



## Parental Notification and Opt-in Consent for Human Sexuality | Physical Education and Wellness Grade 5

Parent/Legal Guardian

December 4, 2025

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 curriculum, **Grade 5** students take [Physical Education and Wellness \(PE&W\)](#). In this class, they will begin learning about human sexuality in an age-appropriate and respectful way. This learning supports the outcome: “**Students connect puberty to the capacity for human reproduction.**”

Your student’s class will start learning about this topic on or after **February 5, 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. Your consent is required by **January 17, 2026**.

Parent/Guardian Options:

1. **Opt-In Full Consent** – Your student will participate in all human sexuality lessons.
2. **Non-Participation** – Your student will not receive these lessons and will be provided with alternative learning tasks in a supervised setting.

Please note non-participation in these human sexuality lessons will not affect a student’s **PE&W** grade as the teacher will provide alternative learning tasks and assessments.

Sincerely,

Jeremy Lang  
Principal, West Ridge School  
t | 403-817-3552  
jplang@cbe.ab.ca



## Opt-In for Human Sexuality: Physical Education and Wellness Grade 5

**Please complete, sign and return this form.**

I have received notification that my student is in the **grade 5 Physical Education and Wellness (PE&W)** 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 **PE&W** curriculum as follows.

Please select one:

- ☐ **Yes, I give permission** for my student to **fully** participate in the human sexuality component of the **PE&W** curriculum as follows:

| Learning Outcomes                                                |
|------------------------------------------------------------------|
| Students connect puberty to the capacity for human reproduction. |

- ☐ **NO, I do not give permission** for my student to participate in the human sexuality lessons of PE&W, 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 **PE&W** 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 **January 17, 2026** as indicated in the notice.

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Print Name of Student

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Print Name of Parent / Legal Guardian

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Signature of Parent / Legal Guardian

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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.