



Iowa City Community School District

Educational Services Center

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

Dear Parents or Guardians:

During this trimester, 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 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) and United Action for Youth (UAY).

Matthew Degner
Superintendent
of Schools

Amy Kortemeyer
Deputy Superintendent

R Chace Ramey
Deputy Superintendent

Sexual Health Topics (content varies by grade level)

- Puberty: Physical, Emotional, Mental, and Social Changes (Grades 7 & 8)
- The Reproductive System (Grades 7–High School)
- Choosing Abstinence (Grades 7–HS)
- Practicing Abstinence and Refusal Skills (Grades 8–HS)
- STDs/STIs, HIV/AIDS (Grades 7–HS)
- Birth Control (Grades 7–HS)
- Dating and Relationships (Grades 8–HS)
- Sexual Boundaries/Respecting Sexual Boundaries/Sexual Peer Pressure (Grades 8–HS)
- Substance Abuse and Sexual Activity (Grades 8–HS)
- Personal and Legal Consequences of Sexual Activity (Grades 8–HS)
- Hormones and Sexual Feelings: Difference Between Love and Lust, Responsible Decisions (HS)
- Signs of Pregnancy and Prenatal Development/Prenatal Care/Stages of Labor (HS)
- Teen Parenting: How to Parent, Skills and Resources, Safe Surrender Laws (HS)
- Sexual Abuse and Violence: Incest, Rape; Reducing Risk, Protecting Yourself Against Date Rape; What to Do if You or Someone You Know Is Raped (HS)
- Define Sexuality (Grades 7 & 8)
- Gender Roles, Identity, Expression, and Sexual Orientation (Grades 7–HS)
- Social Tolerance of Sexual Diversity/Respecting Differences (Grades 7–HS)
- School Support Services and Clubs for LGBTQ and Allies (Grades 7–HS)

Parents/Guardians 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 your partners in delivering the Human Growth and Development information. So that you as a parent/guardian can be an effective partner with us, we encourage you to examine the curriculum materials. They are available in the classroom for your review. Please contact the teacher if you have questions about this curriculum. If you want your child to be excluded from a portion of this program, please notify the counseling/guidance office.

Sincerely,
Lindsey Schluckebier, K–12 Health Coordinator
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(319) 688-1000