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DATE: May 6, 2009

REPORT TITLE: **DESTINATION PARENTHOOD: ARRIVE PREPARED  
A CURRICULUM FOR STUDENTS ENROLLED IN GRADE ELEVEN  
PARENTING COURSES**

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## OBJECTIVE

The purpose of this report is to provide Regional Council with information regarding a successful collaboration between Peel Public Health's Family Health division and two of Peel Region's school boards. This partnership has resulted in the creation and distribution of a new curriculum, entitled *Destination Parenthood: Arrive Prepared*, for students enrolled in the grade eleven Parenting course.

## REPORT HIGHLIGHTS

- *Destination Parenthood: Arrive Prepared* was launched in April 2007, assisting teachers across Peel Region with educating Peel's high school students about family and reproductive health education.
- As of March 2009, 100 teachers from both Peel District School Board (PDSB) and the Dufferin-Peel Catholic District School Board (DPCDSB) have received training and approximately 5000 students have benefited from the information provided in *Destination Parenthood: Arrive Prepared*.
- The curriculum has received ongoing positive feedback and interest from many organizations including The Ontario Ministry of Education, various public health units and school boards from across Ontario.

## DISCUSSION

### 1. Background

Social Science and Humanities teachers, who are expected to teach information on reproductive health have expressed frustration with the lack of current, quality educational resources available to them. The Ontario Public Health Standards mandate public health units/departments to provide family and reproductive health education support to schools. The Standards are aligned with the Ontario Ministry of Education Curriculum Guidelines (2000) in which reproductive health is a mandatory part of the Social Science and Humanities courses.

Family Health staff in Peel Public Health established ongoing consultation with the Instructional Coordinator for Curriculum and Instruction Support Services with the PDSB, the Coordinator of Religious Education and Faith Formation with the DPCDSB, and high school

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teachers across the Region of Peel. With direction from the Coordinators, the curriculum was created for the grade eleven Parenting course.

**a) Pilot Project**

The *Destination Parenthood: Arrive Prepared* resource was developed (by the Education Specialist) with contributions from Public Health Nurses and educators. Prior to its launch, it was piloted in three secondary schools in Mississauga, Brampton and Caledon.

**b) Scope of the Curriculum**

The curriculum encompasses planning and preparation for parenthood, conception, pregnancy and birth, postnatal care for mothers and babies, breastfeeding, early childhood and brain development as well as parenting skills. The resource includes detailed lesson plans, student handouts, visual aids, student-centred activities, evaluation tools, DVDs, overheads and resource lists. The lessons are designed for teachers who may or may not have received any training in health education; they complement initiatives on differentiated learning and correspond to the Ontario Ministry of Education guidelines.

**c) Training, Distribution and Reach**

A total of 100 teachers have received training since April, 2007 and the resource has been distributed to every PDSB and DPCDSB secondary school in Peel Region in which the Parenting Course is taught.

**d) Response from School Community**

*Destination Parenthood* has received positive reviews from the Coordinators at the two school boards as well as from teachers and students. Evaluations completed by classroom teachers resulted in 90 per cent giving the highest rating of "excellent"; 97 per cent of teachers rated the presenter's skills/knowledge and the usefulness of the resource as "excellent". Some of the comments from the evaluations are as follows:

- "This was, by far, the best in-service I have attended in years. Thank you so very much for putting all of these fabulous resources for Family Studies teachers together."
- "An invaluable resource, especially for new teachers where Family Studies is not their subject area. Fabulous organization!"

**2. Next Steps**

**a) Website Development**

In the coming year, the complete curriculum will be available to educators on-line at [www.destinationparenthood.ca](http://www.destinationparenthood.ca). Links will also be added to Peel Public Health's website.

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**b) Continuing Promotion**

Since its initial launch in April 2007, the *Destination Parenthood: Arrive Prepared* curriculum has been presented and promoted at: The Peel Family Studies Association, The Ontario Family Studies Leadership Council and the Community Health Nurses' Initiatives Group Conference. The Instructional Leader for Family Studies with the Toronto District School Board has requested the curriculum be presented and promoted for potential use within Toronto area schools.

**CONCLUSION**

*Destination Parenthood: Arrive Prepared* is a valuable contribution to Family and Reproductive Health education in Peel's secondary schools. The two main objectives that educators become more confident when teaching family health education, and students become empowered to make sound decisions regarding their own reproductive health, have been met.



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**Approved for Submission:**



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