INFORMATION SHEET 1/11/2022 TRUSTEES' MEETING

To: Board of Trustees

From: Sarah Steen

Re: Family Life Education Curriculum: Puberty, 5th Grade

Background:

In January 2016, California adopted new legislation covering comprehensive sexual health education and HIV prevention education in public schools. The law, called the California Healthy Youth Act - Education Codes 51930-51939 (Assembly Bill 329), attempts to standardize and update sexual health education in the state. Jefferson School District approved the Teen Talk Middle School Curriculum in 2017. This year we would like to add the puberty curriculum, "Puberty Talk", to be taught in 5th grade. This program was selected because it aligns to the sexual health education curriculum currently taught in 7th grade.

Trained teachers will deliver the curriculum. Topics covered:

- Trusted adults and age-appropriate resources
- Gender identity, expression, and attraction
- Human bodies and reproduction
- Physical and emotional puberty changes
- Wellness, hygiene, and self-care
- Consent, boundaries, and personal safety
- Healthy and unhealthy friendships

The Puberty Talk curriculum can be taught in 5 to 6 class periods. The lessons meet the stringent requirements of the California Healthy Youth Act (CA Education Code sections 51930-51939) and are aligned with the 5th grade California Health Education Content Standards for "Growth, Development, and Sexual Health". Puberty Talk was developed for use in California schools and was designed to be inclusive of diverse racial, ethnic, religious, and sexual identities, for mixed-gender classrooms. All activities are available in English and Spanish. CA state law allows families to remove their student from all or part of any sexual health education provided in school. A parent letter and preview night will inform families each year before the curriculum is taught in class.

A sample of the Puberty Talk curriculum can be previewed at the District Office. To make an appointment please call the curriculum office at (209) 836-4531. You may also contact Health Connected directly at parents@health-connected.org. For more information and resources for families visit www.health-connected.org or www.lets-talk.how.

Recommended Action: This item is for your information. We will bring the program back at the next board meeting for action.

Puberty Education

The Need for Puberty Education

- Provides the foundation needed for 7th and 9th grade sexual health education curriculum
- Updated curriculum complies with laws and covers health standards
- Moves away from lessons in the past comprised of a video and often a narrow view of families and gender norms
- Encourages conversations with parents and trusted adults early on
- Demystifies conversations about bodies and puberty changes
- Establishes social norms for respect
- Addresses bullying issues that can be tied to puberty changes and sexuality
- Gives students medically accurate information and terminology related to reproductive anatomy and puberty changes

Female Body Changes

Body change	**Age at which it happens**
Growth of breasts	7 - 13
Growth of pubic hair	7 - 14
Body growth and weight gain	9.5 - 14.5
First period (menarche)	10 - 16.5 (average now is 12 - 12.5)
Ovulation regulates	2 years after first period
Underarm hair	2 years after pubic hair starts
Acne	Around time of underarm hair growth

Male Body Changes

Body change	**Age at which it happens**
Growth of testicles and scrotal sac	10 - 15 (Male bodies generally fertile before adult-like appearance)
Growth of pubic hair	10 - 15
Body growth and weight gain	10.5 - 16.5
Growth of penis	11 - 14.5
Change in voice	Around time of penis growth
Facial and underarm hair	About 2 years after pubic hair starts
Acne	Around time of underarm hair growth

talk with your kids

It's always the right time to communicate openly and honestly with your kids.

The timeline + tips* below were developed to help you build a foundation of trust + mutual respect with your kids + start an ongoing conversation with them as they develop + grow.

0-2yrs.

Connection + Discovery

- Role model healthy relationships—your child is learning about love, safety and how to trust others.
- Positively acknowledge your child's exploration of their body. Discuss that this is a private, not public, behavior.
- Always use correct terms to refer to your child's body parts.

3-5yrs.

Curiosity + Exploring Differences

- As your child's gender identity develops, encourage them to respect themselves and others.
- Let them know they can talk to you or other trusted adults about anything.
- Teach them about appropriate touch and how to say no to unwanted touch.
- Be ready to give a simple description of where babies come from.

6-8yrs.

Reproduction + Privacy

- Be prepared to answer more mature questions about reproduction.
- As children become more independent, reinforce the importance of open communication in your family.
- Explain puberty and what to expect. Share resources early and often.
- Promote healthy body image.

9-12yrs.

Puberty + Preteen Development

- As your child goes through puberty, emphasize that all bodies develop differently and at their own pace.
- Reinforce that masturbation is natural and healthy, but should be done privately.
- Share personal experiences or use examples from popular media to discuss what healthy relationships look and feel like.
- Discuss your family's expectations and values about dating and sexual activity.

13-18yrs.

Adolescence + Healthy Relationships

- Talk about the benefits of delaying sexual activity.
- Discuss birth control and STD prevention to help them avoid risky sexual behavior.
- Encourage your child to evaluate their relationships. Reinforce that healthy relationships are built on trust and equal power.
- Ensure that they know how to say "no." Explain what mutual consent means and why it is important.
- Share where they can access sexual and reproductive health care services.

This resource was developed by Essential Access Health + Planned Parenthood of Los Angeles.

*These tips are based on evidence-informed recommendations from experts in the field.

Learn more @ talkwithyourkids.org

The Curriculum

- The Puberty Talk curriculum can be taught in 5 - 6 class periods, in 5th grade, by a trained teacher
- It is designed to be inclusive of diverse racial, ethnic, religious, and sexual identities, for mixed-gender classrooms
- All activities are available in English and Spanish
- A parent letter and preview night will inform families each year before the curriculum is taught in class
- CA state law allows families to remove their student from all or part of any sexual health education provided in school

For More Information

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  - To make an appointment please call the curriculum office at (209) 836-4531
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- Additional resources can be accessed online at www.health-connected.org and www.lets-talk.how