



Introduction

I want to make good choices in life. Your teen will enhance their ability to make well-informed, considered decisions. They will develop behaviours and attitudes that will help them live healthy, happy lives.

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Your teen will enhance their ability to make good choices today and in the future. They will examine health holistically: the emotional, intellectual, social, spiritual, and physical dimensions. They will learn how to make responsible choices about money and other resources, and they'll learn that their decisions are based on their values and goals. Your teen will continue to plot out their career path as they plan for life after senior high school. For more information about CALM, refer to the [program of studies](#).

Exemptions from CALM

Parents of students who are not at the age of majority or living independently have the right to exempt their child from school instruction in human sexuality education by submitting a letter to the school indicating their intention to do so. Schools will provide alternative learning experiences for those students who have been exempted from human sexuality instruction at the request of their parents. Students must complete the remainder of the course in order to receive credits. Students may be exempted completely from CALM for only two reasons: out-of-province Grade 12 students transferring into Alberta schools; religious beliefs. Parents should contact the principal of the school about these exemptions.

How Your Teen Is Assessed

Your teen's learning is assessed using a variety of tools and strategies within the classroom. Ask your teen's teacher what methods they are using. The different assessment methods tell you and your teen's teacher about your teen's strengths, areas in which your teen requires support, and

how well your teen is doing throughout the course. Your teen's teacher can then change or refine their teaching plans to ensure that learning activities better meet the needs of your teen. At the end of the course, your teen is assessed and their achievement is reported so that you know if they have achieved the expected learning outcomes for their grade.

At the end of certain 30-level courses, your teen will write a diploma exam. These exams determine if students across the province are learning what they are expected to learn. For more information on diploma exams, visit [Diploma exams – Overview](#).

Resources to Help Your Teen

A variety of digital and print resources developed by publishers, Education and Childcare, or Alberta teachers are available to help students learn. Teachers may select and bring into the classroom numerous innovative and creative resources to create rich learning experiences for your teen. Visit [Explore Resources](#) to learn more about the resources your child may encounter.

Where can I get more information?

Learn more about your child's education by visiting <https://curriculum.learnalberta.ca/parents/>.