

Dear 5th and 6th Grade Parents and Guardians,

Twin Rivers Unified School District is offering an optional program on Human Growth and Development that will be taught using our health education curriculum, *The Great Body Shop*.

The California Healthy Youth Act requires school districts to provide students with integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention education. While it must be taught in grades 7-12, at least once in middle school and once in high school, it may also be taught in any grade K-6, inclusive. Any time related curriculum is taught in grades K-6, the instruction must meet all requirements of the law other than the specific content requirements for grades 7-12 in EC Section 51933.

The purpose of this instruction in 5th and 6th grade is to:

- Provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, and relationships.
- Promote understanding of puberty as a normal part of human development.
- Provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors.
- Encourage students to communicate with parents, guardians or other trusted adults.

In 5th Grade, there will be 4 lessons:

- **Lesson 1-** Hormones and Your Body- Students will learn about the endocrine system and hormones
- **Lesson 2-** Puberty- Growing and Changing- Students will learn about the biological differences between males and females
- **Lesson 3-** Hygiene and You- Keeping Clean- Students will learn about good hygiene and overall wellness
- **Lesson 4-** Growing Up With a Healthy Attitude- Students will learn about decision making skills and peer pressure

In 6th Grade, there will be 4 lessons:

- **Lesson 1-** Growing Up Physically- Students will learn about the physical changes that happen to the body during puberty
- **Lesson 2-** From Fertilization to Birth- Students will learn the stages of growth from fertilization to birth
- **Lesson 3-** Emotional Maturity- Students will learn about how to use decision making skills to make healthy decisions
- **Lesson 4-** Relationships- Students will learn about healthy relationships

**5th and 6th grade students may only participate in the Human Growth and Development lessons with parent permission.** The lessons will take place on the following dates:

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If you would like to preview the curriculum, contact your child's teacher or school principal.  
Copies will be available for preview in the school office.

Please detach and return to your child's teacher by: \_\_\_\_\_



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\_\_\_\_\_ I DO want my child to participate in the Human Growth & Development Program  
during the 2025-2026 school year.

\_\_\_\_\_ I DO NOT want my child to participate in the Human Growth & Development Program,  
during the 2025-2026 school year.

Student name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_