INFORMATION SHEET 2/8/2022 TRUSTEES' MEETING

To: Board of Trustees

From: Sarah Steen

Re: Family Life Education Curriculum: Puberty, 5th Grade

Background:

In January 2016, California adopted new legislation covering comprehensive sexual health education and HIV prevention education in public schools. The law, called the California Healthy Youth Act - Education Codes 51930-51939 (Assembly Bill 329), attempts to standardize and update sexual health education in the state. Jefferson School District approved the Teen Talk Middle School Curriculum in 2017. This year we would like to add the puberty curriculum, "Puberty Talk", to be taught in 5th grade. This program was selected because it aligns to the sexual health education curriculum currently taught in 7th grade.

Trained teachers will deliver the curriculum. Topics covered:

- Trusted adults and age-appropriate resources
- Gender identity, expression, and attraction
- Human bodies and reproduction
- Physical and emotional puberty changes
- Wellness, hygiene, and self-care
- Consent, boundaries, and personal safety
- Healthy and unhealthy friendships

The Puberty Talk curriculum can be taught in 5 to 6 class periods. The lessons meet the stringent requirements of the California Healthy Youth Act (CA Education Code sections 51930-51939) and are aligned with the 5th grade California Health Education Content Standards for "Growth, Development, and Sexual Health". Puberty Talk was developed for use in California schools and was designed to be inclusive of diverse racial, ethnic, religious, and sexual identities, for mixed-gender classrooms. All activities are available in English and Spanish. CA state law allows families to remove their student from all or part of any sexual health education provided in school. A parent letter and preview night will inform families each year before the curriculum is taught in class.

A sample of the Puberty Talk curriculum can be previewed at the District Office. To make an appointment please call the curriculum office at (209) 836-4531. You may also contact Health Connected directly at parents@health-connected.org. For more information and resources for families visit www.health-connected.org or www.lets-talk.how.

Recommended Action: Approve the adoption of new puberty curriculum