



# Human Growth and Development

Parent/Guardian Informational Meeting  
January 11, 2021  
6:30 pm



# Welcome

## ■ Introduction

- Amy Muska, Department Supervisor PE/H K12
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- Protocols: Please mute and turn off camera
- Questions: Please use the chat feature

## ■ Information night

Overview of the curriculum

Grade 5 and Grade 6

Strategies for interactions with your child

Resources: [Simsbury Public Schools](http://www.simsburyschools.net)



# Curriculum Development Resources

## **Elementary HG.D Committee (Initial)**

- Comprised of teachers (classroom and physical education), parent, elementary science curriculum leader, nurses and administrators

## **Connecticut State Department of Education frameworks, standards and mandates**

- Connecticut Healthy and Balanced Living Framework
- Guidelines for the Sexual Health Education Component of Comprehensive Health Education.
- K-12 Sexual Assault and Abuse Prevention & Awareness Program



# Human Growth and Development

## Essential Learning Outcome

- ❑ Early adolescence is a complex time of change emotionally, physically (puberty), socially and intellectually. Helping students understand the physical and emotional changes taking place will contribute to their developing an assured and informed approach to adolescence.
- ❑ To provide students with age appropriate, medically accurate information that promotes their health and well-being as they mature into young healthy adults.
- ❑ To communicate honestly and assertively, listen actively and respect the boundaries of others in order to engage in healthy relationships.
- ❑ To communicate responsibly and ethically via social and electronic media in order to maintain healthy relationships.

# “How can I help my child?”

- **Help your child to feel at ease about their body.**
  - **Reassure them that puberty is a normal process that occurs in all individuals. It will happen but everyone’s timeline is different, even within families.**
- **Use moments in everyday life to begin talking. Movies, tv shows and poplar music provide opportunities to talk about body image, peer pressure, and relationships.**
- **Educate yourself so you can provide accurate information (books, websites, health care provider).**
- **Talk about it again and again and again, instead of a marathon session. Provide information in small, snackable bites.**
- **Listen more than you talk to show your child that their opinions are important.**
- **Some youth feel more comfortable texting or leaving a note. Let them know this is okay and try responding in the same manner.**

# “ How can I help my child?”

- **Be the trusted and patient adult who provides the support plus relevant and reliable information.**
- **Respect your child’s privacy and trust.**
- **Communicate sensitivity and respect for both genders during adolescence/puberty. Remember, it is not just the physical changes but the emotional and social changes are occurring too.**
- **Discuss positive relationships, characteristics and actions.**
- **Continue to instill your family values as your child enters early adolescence.**
- **Keep an open dialogue, encourage the conversation**
  - **Have the necessary supplies available for the unexpected**
  - **Establish a game plan “What if I get my period when at a friend’s house?”**

# Grade 5

## Three lessons

**Lesson 1:** Puberty and Hygiene (mixed group)

**Lesson 2:** Physical Changes in Puberty (Male)

(separated) Physical Changes in Puberty (Female)

**Lesson 3:** Emotional Changes in Puberty (Male)

(separated) Emotional Changes in Puberty (Female)

**Who teaches these lessons:** Classroom teacher, PE teacher, school nurse

Anatomy pictures source: [www.KidsHealth.org](http://www.KidsHealth.org)

Video: Always Changing and Growing Up/Boys Puberty Education

Always Changing and Growing Up/Girls Puberty Education

# Grade 6

## Five Lessons

**Lesson 1:** Puberty Overview (mixed group)

**Lesson 2:** The male and female reproductive systems (separated by gender)

**Lesson 3:** The male and female reproductive systems (separated by gender, learn the opposite sex anatomy)

**Lesson 4:** Interpersonal Relationships (mixed group)

**Who teaches these lessons:** Classroom teacher, PE teacher, school nurse

**Lesson 5: Social Media**

Anatomy pictures source: [www.KidsHealth.org](http://www.KidsHealth.org)

Video: Always Changing and Growing Up/Boys Puberty Education  
Always Changing and Growing Up/Girls Puberty Education





# Q & A

Options:

1. Please use the raise the hand feature for questions
2. Place your question in the chat