



BRUNSWICK COUNTY SCHOOLS

35 Referendum Drive • Bolivia, North Carolina 28422 • Phone: 910-406-5100 • Fax: 866-293-0649

Dear Parents/Guardians of Fifth Grade Students,

Growing up can be a confusing time for children, and we want to help make this transition easier by providing clear, factual, and age-appropriate information about puberty.

As part of the **North Carolina Healthful Living curriculum**, all fifth-grade students will have the opportunity to participate in **puberty education lessons**. These lessons will be led by the **Physical Education Teacher, School Nurse, and School Counselors**.

What Will Be Taught?

Students will watch a **video covering five topics**:

- **What Is Puberty?** – Overview of puberty, endocrine system, hormones, and common changes in boys and girls (body hair, body odor, hygiene).
- **Girls and Puberty** – Female reproductive anatomy, hormonal changes, ovulation, and emotional changes.
- **Boys and Puberty** – Male reproductive anatomy, hormonal changes, spermatogenesis, hygiene, and emotional changes.
- **New Emotions, New Feelings** – How hormones impact emotions and social changes, including independence, friendships, and romantic feelings.

Boys and girls will be **separated** to watch and discuss the videos. Students may receive printed materials to reinforce what they learn, and we encourage parents to review these at home.

Parental Permission Required

Your child **must have a signed permission slip** to participate. If we do not receive a signed form, they **will not** take part in the lessons.

Want to Review the Materials?

If you would like to preview the videos or materials, please email your child's PE/Health teacher or school counselor to schedule a time.

(PLEASE CHECK OPTIONS AND SIGN ON THE BACK OF THIS SHEET)



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Permission Slip – Please Check One Option & Sign

Parental Permission for viewing the Fifth Grade Healthful Living Essential Standards video
(Please check only one)

_____ Yes I give permission for my child to view ONLY the Girls Video along with What is Puberty? Girls and Puberty, and New Emotions, New Feelings and to receive the Always packet.

_____ Yes, I give permission for my child to view ONLY the Boys Video along with What is Puberty? Boys and Puberty, and New Emotions, New Feelings and to receive the Always packet. (On Back Order may not receive in time for lesson)

_____ No, I do not want my child to view any parts of the video or participate in the lessons and discussions.

Parent Signature

Student Name

Homeroom Teacher