



**FAMILY LIFE
PARENT INFORMATION
Grade 5**

**Frederick County Public Schools
Frederick, Maryland**

FAMILY LIFE UNIT – GRADE FIVE
PARENT PREVIEW
(SCHOOL)
(DATE)

AGENDA

INTRODUCTIONS

GOALS AND OBJECTIVES OF THE FAMILY LIFE UNIT – GRADE 5

VIDEO PREVIEWS

RESOURCES

QUESTIONS

Introduction

Through the Health Education Program, Frederick County Public School students are provided with knowledge and skills necessary to help navigate an increasingly complex world as healthy, productive citizens.

The Health Education Curriculum is scientifically based, age appropriate, and sequentially planned. Parental involvement is encouraged.

The Family Life Units begin in grade five and are taught through grade nine. The objectives of the fifth grade unit are to introduce the students to the anatomy of the reproductive system, the anticipated physical changes associated with puberty, and to promote health and well being through personal hygiene. During this unit student's will be viewing videos and completing worksheets about physical and emotional changes associated with growing into adulthood.

The messages associated with this unit are:

- These changes are normal
- These changes are experienced by everyone
- These changes occur at different rates in different individuals
- These changes need to be dealt with honestly and openly
- These changes should be celebrated as part of growing into adulthood

FCPS Essential Curriculum addressed through this unit:

HE.500.30.01 Demonstrate the ability to identify and practice health-enhancing behaviors and reduce health risks to live safer healthier lives.

HE.500.30.01.a Identify personal health needs.

HE.500.30.01.b Demonstrate skills and strategies to improve and maintain personal health.

HE.500.30.01.d Explain the importance of assuming responsibility for personal health behaviors.

HE.500.40.01.a Explain how family relationships change during puberty.
(physical, psychological, socio-emotional)

HE.500.40.30 Explain how physical and social-emotional growth and maturity are interrelated.

HE.500.40.30.a Define puberty.

HE.500.40.30.b Identify the parts of the human reproductive system.

HE.500.40.30.c Explain the function of the human reproductive organs.

HE.500.40.30.c Explain the menstrual cycle and nocturnal emissions.

HE.500.40.30.d Identify personal hygiene products.

Revised 2005

Video replacement - Always Changing - About You replaces Growing Up and Liking It.

Student's Name

Date

Dear Parent (s) or Guardian (s):

During the 5th grade, students in Frederick County Public Schools are offered the first Family Life and Human Development Unit. This Unit provides factual information regarding puberty and maturation.

This unit of instruction will take place _____
Dates

During the Unit, boys and girls are separated for instruction, which is provided by one of the teachers on staff. Teachers receive training before this instruction takes place. You are invited, and encouraged to review materials, and ask questions regarding the Family Life Unit during our Parent Preview. The preview is scheduled for

Date and Time

Two videos may be used during instruction. The first video, *Always Changing - About You* provides factual information on menstruation, and the changes in the growth and development of the human body for both girls and boys. The second video, *Whatsa' Hygiene*, explores topics of bathing, hand washing, care of teeth, hair, nails and the importance of clean, neat clothing. You will have an opportunity to view both videos during the parent preview.

If you choose to attend the Parent Preview, please bring this permission slip with you so that you can indicate your wishes once you have reviewed the materials. If you do not plan to attend, complete the information below, tear it off so that you will retain the information above, and have your student return it to school.

Additional information can be found on the web at www.fcps.org. Click on "Academics", look for the "Elementary" heading, click on "Family Life – Grade 5 Parent Information".

My child, _____

_____ *has my permission* to take part in the Family Life Unit and view *Always Changing – About You, and Whatsa' Hygiene*

_____ *does not have* my permission to take part in the Family Life Unit.

Parent/Guardian Signature

HOME CONNECTIONS

Communicating With Your Young Adolescent About Human Development

The information your student receives during the Fifth Grade Family Life Unit is based on national research and consultation with school nurses, health educators, parents, fifth-grade students, and medical professionals. It is designed to provide students with a broad overview of the beginning stages of puberty. You will have an opportunity to review all of the materials and preview the videos used during instruction and your permission is required for your student to participate.

Upon completion of the lesson participating students will receive a gender appropriate Kit that includes a guidebook about growing up and personal care samples. Students are encouraged to share this information at home.

When your student returns home after participating in the Family Life unit consider asking one or more of the following questions to facilitate communication:

- You learned the names for the female/male reproductive system today, do you have any questions about the parts you learned, or what they do?
- What did you learn about how puberty affects personal hygiene?
- What are some of your new hygiene responsibilities now that you are an adolescent?
- Some people are uncomfortable learning about the opposite gender's body. Why do you think that is? Why is it important to learn about others?
- I noticed that many girls are taller than the boys in your class. Is it hard for the boys to accept this? Do you ever talk about it with your friends? Do you think this will change by the time you are in high school?
- I understand you've learned how important it is to eat a balanced diet. Could you help me make some good choices for the grocery list?
- I remember having complexion problems when I was about your age. How can you help your complexion stay healthy as your body changes?
- I know your body is changing right now and I'm sure you might have mixed feelings about what is happening. Do you have any concerns you would like to talk about?

Girls:

- Some girls will start menstruating / or wearing a bra this year and some won't. What would you tell your friend that isn't menstruating / or wearing a bra if she is worried about it?
- Do you have any questions about feminine products?
- It is normal to feel different or uncomfortable during menstruation. If this happens, how can you help yourself feel better?

Boys:

- What are some of the common signs of puberty in boys? Why do these changes happen?
- As your body changes through puberty, you may notice your testicles and penis getting larger. You may find that you get an erection for no reason. Does this concern you?

- Every boy starts puberty at a different time, according to his own internal timetable.
- Do you think about that much?
- Tell me something you learned about puberty today that surprised you.

Be a Good Model. Young people learn more from what you do than from what you tell them to do. Practice what you preach about caring, responsibility, intimacy, and honesty.

Be Informed. Young adolescents will ask questions about body changes, about interest in the opposite sex, and about sexuality in general. While it is normal to not have all the answers, it is important to know where to find them!

Help Young Adolescents Feel Good About Themselves.

- Be generous with sincere praise.
- Accept questions and comments of all types; provide answers without ridiculing your young adolescent.
- Help young people discover what they can do well.

Help Your Young Person Make Choices. Provide young people with ways to be both independent and responsible. Remember that young adolescents still need structure, limits, adult guidance, and support, along with opportunities to make choices on their own.

Be Willing to Discuss What You Think About Sexuality. Be honest and straightforward about your values (what you think is right and wrong), but avoid lecturing or demanding that your children agree with you. Lectures and threats usually prevent meaningful communication, convey lack of respect, and tempt rebellion.

Be Prepared for Disagreements. Your young teen will question what you believe to be right and wrong about sexuality. This is normal. Be open in discussing your attitudes about human growth and development. Listen to disagreements, but be firm about your beliefs. Be honest about the values you hope they will hold on to.

Be Direct. Without preaching or name-calling, tell them about the sexual messages they may give in the way they behave, dress, or talk.

Remember - You are Important to Your Child. What you believe is right and wrong is important to your young adolescent.

Share your values with your child and talk about why you hold these values important.

Discuss the importance of proper personal hygiene and grooming emphasizing:

- Regular bathing
- Hand Washing
- Dental needs
- Hair care
- Deodorant use
- Shaving

Discuss emotional, physical, and psychological changes your child may be experiencing as he or she moves into puberty. Remember, just because your child does not ask questions, does not mean he or she doesn't have them.

Answer your child's questions when asked. Responses should be brief, appropriate and honest. Proper names for various body parts, organs and functions should be used.

Be available and willing to talk with your child about Family Life.

Remind your child that the physical and emotional changes they are experiencing are normal. Encourage your child to continue communicating with you if any questions should arise in the future.

You are your child's best source of information and support as they experience this exciting, yet challenging time of life.

Resources for Parents

Websites:

<http://www.pgschoolprograms.com/>

www.teachingteens.com

This is an interactive website which provides factual information regarding physical and emotional changes which take place during puberty.

www.iwannaknow.org/puberty

This website is from The American Social Health Association and explains the physical and emotional changes of puberty.

www.playtextampons.com

This is an interactive website for girls about menstruation and other changes during puberty.

www.puberty101.com

This is a website for teens to find information about their physical development.

www.plannedparenthood.org/teenissues/teenmainhtm/Boys_and_puberty.html

This is a website for boys about the physical changes that take place during puberty.

www.kidshealth.org/parent/growth/growing/understanding_puberty.html

This is a website for parents about children's health.

Books:

Madaras, Lynda. *The What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters.* Rev. ed. New York: Newmarket Press, 1987. This book is designed for parents and daughters to read together. It discusses physical and emotional changes during puberty and helps answer questions about emerging sexuality.

Madaras, Lynda. *The What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons.* Rev. ed. New York: Newmarket Press, 1987. This book is designed for parents and their sons to read together. It answers questions about changes that occur during puberty. Anecdotes and true-life experiences are contained in the book.

Bourgeois, Paulette. *Changes in You and Me: A Book About Puberty Mostly For Boys.* Andrews McMeel Publishing, 1994. A book about puberty in boys recommended for ages 9-12.

Bourgeois, Paulette. *Changes in You and Me: A Book About Puberty Mostly For Girls.* Andrews McMeel Publishing, 1994. A book about puberty in girls recommended for ages 9-12.