate with partner, maintain abstinence, limit partners, access/use condoms/contraceptives properly	<input type="checkbox"/>	<input type="checkbox"/>
W-9.13 identify and describe the responsibilities and resources associated with pregnancy and parenting	<input type="checkbox"/>	<input type="checkbox"/>
W-9.14 develop strategies that address factors to prevent or reduce sexual risk, e.g., abstain from drugs and alcohol, date in groups, use assertive behaviour	<input type="checkbox"/>	<input type="checkbox"/>

- NO, I do not give permission** for my student to participate in the Human Sexuality lessons of Health and Life Skills, and they will leave the classroom and be provided an alternate learning task in a supervised space.

I confirm that I am the parent / legal guardian of the student named below and have chosen to exercise my right to either provide opt-in consent or exempt my student from the Human Sexuality component in the **Health and Life Skills** course described in the parent/guardian notice attached. I also confirm that it is my obligation to ensure that this form is returned to the teacher on or before **March 31st, 2026**, as indicated in the notice.

Print Name of Student

Print Name of Parent / Legal Guardian

Signature of Parent / Legal Guardian

Date of Signature (YYYY-MM-DD)

Protection of Privacy Act (POPA)

All personal information requested herein is collected by The Calgary Board of Education to fulfill the purpose set out above, is done so pursuant to section 4(c) of Alberta's *Protection of Privacy Act* (POPA) and is used under the authority of section 12(1)(a) of POPA.