

Dear Parents and Guardians,

_____ Elementary School's 5th-grade students are about to study an important lesson about puberty and periods, which many children in the 5th grade are beginning to experience. To help teach this class, we will use materials from the "Always Changing and Growing Up" Program. These materials will help both boys and girls:

- Understand the physical and emotional changes they experience during puberty and acknowledge that these changes are normal for growth and development.
- This includes body changes that happen to both girls and boys.
- Understand that personal hygiene is each individual's responsibility.
- Understand how girls manage their periods.
- Learn about making good decisions and powerful words to make a positive impact.
- Learn how to stay healthy and confident from the changes in their brains, eat well, and stay safe.
- Talk to parents and trusted adults about their feelings and questions during puberty to help them better understand and get the support they need.

The program is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It has been a trusted resource for over 35 years and has been taught to millions of students worldwide. It is provided as a free educational service to our school by P&G's brands: Always® period products, Tampax® period products, and Old Spice® body wash, deodorant & antiperspirants.

We encourage you to use this lesson as a springboard for starting to talk about the topic with your child if you haven't already started. You, too, play an important role in helping your child navigate puberty with confidence!

You can access the puberty materials that your child will receive at pgschoolprograms.com, and download a helpful guide designed specially to help parents with students support them as they enter puberty. In case you need more information, you can visit the always.com and tampax.com websites, and check out Always and Tampax channels on YouTube for educational videos about puberty.

We will conduct the lesson on _____, and both boys and girls will receive their lessons in two separate groups. The boys will be with each other and led by a male educator, while the girls will be with each other and led by a female educator. Please sign and return this letter by _____, if you would like your child to **opt out** of the lesson. If we do not receive a response, your child will be included in the lesson. Please email me at _____ if you have any questions or concerns.

Sincerely,

School Counseling Department

(Student's name) _____ Homeroom Teacher: _____

DOES NOT have my permission to participate in the Always Changing and Growing Up Program.

(Parent's signature) _____ Date _____