



A 21<sup>st</sup> Century Learning Community

**Catalina Foothills Unified School District #16**

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[www.cfsd16.org](http://www.cfsd16.org)

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 6th Grade students in five sessions in the spring semester, depending on your student's physical education schedule. Copies of the program are available in the office. You may make an appointment 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.

6th 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., menstrual products, toxic shock, bathing/showering, genital cleanliness).
- Know that sexually transmitted diseases (STDs) exist and can cause illness.
- Know that abstinence prevents STDs.
- Identify the main parts and functions of the male and female reproductive systems.
- Know that abstinence is the only method 100% effective in preventing pregnancy.
- Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.
- Examine the influence of media on the perception of appropriate behavior (e.g., dress, flirting, public displays of affection, language).
- Examine the influence of friends on personal behavior and decision-making.
- Recognize that individuals have different degrees of friendship with others (changes in friendships, degrees of sharing "secrets", differing emotional development).
- Understand situations and behaviors with others that constitute bullying, inappropriate "touch," and sexual harassment, and know your legal rights.
- 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  
Principal, Esperero Canyon Middle School

# Permission Form

## Sixth Grade Human Growth & Development Curriculum

**PLEASE RETURN TO YOUR STUDENT'S PE TEACHER OR TO THE ECMS FRONT OFFICE**

\_\_\_\_\_ I wish to have my child participate in learning the 6th grade Human Growth and Development Curriculum at Esperero Canyon Middle School.

\_\_\_\_\_ I do **not** wish to have my child participate in learning the 6th 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 6th 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 \_\_\_\_\_

Student's Name \_\_\_\_\_

PE/ Health Teacher's Name \_\_\_\_\_