Calgary Board of Education

November 16, 2026

RE: Opt-In | Physical Education and Wellness | Grade 7

Dear Parent/Guardian:

In accordance with the Education Act (Section 58.1) and new Alberta opt-in legislation, schools must obtain written parental consent before providing any instruction, presentation, or materials that deal primarily and explicitly with human sexuality. Students cannot participate in these lessons unless consent is explicitly granted.

As part of the **Physical Education and Wellness Curriculum and Pilot** students in **Grade 7** will learn about topics related to Growth and Development and Healthy Sexual Relationships organizing ideas. These lessons are developmentally appropriate and meet the outcomes in the Alberta Physical Education and Wellness Curriculum. This is a mandatory part of this curriculum and is contained in the following Grade 7 Physical Education and Wellness outcomes.

In **Grade 7** the growth and development outcome states, "***Students explore personal beliefs and decisions in relation to sexual health and activity."*** The Healthy Sexual Relationships outcome states **"*Students examine intimacy and its role in healthy sexual relationships."*** Alberta Education Physical Education and Wellness curriculum aims to help students make well informed, healthy choices and build skills that will support the well-being of self, others and the community. You can learn more about this outcome by clicking on this link: https://curriculum.learnalberta.ca/curriculum/en/gfc/PDE_7-9

Your student's class will start learning about this topic on or after **January 4, 2027.** Please refer to the table at the end of this letter for a detailed outline of the learning outcomes addressed in this unit. Parents may choose to opt in to all or selected outcomes.

Parent/Guardian Options:

1. **Opt-In Full Consent** – Your student will participate in Growth and Development and Healthy Sexual Relationships
2. **Opt-In Partial Consent** – Your student will only participate in the Growth and Development or Healthy Sexual Relationship lessons which relate to the learning outcomes you agree to.
3. **Non-Participation –** Your student will not receive these lessons and will be provided with alternative learning activities in a supervised setting. You can request that your student either, remains in the classroom or place where the instruction is taking place without taking part in the instruction or use of the instructional material; or, that your student is provided an alternate learning space during this instruction.

Sincerely,

Angela Takla

Angela Takla
Principal, Mountain Park School
t | 403-777-6442
atakla@cbe.ab.ca

Calgary Board of Education

Education Act Section 58.1 | Student Exemption

Physical Education and Wellness Grade 7

Fill out this form:

I have received notification that my student is in a Grade 7 Health and Life Skills class that includes subject matter that deals primarily and explicitly with human sexuality.

As the parent/guardian of _____ (student's name), I give permission for your student to participate in: *(check relevant box)*

☐ **YES**, I **give permission** for my student to **fully** participate in the Human Sexuality component of the Health and Life Skills curriculum.

☐ **YES**, I **give permission** for my student to **partially** participate in the Human Sexuality component of the Health and Life Skills curriculum (please check the learning outcomes you wish your student to participate in which are listed at the end of this form). For the lessons my student will not be participating in, I would like them to:

	Yes, I consent	No, I do not consent
Organizing Idea: Growth and Development: Learning Outcome: "Students explore personal beliefs and decisions in relation to sexual health and activity."		
Organizing Idea: Healthy Sexual Relationships: Learning Outcome: Students examine intimacy and its role in healthy sexual relationships.		

☐ a | Leave the classroom or place where the instruction is taking place or where the instructional material is being used for the duration of that part of the instruction.

OR

☐ b | Remain in the classroom or place where the instruction is taking place without taking part in the instruction or use of the instructional material.

☐ **NO**, I **do not give permission** for my student to participate in the above organizing ideas and learning outcomes

*If you have answered **NO** to the above question, please check one of the following options:*

☐ a | Leave the classroom or place where the instruction is taking place or where the instructional material is being used for the duration of that part of the instruction.

OR

☐ b | Remain in the classroom or place where the instruction is taking place without taking part in the instruction or use of the instructional material.

I confirm that I am the legal guardian of the student named below and have chosen to exercise my right to choose to opt-in or be exempt from the Physical Education and Wellness 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 **November 20, 2026** as indicated in the notice.

Parent/Legal Guardian Signature	Date
Print Parent/Legal Guardian Name	Print Student Name

All personal information contained herein is collected by The Calgary Board of Education to fulfill the purpose set out above, is done so pursuant to section 33(c) of the Freedom of Information and Protection of Privacy Act (Alberta) (FOIP Act), and is used under the authority of section 39(1)(a) of the FOIP Act.