



September 25<sup>th</sup>, 2019

Dear Parent/Guardian,

The purpose of this letter is to inform you that on Thursday, October 10<sup>th</sup> and Friday, Oct. 11<sup>th</sup>, your son or daughter's Health Education Class will discuss the human growth and development unit. This unit will explain the many changes that occur during puberty and adolescence. On these two designated days, however, we will specifically focus on human reproduction and sexually transmitted diseases. Our plan is to divide students by gender for these presentations. I will lead the sessions with the female students and Mark Bond, boys' physical education teacher and coach, will lead the sessions with the males. This process was developed with parent, teacher, and administrator collaboration through our district School Health Advisory Council (SHAC), and chapter 9 of our state approved health text book, "Decisions for Health".

Attached please find the information we will discuss for the two dates noted above. Please feel free to contact me via email for any questions, comments or concerns.

Please complete the bottom portion of this letter providing accepting or declining by Monday, October 7<sup>th</sup>. Of course, declining will not result in any disciplinary, academic, or other sanctions for your child. As always, thank you for your support.

Sincerely,

*Michelle Boyer*

6<sup>th</sup> grade health  
mboyer@ahisd.net

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Student's Name: \_\_\_\_\_

Please Check One:

- ☐ Yes, I approve of my child's participation in health discussions listed in this letter.
- ☐ No thank you. I prefer my child go to the library on the dates listed above.

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Parent Name Printed

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Parent Signature

**Human Growth, Development, and Human Sexuality Discussion**

We begin our discussion going over the stages of human growth and development: **infancy, childhood, adolescence, adulthood and old age**. Our discussion will begin at adolescence.

In adolescence, **hormones** control growth and stimulate specific changes in the body. Some of these changes occur in the developmental stage of puberty.

**Puberty** is the stage of development when the reproductive system becomes mature. During puberty, boys and girls go through physical, social, and emotional changes.

#### Physical Changes

Boys	Girls
Growth spurts 12-18 years of age	Growth spurts 10-16 years of age
Acne Develops	Acne Develops
Facial Hair Grows	Body Hair Grows
Voice Deepens	Breast Develop
Shoulders Broaden	Hips Widen
Body Hair Grows	Menstruation Begins

#### Anatomy and Physiology of Reproductive Systems:

Characteristic:	Male Reproductive System	Female Reproductive System
Function:	Make and store sperm	Make and store eggs and carry out a pregnancy
Sex Cell:	<b>Sperm</b>	<b>Egg</b>
Sex Hormone:	<b>Testosterone</b>	<b>Estrogen</b>
Sex Organ:	<b>Testes</b>	<b>Ovaries</b>
Other Organs:		<b>Uterus</b>

#### Ways to protect your reproductive health:

- Bathe everyday
- Wear clothes that are not too tight
- Pay attention to any changes in your body and see a doctor if anything concerns you.
- Avoid sexual activity (abstinence) to prevent STDs.

**Menstruation:** monthly breakdown and shedding of the Uteran lining. As the egg matures and leaves the ovary, many changes occur during this 28 day cycle.

**Sexually Transmitted Disease:** disease that can be spread from person to person during sexual contact. These diseases can be caused from a **virus, a bacteria, or a protozoan**.

Common STDs:

- **Chlamydia (bacterial)**
- **Genital Herpes (viral)**
- **Genital Warts (viral)**
- **Gonorrhea (bacterial)**
- **Syphilis (bacterial)**
- **HIV (viral)** - HIV attacks the immune system and can lead to **AIDS**

#### How can you avoid getting STDs?

- Abstinence from sexual activity eliminates the danger of becoming infected with an STD because you do not take part in sexual activity at all.
- People can also avoid getting STDs by not using alcohol or drugs and by not sharing needles.

**Abstinence-** is refusing to take part in any activity or behavior that puts your health and the health of other people at risk.