



A 21st Century Learning Community

Catalina Foothills Unified School District #16

2101 E. River Road, Tucson, AZ 85718

(520) 209-7500

(520) 209-7570 FAX

www.cfsd16.org

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Dear Parent/Guardian:

Human Growth and Development is a state approved curricular program offered on a voluntary basis to fourth through ninth/tenth grade students in the Catalina Foothills School District. The curriculum will be taught at Esperero Canyon Middle School to 7th Grade students in five sessions, depending on your student's physical education schedule. Copies of the program are available in the office. Feel free to stop in and review a copy. All supplementary materials will also be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the main office. The following summary will acquaint you with the general content of this instruction.

7th Grade students will:

- Learn the ground rules for discussion and the proper use of the question box.
- Understand the importance of basic hygiene (e.g., body issues of today-- waxing, shaving, and piercing).
- Know that there are a variety of STDs and their signs and symptoms.
- Know that abstinence prevents STDs.
- Understand the basic structure and function of the male and female reproductive systems.
- Know that abstinence is the only method 100% effective in preventing pregnancy.
- Understand that there is variability in physical and socio-emotional development.
- Examine how media and peer pressure influence personal decision-making.
- Examine how to make tough decisions in the face of outside pressure.
- Understand appropriate and inappropriate "touch" with others and know your legal rights.
- Recognize the legal, social, and emotional consequences of texting and sexting.
- Know how to ask trusted adults questions that deal with personal concerns and health issues.

The form to indicate your wishes for your child's participation is included in this letter and is also available for download on our school's website. Students whose parents do not give permission to participate in this program, or who do not return their forms, will be provided an alternate program.

Sincerely,

Mary Setliff, NBCT
Principal, Esperero Canyon Middle School

Permission Form

Seventh Grade Human Growth & Development Curriculum

PLEASE RETURN TO THE STUDENT'S PE/HEALTH TEACHER.

_____ I wish to have my child participate in learning the 7th grade Human Growth and Development Curriculum at Esperero Canyon Middle School.

_____ I do **not** wish to have my child participate in learning the 7th grade Human Growth and Development Curriculum at Esperero Canyon Middle School. I understand that an alternative program will be provided.

_____ I wish to have my child participate in the circled sessions only (1 2 3 4 5) of the 7th grade Human Growth and Development Curriculum at Esperero Canyon Middle School. I understand that an alternative program will be provided during those Human Growth and Development sessions in which my child is not participating.

Parent/Guardian's Signature _____

Child's Name _____