

School Letterhead  
DATE, 2023

Dear Parents/Guardians,

As you may be aware, the NC General Assembly passed into law the Healthy Youth Act in 2009. With this legislation, significant changes were implemented regarding the instruction of reproductive health and safety.

The North Carolina Essential Standards in Elementary School Health Education include the following:

Fourth Grade Students Will:

**“Understand the changes that occur during puberty and adolescence.”**

Fifth Grade Students Will:

**“Analyze the changes and influences that occur during puberty and adolescence.”**

During the month of \_\_\_\_\_, your student will participate in an all-girls or all-boys grade level puberty lessons. These lessons will be taught by our school's healthful living staff.

We encourage you to review the fourth and fifth grade level lesson objectives on the back of this letter. The class materials are available for your review in our office for sixty days, as is required by law. Please call us in advance if you wish to preview the materials. Feel free to contact us if you have any questions.

We value your partnership in providing our students with this important information and encourage you to have follow up discussions at home with your child. If you choose to opt out of the lesson, an alternate healthful living activity will be provided. **Please sign and return the bottom portion of this letter.**

Sincerely,

Teachers and Administrators

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\_\_\_\_ Yes, I give my permission for \_\_\_\_\_ to attend puberty education lessons.  
(Student's Name)

\_\_\_\_ No, I do not give my permission for \_\_\_\_\_ to attend puberty education classes and choose the alternate classroom activity.  
(Student's Name)

\_\_\_\_ I'm unsure at this time as I would like to review the materials. I understand I have sixty days to do so. Upon review, I will notify the healthful living teacher of my decision.

\_\_\_\_\_  
(Parent Signature)

Date \_\_\_\_\_

**Fourth Grade Essential Standard: Understand the changes that occur during puberty and adolescence.**

Clarifying Objectives:

- Summarize physical and emotional changes during puberty.
- Recognize that individuals experience puberty at different rates (early, average, late).

**Fifth Grade Essential Standard: Analyze the changes and influences that occur during puberty and adolescence.**

Clarifying Objectives:

- Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.
- Differentiate between accurate and inaccurate sources of information about puberty and development.
- Summarize the functions of the male and female reproductive systems.
- Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.
- Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.

