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Dear Parents/Guardians:

As part of the middle and high school instructional health program, all students starting in grade five are provided the opportunity to participate in Family Life and Human Development. This unit is one of several units taught in health education. It was developed based on national and state health education standards and accordance with Maryland State Regulations (COMAR 13A.04.18). Specific outcomes and activities are designed to be developmentally appropriate for students in each grade level. Updated curriculum guides aligned with state standards and videos for instruction are in place.

Students in grades five through eight receive Family Life and Human Development/Sexual Health instruction, and PE or health instructors, are the primary educators for this unit. The information provided promotes abstinence as the safest, healthiest choice for adolescents. Students may be excused from the bulk of the Family Life and Human Development Unit upon completion of the bottom of this form, from their parent or guardian. Appropriate alternative instruction will be provided for those being excused. Parents are invited to review the information and materials used in the unit. On the back of this form, you will find specific information about the instructional lessons that will be taught in the unit. The portion that students MAY NOT be opted out of are the lessons on puberty and menstruation education.

The teachers responsible for instruction were selected and trained for this particular program. If you do not wish your child to participate in the program, please complete the form at the bottom of this letter and return it to the school. Unless the school receives written communication from the parents/guardians requesting that a student be excused from the program, he/she will automatically be included in the program.

Parents requesting more information about the content of the program are asked to contact the school.

Sincerely,

Louis H. Taylor
Superintendent of Schools

RETURN TO YOUR CHILD'S SCHOOL

I request that my son/daughter, _____, **not attend** the **grade 5** Family Life and Human Development unit portion of health education.

_____ **Date**

_____ **Signature**

Brief Description of Unit	Content Outline
<p>The fifth grade family life and human development unit is the first to present sexual anatomy and reproduction to Worcester County males and females. It is taught by PE and/or health instructors. The focus of the unit is on puberty, the physical changes which occur at this time and how relationships are affected. Included in this unit is information regarding the reproductive system of both genders. Personal hygiene is also included. Another focus of the unit is good decision-making during adolescence and a focus on abstinence. This curriculum incorporates 'best practices' found through research, is written by a Registered Nurse and can be previewed at www.pubertycurriculum.com</p>	<p><u>"I Wonder How Things Work" unit from <u>Puberty: The Wonder Years.</u></u></p> <p>Outcomes from Lessons: Students will...</p> <ul style="list-style-type: none"> • communicate with parents and other trusted adults about growing up • identify roles of families in nurturing children • explain how animal and human life begin • describe the natural changes that occur during puberty • propose ways to care for hair, skin, nails during maturity. <p>Lesson 1 Topics:</p> <ul style="list-style-type: none"> • laying groundwork for appropriate discussions • Interpersonal Communications and speaking with parents and trusted adults • Accessing reliable, accurate information about growing up <p>Lesson 2 Topics:</p> <ul style="list-style-type: none"> • Positive qualities about students' families • Improving communication within families • Examine gender vs. sex, roles, stereotypes, expectations of individuals within a family <p>Lesson 3 Topics:</p> <ul style="list-style-type: none"> • Examine ways animals reproduce • Explain that fertilization must occur for new life • Compare and contrast animal vs. man families • Abstinence education and reasons to wait until adulthood before having sexual relations or reproducing <p>Lesson 4 Topics:</p> <ul style="list-style-type: none"> • Identify changes in a male during puberty • Define structures and functions of male reproductive system • Practice communication skills by talking with parents/trusted adults about puberty <p>Lesson 5 Topics:</p> <ul style="list-style-type: none"> • Identify changes in a female during puberty • Define structures and functions of female reproductive system • Practice communication skills by talking with parents/trusted adults about puberty <p>Lesson 6 Topics:</p> <ul style="list-style-type: none"> • Changes in the skin • Summarize challenges with growing up and puberty • Proposing ways to care for oneself/personal hygiene