

**TOPPENISH SCHOOL DISTRICT
 COMPREHENSIVE SEXUAL HEALTH EDUCATION
 OPT-OUT ELEMENTARY LETTER**

Dear Parent or Guardian:

Your child will receive Comprehensive Sexual Health Education instruction as part of their overall health education curriculum. Students in grades K-3 will not participate in the Comprehensive Sexual Health Education instruction, they will be provided with Social Emotional Learning curriculum (Character Strong). In grades 4-5 the curriculum used is Puberty: The Wonder Years.

Our school district acknowledges that parents/guardians are the primary health educators for their child/children, and we are committed to working with and supporting you in this role. In grades 4th & 5th topics in Puberty: The Wonder Years may include Ready, Set, Grow; Male Reproductive System; Female Reproductive System, Reproduction; Personal Hygiene; Gender Expression; Safe Touches; HIV & Sexually Transmitted Illnesses. Gender Expression covers concepts inclusive of LGBTQ+ students. It includes topics such as gender identity through name, pronouns, clothing, hair styles, behavior, voice or body features, it is intended to “better inform” students about their sexuality and the sexuality of others. <https://healthandlearning.org/comprehensive-health-education-includes-sexual-health/>

Parents/guardians have the option of excluding their child from any of the topics included in the Comprehensive Sexual Health Education instruction. If so, please fill out the exclusion form below and return to your child’s school. Students who are excused will be given alternate assignments. If you have further questions please contact your child’s school.

Comprehensive Sexual Health Education OPT-OUT

Please excuse my child, _____, from the following sections of the Puberty: The Wonder Years. Check the box(s) you DO NOT want your child to participate in. A unit overview of each section below is attached.

4 th Grade	5 th Grade
<input type="checkbox"/> A Climate for Growth <input type="checkbox"/> Families and Roles <input type="checkbox"/> Respecting Our Friends <input type="checkbox"/> Puberty in Male-Bodied People <input type="checkbox"/> Puberty in Female-Bodied People <input type="checkbox"/> Caring for the Changes	<input type="checkbox"/> Ready, Set, Grow <input type="checkbox"/> Puberty and the Male Reproductive System <input type="checkbox"/> Puberty and the Female Reproductive System <input type="checkbox"/> Reproduction <input type="checkbox"/> Personal Hygiene and Healthy Habits <input type="checkbox"/> Social and Emotional Changes <input type="checkbox"/> Respecting our Friends-Consent <input type="checkbox"/> Understanding Ourselves and Others: Gender and Sexual Orientation <input type="checkbox"/> Safe and Nurturing Touches Only <input type="checkbox"/> HIV & Sexually Transmitted Illnesses

I prefer to teach my child at home. Please send me supplemental materials of the areas I have checked above in English or Spanish.

Parent/Guardian Signature: _____ Date _____

Comprehensive Sexual Health Education

Puberty: The Wonder Years

4th Grade Lessons & Student Learning Objectives

LESSON 1: A Climate for Growth

Students will be able to:

- Participate in classroom discussions and related activities in a way that is respectful of themselves, their peers, teachers as demonstrated by active participation in community guideline creation and use of guidelines in discussions.
- Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three strategies to prepare for the conversation.
- Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by identifying two adults they could engage in conversation.

LESSON 2: Families and Roles

Students will be able to:

- Demonstrate ways to promote dignity and respect for all types of families by listing at least four characteristics that can make family members unique.
- Demonstrate appreciation for family members and other trusted adults by listing at least four positive traits for each family member and communicating gratitude to two of these people.

LESSON 4-3: Respecting Our Friends: Gender

Students will be able to:

- Define at least three of five terms used to describe gender identity and gender expression during a matching game.
- Demonstrate the respectful use of at least two gender-related terms while discussing student scenarios that illustrate gender diversity with peers and include respectful body language, words, and tone of voice.

LESSON 4: Puberty in Male-Bodied People

Students will be able to:

- Describe at least five changes that typically occur in male-bodied people during puberty after viewing a video about puberty.
- Match at least four out of six terms for the anatomy of the male reproductive system by labeling a diagram.
- Display their communication skills by talking with a parent or other trusted adult about puberty using the

second family activity sheet as evidenced by the adult's signature on the activity sheet.

LESSON 5: Puberty in Female-Bodied People

Students will be able to:

- Describe at least five changes that typically occur in female-bodied people during puberty after viewing a video about puberty.
- Match at least five out of seven terms for the anatomy of the female reproductive system by labeling a diagram.
- Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet.

LESSON 6: Caring for the Changes

Students will be able to:

- Explain ways to care for their bodies as they go through puberty by correctly identifying at least three challenges and solutions for personal hygiene.
- Make a plan for maintaining personal hygiene during puberty that includes at least four ways to care for their bodies.

5th Grade Lessons & Student Learning Objectives

LESSON 1: Ready, Set, Grow!

Objectives

Students will be able to:

- Participate in classroom discussions and related activities in a way that is respectful of themselves, their peers, teachers as demonstrated by active participation in community guideline creation and use of guidelines in discussions.
- Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by describing three strategies to prepare for the conversation.
- Demonstrate preparation to have a conversation with a parent or other trusted adult about puberty by identifying two adults they could engage in conversation.

LESSON 2: Puberty and the Male Reproductive System

Students will be able to:

- Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet.
- Describe five changes that typically occur in people assigned male at birth during puberty after viewing a video about puberty.

- Identify terms for the anatomy of the male reproductive system by labeling a diagram, matching at least four out of six terms.

LESSON 3: Puberty and the Female Reproductive System

Students will be able to:

- Display their communication skills by talking with a parent or other trusted adult about puberty using the second family activity sheet as evidenced by the adult's signature on the activity sheet.
- Describe five changes that typically occur in people assigned female at birth during puberty after viewing a video about puberty.
- Identify terms for the anatomy of the female reproductive system by labeling a diagram, matching at least five out of seven terms.

LESSON 4: Reproduction

Students will be able to:

- Describe two key changes in puberty that indicate an individual is physically capable of becoming pregnant or getting someone pregnant.
- Explain the roles of eggs, sperm, and sexual intercourse in reproduction.
- List ways pregnancy can occur by giving three examples.

LESSON 5: Personal Hygiene and Healthy Habits

Students will be able to:

- Distinguish between accurate and inaccurate sources of information about puberty by listing five or more accurate sources.
- Develop a personal puberty plan to show their intent to implement personal hygiene and healthy habits.
- Identify benefits of delaying close sexual contact, including prevention of STIs and pregnancy by naming three benefits of waiting.

LESSON 6: Social and Emotional Changes

Students will be able to:

- Identify six social and emotional changes and the role of hormones during puberty.
- Demonstrate respectful communication and boundaries when responding to biographies about peers who are going through puberty.

LESSON 7: Respecting our Friends-Consent

Students will be able to:

- Explain consent, personal boundaries, and bodily autonomy by identifying their presence in scenarios and

creating two cartoons to illustrate consent.

- Identify situations where consent is violated and strategies for responding to uncomfortable or dangerous situations, including sexual harassment, by analyzing scenarios and naming three actions to take.

Lesson E: Understanding Ourselves and Others: Gender and Sexual Orientation

Students will consider all the roles their eyes play. This analysis will be used to help students understand the concepts related to gender and sexual orientation. The diversity of human characteristics will be illustrated and discussed. Students will identify credible sources of information they can go to with questions.

Lesson F: Safe and Nurturing Touches Only

Students will discuss the role of boundaries, bodily autonomy, and consent related to touch in healthy relationships after watching a video. Students will analyze factors that can affect a person's ability to give or perceive consent to being touched. Sexual abuse is defined after watching a video. Students discuss strategies for responding in situations involving unwelcome touch.

Lesson H: HIV and STIs

Students will learn about sexually transmitted infections, including HIV, by watching videos. They will compete in small groups to recall facts about STI transmission, prevention, symptoms, and testing. Students will learn about biomedical advances in prevention and treatment of STIs.