

## Human Growth and Development

Fifth-grade students participate in a series of lessons about **Human Growth and Development**. These lessons are taught as part of our health curriculum during a normal class period for Science, Social Studies, and Health.

### The following objectives are covered during this unit:

- A. Describe the physical changes that occur during puberty and adolescence
- B. Describe the emotional and social changes that occur during puberty and adolescence (including basic, age-appropriate definitions of sexual orientation and gender identity)
- C. Discuss why puberty begins and ends at different ages for different people
- D. Identify how personal hygiene practices can impact health and safety during puberty
- E. Summarize the anatomy and functions of the male and female reproductive systems
- F. Describe the steps and function of the menstrual cycle
- G. Identify and access valid and reliable sources of information about puberty and adolescence
- H. Identify appropriate adults with whom to discuss personal health issues or questions

**Because parent/guardian involvement is so important in this area, we encourage parents and caregivers to provide opportunities for discussion at home about the topics we cover in class.**

A few resources parents/guardians may find useful are:

- [Amaze.org](https://www.amaze.org) (click on "Parents")
- [Responsiblesexedinstitute.org](https://www.responsiblesexedinstitute.org) (click on "For Parents")
- [KidsHealth.org](https://www.kidshealth.org) (For Parents > Talking to Your Child About Puberty)

The Peak to Peak exemption policy states that all students will participate in the classes *unless a parent/guardian requests otherwise*. A copy of the parental exclusion request is provided at least two weeks in advance. Exempted students are given an alternate learning activity.

Under Colorado law, parents/guardians may excuse students from any portion or portions of the School District's comprehensive health education, including human sexuality education.

Please be assured that Boulder Valley teachers receive specialized training in the appropriate presentation of health education topics. Therefore, we encourage parents to discuss their concerns with the instructor and principal.