

January 20th, 2026

Dear Seventh Grade Families,

As part of the Webster Groves School District health curriculum, physical education/health teachers will share Human Growth and Development information with students. Our Human Growth and Development lessons will be taught between February 2 and April 3.

Our primary goal is to provide accurate information to ensure our students are physically and emotionally safe. This educational unit includes topics such as:

- Resisting sexual pressure
- Taking care of sexual health
- Feeling and relationships
- Benefits of abstinence

All lessons will be conducted in a co-ed setting. [Click here](#) to access the WGSD Health curriculum overview.

While we feel this curriculum is valuable to all students, parents may choose to share this information in their own way and do have the option to opt-out of these class lessons. Please contact your child's teacher directly or complete the [opt-out form](#) to your child's teacher if you would like to opt your child out of some, part, or all of these lessons. All opt-out requests need to be turned into your child's teacher before February 2. If you have any questions or concerns, please feel free to contact us.

Thank you for your support and cooperation,

Webster Groves School District
P.E. & Health Instructors