

**(Date)**

Dear Parent:

Your child is about to begin, or may have already begun, a period of rapid growth called puberty. Many children wonder if they are normal as they notice themselves and their friends going through physical, emotional, and social changes that prepare them for adulthood.

By teaching children about the wonderful ways they are maturing, adults can promote a positive attitude toward sexuality that helps children grow into healthy, responsible adults. Children who have talked to their parents and other trusted adults are more likely to understand the changes they are going through and are able to avoid risky behavior. Too many young people get involved in premature sexual activity that can result in serious problems, such as heartbreak, sexually transmitted infections, HIV infection, or pregnancy.

As your partners in education, teachers in the ICCSD use an approved curriculum called *Puberty: The Wonder Years*, as part of our health program.. These lessons will be taught beginning the week of **(insert date)**.

Your child will be encouraged to talk to you about growing up and to ask you questions. Interviews with a parent or another trusted adult will be assigned as homework in order to promote open communication. You will receive two Family Partnership Flyers that contain helpful information and resources.

The main focus of *Puberty: The Wonder Years* is two-fold:

- Promote appreciation and respect for the amazing changes experienced by self and others.
- Equip children with the skills they need to postpone sexual intercourse.

Please read the information on the second page that summarizes the lessons that will be taught at each grade level. 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 me if you have any questions or would like to discuss this information further.

Sincerely,

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**(Signature of teacher or principal)**

**Email**

## **Puberty: The Wonder Years Grade 6 “I Wonder What Happens Next”**

“I Wonder What Happens Next” lessons begin with a review of prior knowledge about puberty and development of guidelines for a safe and productive classroom climate. Students learn about reproduction, fetal development, reproductive anatomy and physiology, and the social-emotional changes in puberty. Students learn to differentiate between respectful, healthy relationships versus disrespectful, unhealthy relationships. Students practice interpersonal skills for healthy relationships and refusal skills for risky sexual situations. Students will be able to explain ways to eliminate or reduce the risks of unplanned pregnancy and sexually transmitted infections. The emphasis is on motivating young people to make behavioral choices that will keep themselves healthy now and for future reproductive health.