



## Human Growth and Development (HGD) Opt-In Form 2019-20

Student Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Elementary School: \_\_\_\_\_ Grade: \_\_\_\_\_

As a parent/guardian, you have the option of whether or not your student receives education about Human Growth and Development in the Wichita Public Schools. The curriculum that your student would receive at each grade level is described in the following table:

**Elementary Curriculum** Research shows that many 4<sup>th</sup> and 5<sup>th</sup> grade boys and girls are beginning to experience the physical and emotional changes that occur during puberty. The Wichita Public Schools' HGD curriculum includes a lesson to help students understand this normal part of growth and development.

**4<sup>th</sup> Grade** Girls and boys are separated for this lesson that includes a video and discussion of the following topics. The girls watch the video *Puberty for Girls: Top Ten Things to Expect* and the boys watch the video *Puberty for Boys: Top Ten Things to Expect*.

- \*A Time to Change
- \*A Different Body, A Different Look
- \*Organs & Glands
- \*Top Ten Things to Expect

**5<sup>th</sup> Grade** Girls and boys are separated for this lesson that includes a video and discussion of the following topics. Both groups will watch the video, *"Always Changing and Growing Up."*

- Physical, emotional and social changes that take place during puberty
- Physical growth specific to females and males
- Ideas to care for the body through hygiene, sleep, exercise and diet
- Mature discussion with family members and peers

If you have any questions about this curriculum, please contact your child's teacher or school nurse for a review of the curriculum. If further questions arise, contact the Human Growth and Development Curriculum Coach at 973-5123 or 973-5162.

**Please check one:** Your choice is in effect for this school year unless you request a change.

**Yes, I want my student** to receive instruction on Human Growth and Development.

**No, I do not want my student** to receive instruction on Human Growth and Development.

*If I've chosen "No" from the above choices and my child does not participate in the puberty lesson provided in the Wichita Public School classroom, I accept responsibility for the puberty education of my child.*

\_\_\_\_\_  
Parent/Guardian Printed Name

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Parent/Guardian Signature