

September 2019

Dear Fifth Grade Parents:

As part of the California Health Education Content standards for 5th grade, the Mountain View Whisman School District is required to provide 5th grade students with a unit on human growth and development. The District will continue to use the *Puberty Talk* program.

Puberty Talk is five-hour program developed by Health Connected, a non-profit agency dedicated to helping young people feel confident and supported to make informed decisions about their own sexual health, located in Redwood City. Health Connected has been providing Human Growth and Development curriculum for most of the schools in San Mateo County for many years. The *Puberty Talk* program was developed in accordance with the California Health Education Content Standards for "Growth, Development and Sexual Health" and reflects the most current requirements outlined in California Educational Code.

Students in fifth grade will participate in the program during the school day over one week during the school year. The classes will be taught by a trained health educator from Health Connected. Your child's classroom teacher will be present to support both the presenters and students throughout the entire program. Lessons will include: the reproductive system as one of the body's systems; physical and chemical changes associated with puberty; hygiene; general wellness; decision-making; respect for one's own body; and refusal skills. Throughout the program, students will be encouraged to discuss class information with parents and ask questions.

You are welcome to join Health Educators from Health Connected and our District nurses to preview the *Puberty Talk* materials on **Monday, September 23rd, 6:00pm District Office Conferene Room D, 1400 Montecito Ave., Mountain View.** This preview is for parents only, and the meeting will be translated in Spanish (childcare will not be provided).

Information will be sent home with your child with the dates of the *Puberty Talk* Program. While we hope every student will participate in *Puberty Talk*, we understand that this may be a subject you prefer to discuss with your child. If you **DO NOT** want your child to participate in *Puberty Talk*, please submit a written note to your child's fifth-grade teacher or the school administration. An alternate activity will be provided.

If you are unable to attend the information night and still would like to preview the materials, please contact our District Office, (650) 526-3549. More information is also available at <http://www.health-connected.org>

Sincerely,



Cathy Baur, Chief Academic Officer