

**5th Grade Puberty Talk Parent Informational Meeting:
Wednesday, March 19th @ 7:30am
Bel Aire Library**

March 13, 2025

Dear Families,

We are pleased to inform you that your student will have the opportunity to participate in **Puberty Talk**, a five hour health course developed by Health Connected in accordance with the California Health Education Content Standards for "Growth, Development and Sexual Health" and the California Education Code. Your student's class will receive Puberty Talk beginning on **March 31st-April 4th**.

Puberty Talk is designed as an open forum for pre-adolescents to ask questions and get medically accurate, non-judgmental information. Puberty Talk covers the following areas:

- Puberty
- Physical and sexual development
- Decision-making and asking for help
- Healthy body image
- Family communication
- Personal hygiene
- Conception and pregnancy
- Gender, sexual identity, and sexual orientation
- Personal safety

Each 5th grade teacher will present this material to their class. We will complete one lesson each day during the week of March 31st. If you do **NOT** want your child to participate, please notify his/her/their teacher. If you have questions, please visit the website below. We will also have a Parent Informational Meeting on **Wednesday, March 19th, at 7:30 am in the Bel Aire Library**.

Thank you for your support,

The 5th Grade Team

Ms. Bradshaw, Mr. Grebil, Ms. McDonald, Ms. McKay, Ms. Sanchez

You can also visit <https://health-connected.org/pt-overview/> for more information and resources for families to start or continue this conversation.

California state law allows you to remove your student from all or part of any sexual health education provided. If you DO NOT want your student to participate in this puberty course, please email your student's teacher.