

5th GRADE **FAMILY LIFE** UNIT

PARENT PERMISSION SLIP

Dear Parent (s) or Guardian (s):

During 5th grade, students in Frederick County Public Schools are offered the first Family Life and Human Development Unit. This unit provides factual information regarding puberty and maturation. See the reverse of this page for more information about the goals of the unit. During the unit, boys and girls are separated for instruction, which is provided by one of the teachers on staff. Teachers receive training before this instruction takes place.

This unit of instruction will take place _____
Dates

Two videos may be used during instruction. The first video, *Always Changing - About You* covers menstruation for girls, the changes in the growth and development of the human body for both girls and boys, and information on hygiene. This video provides factual information for students. The second video, *Healthy Habits for Life: Body Hygiene*, is optional. Teachers may elect to use it as a precursor to the lesson or as a follow-up. This video explores topics of bathing, hand washing, care of teeth, hair, nails and the importance of clean, neat clothing.

Students will receive a gender appropriate sample pack containing hygiene products from Proctor & Gamble. Included in these packs are gender appropriate booklets regarding the changes which take place during puberty. This booklet covers the material in the lesson. Please encourage your student to share it with you.

You are invited, and encouraged to review materials, and ask questions regarding the Family Life Unit during our school's Parent Preview.

The preview is scheduled for: _____
Date Time Location

All information, INCLUDING VIDEO PREVIEWS, lessons, and a parent guide can also be found online at <http://education.fcps.org/healthpek12>. Select "Parent Resources" from the top menu bar, from the drop-down menu select "Health", and scroll down to the section labeled "Fifth Grade Family Life Unit." This pathway will show all the attachments and materials that also pertain to the Disease Prevention Unit. From that page, users will be able to navigate through and preview materials of interest such as lesson plans, curriculum standards and guidelines, as well as other parent resources, including the link to male and female puberty videos that are produced by Proctor & Gamble.

All students must have parent permission prior to receiving instruction. Please return the permission slip below to your student's teacher. Students who do not have permission will receive an alternative assignment in a separate location.

Please complete and return the following section only:



 As the parent/guardian of : _____,
(Printed Student name)

I _____,
(Printed parent/guardian name)

Check one box:

- GIVE my permission to allow my student to participate in the 5th grade Family Life Unit.**
- DO NOT give my permission to allow my student to participate in the 5th grade Family Life Unit.**

Signature of Parent/Guardian Date

5th Grade Family Life Unit - Overview

Through the Health Education Program, Frederick County Public School students are provided with knowledge and skills necessary to help navigate an increasingly complex world as healthy, productive citizens.

The Health Education Curriculum is scientifically based, age appropriate, and sequentially planned. Parental involvement is encouraged.

The Family Life Units begin in grade five and are taught through grade nine. The objectives of the fifth grade unit are to introduce the students to the anatomy of the reproductive system, the anticipated physical changes associated with puberty, and to promote health and well-being through personal hygiene. During this unit students will be viewing videos and completing worksheets about physical and emotional changes associated with growing into adulthood.

The messages associated with this unit are:

- These changes are normal
- These changes are experienced by everyone
- These changes occur at different rates in different individuals
- These changes need to be dealt with honestly and openly
- These changes should be celebrated as part of growing into adulthood

FCPS Essential Curriculum addressed through this unit:

HE.500.30.01 Demonstrate the ability to identify and practice health-enhancing behaviors and reduce health risks to live safer healthier lives.

HE.500.30.01.a Identify personal health needs.

HE.500.30.01.b Demonstrate skills and strategies to improve and maintain personal health.

HE.500.30.01.d Explain the importance of assuming responsibility for personal health behaviors.

HE.500.40.01.a Explain how family relationships change during puberty.

(physical, psychological, socio-emotional)

HE.500.40.30 Explain how physical and social-emotional growth and maturity are interrelated.

HE.500.40.30.a Define puberty.

HE.500.40.30.b Identify the parts of the human reproductive system.

HE.500.40.30.c Explain the function of the human reproductive organs.

HE.500.40.30.c Explain the menstrual cycle and nocturnal emissions.

HE.500.40.30.d Identify personal hygiene products.

