Bringing health home

It’s important to know what your child is learning about in health so you are better able to support them at home by sharing your values and beliefs and answering any questions your child may have.

Students in the primary and junior grades focus on the following units:

**Personal safety** – which covers topics such as bullying, playground safety, proper hygiene and bullying.

**Healthy eating** – which covers topics such as nutrition labels, food from around the world and the four food groups.

**Substance use and abuse** – which covers topics such as smoking, drugs, alcohol and medicine safety.

**Growth and development** – which covers topics such as stages of human development, puberty and parts of the human body.

**Tips on talking to your child about health topics:**

- Be informed
- Give the facts
- Be a positive role model
- Don’t wait for your child to come to you with questions, you should go to them
- Share your values and beliefs
- Use proper words when describing body parts
- Give your child positive strategies on how to deal with bullying issues
- Ask questions about what your child is learning in school

Great Websites and Other Resources:

- www.bullying.org
- www.intheknowpeel.ca
- www.kidshealth.org
- www.peelregion.ca/health
- www.changesinme.ca
- www.edu.gov.ca
- The Region of Peel-Public Health
  905-799-700
- It’s So Amazing By~ Robie H. Harris

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