***February* 2020**

WDG Public Health is pleased to provide elementary and secondary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below an insert you can include in your school newsletter and/or announcements if you wish. Images can be included or excluded as they meet your needs. If you have any questions please contact us at

1-800-265-7293 ext. 4111 or email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

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**Information from Public Health:**

Sexual and Reproductive Health Awareness week is February 10-14.

Learning about sexual and reproductive health can play a key role in shaping a child’s views about life, relationships, and healthy development. The Ontario Health and Physical Education curriculum supports healthy growth and development for all children through age-appropriate up-to-date, and accurate education. Dialogue about these important topics is encouraged between parents and children to support a healthy understanding and build the skills necessary to adapt to the physical and emotional changes that occur during puberty. This knowledge helps children develop a positive self-concept and improve their mental health and well-being.

The goal is for children to be able to develop healthy relationships and make informed decisions as they transition into adulthood.

For questions about human development, healthy relationships or sexual health services, visit [www.wdgpublichealth.ca/clinical](http://www.wdgpublichealth.ca/clinical)