



Puberty Curriculum Overview

Brunswick County Schools is committed to supporting students through every stage of growth and development. This includes the social, physical, and emotional changes that occur during puberty. Our **Puberty Curriculum** provides age-appropriate, factual information designed to help students understand their changing bodies and emotions in a safe, respectful learning environment.

Parents and guardians are encouraged to review all materials before instruction begins. You can explore a **summary of the topics** on our district website or reach out directly to your child's teacher to review the full curriculum in person.

About the Curriculum

Students will learn about:

- The physical and emotional changes that occur during puberty
- The role of hormones and body systems in growth and development
- Personal hygiene, self-care, and emotional wellness
- Respectful communication, self-confidence, and kindness toward others

All lessons are presented in an age-appropriate and respectful way to help students feel informed, confident, and supported as they navigate this important stage of life.

Video Clips Used in Class

Students will view teacher-guided videos from the following list of **videos** during class discussions. Here you will find short clips of the videos used in class:

- [What is Puberty?](#)
- [The Puberty Workshop and Curriculum](#)
- [Girls and Puberty](#)
- [Boys and Puberty](#)

Only selected portions of these videos will be shown here but the entire video will be shown that is aligned with lesson objectives. If parents or guardians wish to view the **entire video**, they may contact their child's school to **arrange a preview appointment** before instruction begins.



BRUNSWICK COUNTY SCHOOLS

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Parent Review and Opt-In

Because of the personal nature of this unit, **all parents and guardians must opt in** before their child can participate in the Puberty Curriculum lessons. If you have any questions or would like to preview materials in full, please contact your child's teacher or school administrator.

Together, we can ensure that every student is informed, supported, and confident as they grow and learn.

Brunswick County Schools is committed to providing a well-rounded health education. We invite you to review the Brunswick County Reproductive Health and Safety Education Curriculum at the following link:

<https://www.bcswan.net> --> Under Parents/Family Tab --> [Reproductive Health and Safety Education](#)

Also, you can find the [NC DPI Healthful Living Standards](#) at this link:

<https://www.dpi.nc.gov/teach-nc/curriculum-instruction/standard-course-study/healthful-living>

Thank you for your support.

Jonathan Paschal
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