

April 12, 2022

Dear Parents and Guardians,

The Isleta Health Center's Health Educator, CHR, Diabetes Fitness Instructor and Youth Prevention staff are scheduled to provide an informative lesson focusing on the early stages of puberty for the 4th, 5th, and 6th grade students. This information will partially be provided to the students in a Co-Ed setting and then we will split the students by gender and present separately more in depth. During this second part of the program, we will provide an opportunity for the students to ask questions.

This puberty unit will teach your child age-appropriate facts about puberty in a safe and supportive environment. As your student's guardian, you have probably began to notice changes in your child's physical appearance and emotional development. Now is an ideal time for your student to receive information regarding the many changes they will experience in the years to come, transitioning from childhood to adolescence. Some of the topics that will be covered will include the basics of human development and the role of hormones, the structure and function of the reproductive system for both boys and girls, personal hygiene, and the emergence of new feelings and emotions related to growing up. Brief information will also be provided to the 6th grade students regarding gender identity.

This informational program will be offered to the 4th, 5th, and 6th graders on April 29, 2022. We are offering a Preview Night for parents and guardians to preview the Puberty Ed Program and to ask questions on Tuesday, April 26, 2022 from 5-6:30pm in the library at the elementary school, however, you are welcome to watch the "Always Changing and Growing Up Puberty Education" Video via YouTube at the link below: https://youtu.be/Bw1N06PKhu4.

If you DO NOT want your student to attend the session, we ask that you either sign and return the bottom portion of this letter to your student's teacher or click on this link <u>https://forms.gle/wenkmXDWs8zrsrFp8</u> and complete the information on the GoogleForm, otherwise, it will be our understanding that you give permission for your student to participate in this lesson.

Please contact me with any questions or concerns you may have regarding this program.

Thank you for your interest in this very important educational program.

Stephanie Barela B.S., C.H.E.S. Health Educator, IHC Direct: 505-869-4479 Stephanie.barela@islclinic.net

If you **DO NOT** want your student to participate in the Isleta Puberty Education lesson, please either sign and return to your student's teacher prior to April 27th. Thank you.

Student's Name	Grade	Student <u>DOES NOT</u> have my permission to participate in the Puberty Education Program.
Parent or Guardian's Signature	Date	