



**Catalina Foothills Unified School District #16**

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A 21<sup>st</sup> Century Learning Community

Dear Parent/Guardian:

Human Growth and Development is a state approved curricular program offered on a voluntary basis to fourth through ninth/tenth grade students in the Catalina Foothills School District. The curriculum will be taught at Orange Grove Middle School to 6th Grade students in five sessions in the spring. Copies of the program are available in the office. Feel free to stop in and review a copy. All supplementary materials will also be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the main office. The following summary will acquaint you with the general content of this instruction.

6th Grade students will:

- Learn the ground rules for discussion and the proper use of the question box.
- Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).
- Know that sexually transmitted diseases (STDs) exist and can cause illness.
- Know that abstinence prevents STDs.
- Identify the main parts and functions of the male and female reproductive systems.
- Know that abstinence is the only method 100% effective in preventing pregnancy.
- Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.
- Examine the influence of media on the perception of appropriate behavior (e.g., dress, flirting, public displays of affection, language).
- Examine the influence of friends on personal behavior and decision-making.
- Recognize that individuals have different degrees of friendship with others (changes in friendships, degrees of sharing "secrets", differing emotional development).
- Understand situations and behaviors with others that constitute bullying, inappropriate "touch," and sexual harassment, and know your legal rights.
- Know how to ask trusted adults questions that deal with personal concerns and health issues.

Sincerely,

Mark Rubin-Toles  
Principal

## Catalina Foothills School District Human Growth and Development Overview

Human Growth and Development is an optional curriculum taught at each grade level in middle school as a component of Catalina Foothills School District's K-12 Comprehensive Health Curriculum. In accordance with state statutes, written parental permission is a requirement for student participation in the lessons delineated herein.

### In Sixth Grade, students will:

BC-6-1	Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).
D-6-1	Know that sexually transmitted diseases (STDs) exist and can cause illness.
D-6-2	Know that abstinence prevents STDs.
AP-6-1	Identify the main parts and functions of the male and female reproductive systems.
AP-6-2	Know that abstinence is the only method 100% effective in preventing pregnancy.
AP-6-3	Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.
M-6-1	Examine the influence of media on the perception of appropriate behavior (e.g., dress, flirting, public displays of affection, language).
I-6-1	Examine the influence of friends on personal behavior and decision-making.
LE-6-1	Understand situations and behaviors with others that constitute bullying, inappropriate "touch," and sexual harassment, and know your legal rights.
R-6-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

### Sixth Grade Session Focuses:

#### Session 1

##### Benchmark Focus

BC-6-1	Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).
AP-6-1	Identify the main parts and functions of the male and female reproductive systems.
AP-6-3	Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.

## Session 2

### Benchmark Focus

BC-6-1	Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).
AP-6-1	Identify the main parts and functions of the male and female reproductive systems.
AP-6-3	Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.

## Session 3

### Benchmark Focus

BC-6-1	Understand the importance of basic hygiene (e.g., menstrual products, toxic shock, bathing/showering, genital cleanliness).
AP-6-3	Understand socio-emotional and physical (hormonal) changes that occur during puberty and adolescence.

## Session 4

### Benchmark Focus

AP-6-2	Know that abstinence is the only method 100% effective in preventing pregnancy.
D-6-2	Know that abstinence prevents STDs.
D-6-1	Know that sexually transmitted diseases (STDs) exist and can cause illness.

## Session 5

### Benchmark Focus

M-6-1	Examine the influence of media on the perception of appropriate behavior (e.g., dress, flirting, public displays of affection, language).
I-6-1	Examine the influence of friends on personal behavior and decision-making.
LE-6-1	Understand situations and behaviors with others that constitute bullying, inappropriate "touch," and sexual harassment, and know your legal rights.
R-6-1	Know how to ask trusted adults questions that deal with personal concerns and health issues.

## Annotated List of Sixth Grade Videos:

### Session 1:

DVD: *Straight Talk About Puberty For Girls*, 22 minutes & *Straight Talk About Puberty For Boys* (18 minutes)  
Girls and boys have questions about their growing bodies during puberty. *Straight Talk About Puberty For Girls* and *Straight Talk About Puberty For Boys* provide answers with a fresh, modern take on the subject. The DVDs were filmed with 3D rendered anatomy illustrations. The girls and boys will learn about the female and male reproductive system; hygiene and good grooming; the dangers of alcohol, tobacco and other drugs to growing bodies; emotional and physical changes of puberty; importance of exercise and good nutrition; and

body image (girls). Boys and girls will watch both parts so that the boys and girls have the same information about how our species grows and changes. Boys and girls will be separated into different classes.

**Session 4:**

DVD: *Sexual Harassment: What You Can Do*, 21 minutes

This DVD informs viewers of what to do in the face of sexual harassment. It is estimated that four out of five teenagers experience sexual harassment at school. Many harassers see their behavior as nothing more than harmless teasing. Often, victims of sexual harassment feel powerless and don't know what they can do to protect themselves. Many bystanders, who watch silently or laugh, don't understand the part they play in perpetuating this behavior and the responsibility they have to stop it. Under the direction of experts in the field, a group of teens — including those who have experienced sexual harassment — discuss how to tell the difference between unwanted attention and flirting, the influence of the media, what victims and bystanders can do, and the importance of reporting sexual harassment when it happens.

**NOTE:** All materials will be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the school's main office.