Families:

Throughout the next few weeks, your student will be learning about safety and human growth and development through health and counseling lessons. As your partners in education, the ICCSD has approved a curriculum called 3 R’s: Rights, Respect, Responsibility, to support learning in these areas. Learning about good communication, safety in relationships, and growth and development lays a foundation that can support healthy relationships and healthy behaviors throughout a person’s lifetime. This K-12 curriculum, therefore, is a collection of lesson plans on a wide range of topics including: self-understanding, family, growth and development, friendship, sexuality, life skills, and health promotion.

Your child is about to begin, or may have already begun, a period of rapid growth called puberty. As children grow and mature, many of them often 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 ways they are maturing, adults can promote a positive attitude toward sexuality that helps children grow into healthy, responsible adults. As parents and caregivers, we also want to ensure that our children stay safe in an ever-changing world. 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 recognize and avoid risky behavior, as well as respond to potentially uncomfortable or unsafe situations. At every stage of development, children have the right to age-appropriate information about health, sexuality, and relationships.

As part of the lessons, students are encouraged to ask questions. All questions will be answered openly and honestly based on research-based, medically factual information. Your student will be encouraged to talk to you about growing up and to ask you questions as well. It is important for young people to be able to talk openly and comfortably about sexuality issues with their parents/caregivers. If you would like support for talking to your child about these topics, please reach out to me. If you would like to view the full lessons and materials, please contact the building principal to set up a time to do so.

HEALTH LESSONS

3R’s lessons will be delivered by the classroom teacher and will focus on the core concepts of human growth and sexuality. In accordance with our administrative guidelines*, all lessons will be taught in an inclusive setting with all students together regardless of gender. 6th grade includes the following lessons and learning objectives:

Lesson 1: Change is Good!
Learning Objectives:
By the end of this lesson, students will be able to:
1. Name at least one physical, social, cognitive and emotional change young people go through during adolescence.
2. Identify at least two websites that contain additional medically-accurate information about puberty and adolescence for young people their age.

Lesson 2: Communicating About a Sensitive Topic
Learning Objectives:
By the end of this lesson, students will be able to:
1. Define three types of communication: passive, assertive and aggressive.
2. Demonstrate an understanding of assertive communication as the most effective way of telling someone they do not want to do something sexual with them.
3. Demonstrate an understanding of how to communicate assertively about one’s own decision to wait to engage in any shared sexual behaviors.

Lesson 3: More Than Friends: Understanding Romantic Relationships
Learning Objectives:
By the end of this lesson, students will be able to:
1. Describe at least two characteristics of a friendship, and two characteristics of a romantic relationship.
2. Identify at least two similarities and two differences between friendships and romantic relationships.

Lesson 4: Liking and Loving Now and When I'm Older

Learning Objectives:
By the end of this lesson, students will be able to:
1. List at least three non-sexual activities people can do to show others they like or love them.
2. Describe the three types of sexual intercourse, including whether/how they are related to human reproduction.
3. Define “abstinence” and its connection to pregnancy prevention.

PERSONAL SAFETY LESSONS

Personal Safety lessons will be delivered by the school counselor and will focus on the following core concepts, which build on each other from one grade to the next. 6th grade includes the following lessons and learning objectives:

Lesson 1: Healthy Relationships, Consent, and Trusted Adults

Learning Objectives:
By the end of this lesson, students will be able to:
1. Define what a boundary is, with an emphasis on personal boundaries.
2. Identify the importance of communicating boundaries.
3. Define what consent is and what it is not.
4. Identify at least 2 behaviors of a healthy relationship and 2 behaviors of unhealthy relationships.
5. Identify a trusted adult and/or 1 way to find a trusted adult.

Lesson 2: Body Autonomy, Consent, and Talking to a Trusted Adult

Learning Objectives:
By the end of this lesson, students will be able to:
1. Define sexual harassment.
2. Recognize signs of sexual harassment.
3. Identify helpful bystander responses to sexual harassment.
4. Identify at least 2 factors that can impact a person’s ability to give consent.

Lesson 3: Help Seeking

Learning Objectives:
By the end of this lesson, students will be able to:
1. Define each of the 3 ACT steps
   A - Acknowledge the problem. This means, in order to help our friends, we can't ignore the hurt that is being caused. People feel better when we believe them.
   C - Care. Let the person know you care. Knowing a friend is listening and cares DOES make a difference for friends.
   T - Tell a responsible adult. In the last 2 weeks, we've talked a lot about identifying trusted adults. This is an important part of getting help for ourselves or friends and can help stop abuse or other harmful behaviors.
2. Describe how each step can help friends.
3. Describe the difference between tattling/snitching and helping.

These lessons will be taught through class health lessons and counseling lessons in the spring (contact your building counselor or student's classroom teacher for exact dates). As a parent or guardian, you have the right to preview these materials. Please email me if you have any questions or wish to preview the materials. If, due to religious objections to the content, you would like your student to opt out of these lessons, please submit this request in writing to the building principal.

Sincerely,

Lindsey Schluckebier (She, Her, Hers), Curriculum Coordinator: CTE, Counseling, Health;
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*These lessons have been designed to provide information to all students on human growth and development and align with the ICCSD LGBTQ+ guidelines, which state: “The district will encourage and engage in gender fair approaches to the educational program. Every student has the right to an LGBTQ+ inclusive curriculum and comprehensive sexual health education.” This policy falls under the district Bullying/Harassment Policy in adherence with Iowa Code Section 280, Iowa Safe School Law, Iowa Civil Rights Act Section 216.9, Federal Title IX of Education Acts. Students will receive this instruction in an inclusive setting which will not be separated by gender.