



Dear Parents:

Our 9-12 group is about to study important lessons on the early stages of puberty which many fourth/fifth/sixth graders are beginning to experience. The Always Changing® and Growing Up Program helps 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. 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.

The Always Changing® and Growing Up Program is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 25 years and has been taught to millions of students nationwide. We will teach the program from June 3-6th. The lessons will be conducted in each classroom, co-ed with mixed age levels. The 6th grade standards include a supplemental reproduction component that will be taught separately on one of these days.

Please sign and return this letter by Tuesday, May 28th, indicating your permission for your child to participate in the lessons. If you have any questions about the Always Changing® and Growing Up Program, or if you would like to review the program materials in advance, please email your child's teacher or stop by the office to preview the printed material.

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

_____ has my permission to participate in the Always Changing® and Growing Up Puberty Education Program.

_____ does not have my permission to participate.

_____ (parent's signature)

_____ (date)