



# Iowa City Community School District

## Educational Services Center

Stephen F. Murley Superintendent of Schools

1725 North Dodge Street • Iowa City, IA 52245 • (319) 688-1000 • Fax (319) 688-1009 • [www.iowacityschools.org](http://www.iowacityschools.org)

Dear Parents or Guardians,

During this school year, your child will be participating in the Human Growth and Development curriculum as part of their Personal Development or Health class. The lessons focus on helping students learn to make positive choices about their behaviors, relationships, safety, and their personal health. Teachers may invite guest speakers who are experts in their health field to teach various content. The classroom teacher is always present in the classroom during these presentations. Community and professional partners that may be used to enhance the curriculum include, but are not limited to, Rape Victim Advocacy Program (RVAP), United Action for Youth (UAY), University of Iowa, and Planned Parenthood.

### **Sexual Health Topics** (content varies by grade level)

- Puberty - physical, emotional, mental and social changes. **7th grade**
- The Reproductive System **Grades 7-9**
- Choosing Abstinence **Grades 7-9**
- Practicing abstinence and refusal skills **Grades 8-9**
- STDs/STIs, HIV/AIDs **Grades 7-9**
- Birth control - **Grades 7-9**
- Dating and relationships - **Grades 8-9**
- Sexual Boundaries/ Respecting Sexual Boundaries/Sexual Peer Pressure **Grades 8-9**
- Substance Abuse and Sexual Activity **Grades 8-9**
- Personal and legal consequences of sexual activity **Grades 8-9**
- Hormones and sexual feelings - difference between love and lust, responsible decisions **9th**
- Signs of pregnancy and prenatal development/prenatal care/stages of labor **9th grade**
- Teen Parenting - How to parent, skills and resources, safe surrender laws. **9th grade**
- Sexual abuse and violence - incest, rape; reduce the risk, protecting yourself against date rape. What to do if you or someone you know is raped. **9th grade**
- Define Sexuality **7th grade**
- Gender Roles, Identity, Expression and Sexual Orientation **Grades 7-9**
- Social Tolerance of Sexual Diversity/Respecting Differences **Grades 7-9**
- School Support Services and Clubs for LGBTQ and allies **Grades 7-9**

Parents are the primary educators for their children. It is in the home that children learn the most about family life and planning for their futures. We see ourselves as partners in delivering the Human Growth and Development information.

So that you as a parent can be an effective partner with us, we encourage you to examine the curriculum materials. They are available in your child's classroom for your review. Please contact your child's teacher if you have questions about this curriculum. If you want your son/daughter to be excluded from a portion of this program please notify the building principal in writing.

Sincerely,  
Sue Chelf  
K-12 Health Coordinator  
Iowa City Community School District  
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