

Dear Parents,

Our 4th-5^h graders are about to study an important lesson on puberty in health class. The boys and girls will split up into separate rooms and will have a presentation on puberty based on their gender. To assure age appropriateness, they will also be split up by grade for the presentations.

The presentation will help both boys and girls:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.
- Understand that your body is God's gift to you and it is your responsibility to respect it.
- Understand puberty is part of God's plan for you to prepare you for your future as a mother or father, if you are called to the vocation of marriage.

In addition, the program helps girls:

- Understand the menstrual cycle.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities.

To start the conversation we will watch the "Always Changing and Growing Up" puberty education videos. The girls will be watching the girls video and boys the boys video. If you would like to view the videos please go to www.pgschoolprograms.com. Please keep in mind this is not a sex education talk.

We will do the program sometime this school year. Please sign and return this letter by October 16, 2022 indicating your permission for your child to participate in the lessons.

Thank you very much for your interest in this important education program.

Mrs. Meiller, & Father Chad

(Please detach bottom portion of this form and return to school)

(Students Name)

- has my permission to participate in the puberty lesson.
 - does not have my permission to participate.
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