



Comprehensive Sexual Health Education (CSHE)

Grade 4 – 5 Parent/Caregiver Information
Online Summary, November 2022

Thank you for your interest!

Parents and guardians are critical partners in their children's sexual health education.

Our curriculum includes family homework assignments for every lesson to encourage and foster family-based values discussions as they pertain to sexual health.

Background information

- Comprehensive sexual health education as defined by law is recurring instruction in human development and reproduction. It is **medically and scientifically accurate, age-appropriate, and appropriate for all students**, regardless of protected class.
- The **Health Education K–12 Learning Standards** are based on guidance from the U.S. Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and other sources with expertise in healthy child development. While the Learning Standards provide guidelines for what instruction might look like in each grade, the decision on when and how to introduce instruction to students rests with each school district.
- CSHE is a protective factor in sexual abuse prevention. When young people are taught that no one has the right to touch them without their consent, they are more likely to tell a trusted adult if that ever happens. Additionally, teaching about boundary setting and affirmative consent has been shown to have a positive correlation with forming healthy relationships later in life.

Background Information

- In 2007, the Washington State Legislature passed the Healthy Youth Act, providing guidance to public schools that offer sex education programs.
- In 2020, the Washington State Legislature updated the Healthy Youth Act (Senate Bill 5395) by **requiring** public schools to provide comprehensive sexual health education to all students by the 2022–23 school year because sexual health education -
 - Improves knowledge and skills that support healthy relationships
 - Reduces dating and intimate partner violence
 - Protects against child abuse
 - Decreases incidents of homophobic-related bullying and harassment
 - Reduces risky sexual activity, unintended pregnancies, and STIs

Myth: Does comprehensive sexual health education give students permission or encouragement to have sex?

- No. Research on comprehensive sexual health education shows just the opposite. Students who receive comprehensive sexual health education are more likely to delay having sex and more likely to have fewer partners and use protection when they do have sex.
- Additional benefits include improved knowledge, attitudes, and outcomes related to healthy relationships and personal safety and touch; increased intentions for communicating with parents and guardians about sexuality in the media; reduced bullying related to sexual orientation; and increased empathy and respect.

Myth: Is CSHE instruction developmentally appropriate?

- Sexual health education can be defined as “the provision of information about bodily development, sex, sexuality, and relationships, along with skills-building to help young people communicate about and make informed decisions regarding sex and their sexual health” (Advocates for Youth, 2014).
- Young people ages 15–24 represent 25% of the sexually active population but acquire half of all new STIs (Centers for Disease Control and Prevention, 2018).
- Many youth also report experiencing sexual coercion and sexual violence. These trends suggest that more must be done to protect the health and wellbeing of our youth.

Content Topics, Grades 4-5

- HIV/STI Prevention
- Human Growth and Development
- Healthy Relationships
- Consent & Bystander Intervention

FPS Instructional Materials Selection, Spring 2022



- Assembled team of teachers, counselors, nurse, principals, parents
- Reviewed legislative requirements
- Reviewed current FPS practice with input from grade 4-5 grade leaders
- Agreed on a rubric aligned with criteria identified as priorities for the FPS community with which to evaluate instructional resources
- Reviewed four potential resources from OSPI-reviewed curricula
- Identified a recommended resource based on selection tool scores, team discussion and consensus
- Shared the recommendation via two virtual parent/caregiver meetings on April 28th; posted recording and FAQs online
- Received, reviewed feedback from parents/caregivers
- Completed Instructional Materials Council and School Board approvals

Implementation

- August and September 2022: Grade 4 and 5 teachers, counselors, and nurses received training
- September 2022: Teachers received hard copy and digital materials
- November 2022: Parent/caregiver Review of Materials

Teachers will notify families of instruction time 30 days in advance

Parent/caregiver Opt Out Options

- Jan – June: Instruction occurs at each school

Parent/caregiver materials will be provided.

Evening parent/caregiver education option.



Answering Questions in the Classroom

Why:

- Makes students feel **affirmed and valued**.
- Increases the amount of reliable **information** to which students have access.
- Enables students to make more **informed decisions** about their health and well-being.

How:

- All questions will be acknowledged in a **neutral manner**.
- All questions will be answered in a **medically accurate, developmentally appropriate** manner.
- If a student asks a question about values, teachers will encourage the student to **talk to a trusted adult** in their life.



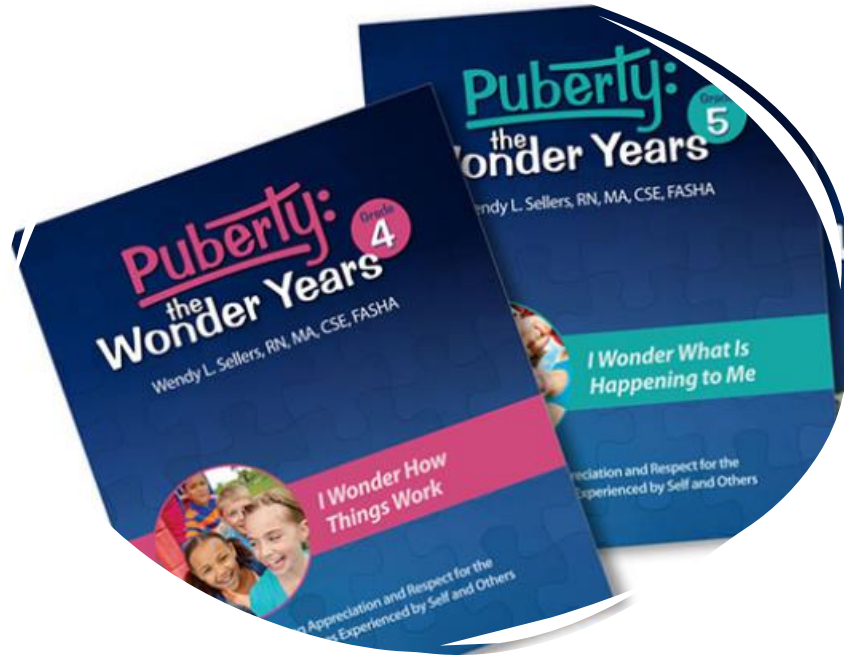
Additional points

In order to help us meet the new legislative requirements, we've partnered with WA PREP to support us with CSHE implementation and planning.

As a WA PREP partner, **grade 5 students** in FPS will be asked to complete entry and exit surveys for the 2022-23 school year. The surveys are voluntary and anonymous.

Opt Out

- You may opt your child or children out of instruction with a written request after you have previewed our sexual health curriculum prior to instruction taking place.
- You have the option to opt your child out for all of CSHE instruction or for specific lessons.
- Please find the form on the district website or request the form from your child's school.
- Return it to your school office if you choose to opt your child out of this instruction.



Curriculum Preview Resources

Program and lesson overviews follow for grades 4, then 5.

The following videos support puberty and reproduction education in grades 4 and 5:

[Puberty and You](#)

[Always Changing and Growing Up](#)

The following video is part of grade 5:

[Consent for Kids](#)

Puberty: the Wonder Years

Grade
4

Goal: Promote appreciation and respect for the amazing changes experienced by self and others.



Introduction

Overarching Goals

- **Promoting appreciation and respect** for the amazing changes experienced by self and others
- Equipping young people to **postpone sexual intercourse**

#LessShameMoreWonder

Overview

Benefits of Puberty Education

- **Keeps students safe** from unwanted touch by teaching about body autonomy and consent
- **Equips students** to form respectful relationships
- **Reduces** identity-based bullying
- **Provides accurate information** and clears up myths
- **Encourages students** to ask trusted adults for help or answers

Overview

Home/School Partnership

- **Parents and caregivers are the primary sex educators.** They teach family values and expectations.
- **Teachers are partners.** They teach the facts and universal values: health, safety, respect, responsibility.
- Students who learn sex education at home and school **delay sexual activity.**

Overview

Family Engagement

- Family and student resources are in **English and Spanish**.
- Lessons encourage students to talk to their families about **family values**.
- **Family Activity Sheets** encourage ongoing discussions.
- **Family Partnership Flyers** provide information and resources.

Overview

Curriculum Overview

- **Six lessons** - 45 minutes each
- **Question box** - used for asking anonymous questions
- **Trusted adults** - students are encouraged to identify and talk to them
- **Key messages** - Respect for all and bodily autonomy

Setting the Climate for Growth

LESSON 4-1

Puberty: The Wonder Years Family Partnership Flyer

LESSON
4-1

Ready... Set... Talk! Reinforce the Learning

Your child has been learning about the changes that happen as children grow into adults. This period of change called puberty can be a time of confusion and fear if children have not been prepared for all the new feelings and challenges that happen on the way to adulthood.

The lessons in Puberty: The Wonder Years focus on helping students:

- Identify positive qualities in families.
- Know about the typical social, emotional, and physical changes that take place as they grow.
- Develop positive friendships throughout puberty.
- Get accurate information about puberty.
- Communicate with parents, caregivers, and other trusted adults.



Get More Information

- Local library, bookstore, or reliable internet source
- Local public health department, healthcare provider, or school nurse

Be an Ask-able Adult

Talking about puberty with your child may feel uncomfortable, especially at first. Yet, research shows that children whose parents talk to them about sex and relationships are less likely to have sexual intercourse as teens than children who do not learn about sex from their parents. Having these talks is too important to avoid. Here are some ideas that will let your child know that you are willing to answer questions and talk about sex.

- Accept the fact that each child has their own sexuality from birth on.
- Teach your child the dictionary terms for body parts.
- Admit it if you feel awkward, uncomfortable, or embarrassed.
- Speak positively about the human body and relationships.
- Look for natural times to bring up the subject when your child asks a question, or a television show leads to a discussion, or a relative is pregnant.
- Keep your talks casual and relaxed.
- Answer questions calmly and simply.
- Dispel myths and incorrect information.
- Repeat information. Children often need to hear an explanation more than once.
- Talk about your family's values about sex behavior and relationships, nominate love for your child and family members.

Together Talk About Growing Up

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.

What do you want me to know about growing up?



How have I (student) changed since I was a baby?

What did I like to do when I was younger?

What do you (adult) remember most about puberty and growing up?

Parent's or Trusted Adult's Signature _____

- **Participate** in classroom discussions using guidelines that promote respect for self, peers, and teachers.
- **Prepare** to have conversations with a parent or other trusted adult about puberty.
- **Identify** two trusted adults they could talk to.

Families and Roles

LESSON 4-2

Lesson 4-2 Families and Roles

What Makes My Family Special?

Directions:

1. List each member of your family.
2. Write what each member does to help your family.
3. Write one thing you like about each family member.
4. Circle the names of two family members you will thank.
5. Thank them for what they do for your family and tell them what you like about them. Talk or write a note to them.
6. After you have thanked your two family members, sign the bottom of this Activity Sheet and show it to your teacher.

| Family Member | What They Do for My Family | What I Like About This Person |
|---------------|----------------------------|-------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

I have thanked two of my family members. _____

Puberty: the Wonder Years

- Demonstrate ways to **promote dignity and respect** for all types of families.
- Demonstrate appreciation for family members and other trusted adults by **communicating gratitude** to two people.

Respecting Our Friends: Gender

LESSON
4-3

Gender Identity

Who a person feels like
on the inside: boy, girl,
both, or neither.

- **Define terms** used to describe gender using a matching game.
- Demonstrate the **respectful use** of at least two gender-related terms while discussing **student scenarios**.

Puberty in Male-Bodied People

LESSON 4-4

Puberty: The Wonder Years
Family Partnership Flyer

LESSON 4-4

Ready... Set... Grow!
Expect Changes in Puberty

During puberty, children's bodies and emotions mature over a period of several years. Females usually begin puberty an average of two years before males. However, each person begins at their own unique time. This may be frustrating for children who begin puberty earlier or later than their friends. These are some changes that children typically experience during puberty:

- Rapid growth in height and weight
- Blood surges
- Increased sweating
- Pimples or acne
- Growth of body hair
- Desire for independence
- Having a "crush" on someone
- Increasing need for privacy


As your child changes, your relationship will also change. You might be surprised at first when your child denies or battles. Little disagreements might crop up when you try to give advice on what to wear or how to do a task. Your child will want to make more choices without asking for help, but at other times, they might want more help than usual. Being a parent means learning and changing along with your child.

Read Resources for Parents and Families

- For tips on teaching your child about hygiene during puberty, visit <https://pubertycurriculum.com/personal-hygiene-habits-for-puberty/>

Get More Information

- Local library, bookstore, or reliable internet source
- Local public health department, healthcare provider, or school nurse



Together Talk | I Wonder

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.


What do you think is rewarding about being a parent?

What is challenging about being a parent?

What did you (the adult) like and dislike about growing up?

How did you get answers to your questions about growing up?

Parent's or Trusted Adult's Signature _____



- **Describe changes** that typically occur in male-bodied people during puberty.
- **Label a diagram** of the male reproductive system with the matching terms.
- **Practice talking** with a parent or other trusted adult about puberty.

Puberty in Female-Bodied People

LESSON 4-5

Puberty: The Wonder Years Family Partnership Flyer

LESSON
4-1

Ready... Set... Talk! Reinforce the Learning

Your child has been learning about the changes that happen as children grow into adults. This period of change, called puberty, can be a time of confusion and fear if children have not been prepared for all the new feelings and challenges that happen on the way to adulthood.

The lessons in Puberty: The Wonder Years focus on helping students:

- Identify positive qualities in families.
- Know about the typical social, emotional, and physical changes that take place as they grow.
- Develop positive friendships throughout puberty.
- Get accurate information about puberty.
- Communicate with parents, caregivers, and other trusted adults.



Get More Information

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Be an Ask-able Adult

Talking about puberty with your child may feel uncomfortable, especially at first. Yet, research shows that children whose parents talk to them about sex and relationships are less likely to have sexual intercourse as teens than children who do not learn about sex from their parents. Having these talks is too important to avoid. Here are some ideas that will let your child know that you are willing to answer questions and talk about sex.

- Accept the fact that each child has their own sexuality from birth on.
- Teach your child the dictionary terms for body parts.
- Admit it if you feel awkward, uncomfortable, or embarrassed.
- Speak positively about the human body and relationships.
- Look for natural times to bring up the subject when your child asks a question, or a television show leads to a discussion, or a relative is pregnant.
- Keep your talks casual and relaxed.
- Answer questions calmly and simply.
- Dispel myths and incorrect information.
- Repeat information. Children often need to hear an explanation more than once.
- Talk about your family's values about sex behaviors and relationships.
- Transmit love for your child and/or family members.

Together Talk About Growing Up

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.

What do you want me to know about growing up?



How have I (student) changed since I was a baby?

What did I like to do when I was younger?

What do you (adult) remember most about puberty and growing up?

Parent's or Trusted Adult's Signature _____

- **Describe changes** that typically occur in female-bodied people during puberty.
- **Label a diagram** of the female reproductive system with the matching terms.
- **Practice talking** with a parent or other trusted adult about puberty.

Changes in the Skin

LESSON 4-6



- Explain ways to **care for bodies** during puberty.
- Make a plan for **maintaining personal hygiene** during puberty.

Puberty: the Wonder Years

Grade
5

Goal: Promote appreciation and respect for the amazing changes experienced by self and others.



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Ready, Set, Grow!

LESSON 5-1

Let's Talk I Wonder What It Was Like for You

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.

What was I like when I was a baby?

What did you like about being a kid?

What do you like about being an adult?

What did you (adult) do for fun when you were 10 or 11 years old?

Parent's or Trusted Adult's Signature _____

Puberty: The Wonder Years Family Partnership Flyer

LESSON
5-1

Growing and Changing Reinforce the Learning

Your child has been learning about the changes that happen as children grow into adults. This period of change, called puberty, can be a time of confusion and fear if children have not been prepared for all the new feelings and challenges that happen on the way to adulthood.

- Respect themselves and others.
- Know about the normal physical, emotional and social changes that take place as they grow.
- Adopt healthy habits and personal hygiene for the puberty years.
- Get accurate information instead of believing media messages.
- Communicate with parents, caregivers, and other trusted adults.

Expect Changes in Puberty

In puberty class, your child has learned that puberty lasts several years. To deal with the changes of puberty, new health habits are needed. There are some typical changes that each individual experiences during puberty:

- Rapid growth in height and weight.
- Mood swings.
- Increased sweating.
- Pimples or acne.
- Growth of body hair.
- Desire for independence.
- Having a "mood" or someone.
- Increasing need for privacy.

Girls usually begin puberty an average of two years before boys. However, each person begins at his or her own pace.

Be an Ask-able Parent

Talking about puberty with your child may feel uncomfortable, especially at first. Yet, research shows that children whose parents or other trusted adults talk to them about sex and relationships are more likely to have sexual intercourse on terms that children should not learn about on their own.

Having these talks is not important for all. Here are some ideas that will let your child know that you are willing to answer questions and talk about sex.

- Accept the fact that each child has their own sexuality from birth on.
- Teach your child the dictionary terms for all body parts.
- Advise if if you are uncomfortable or embarrassed.
- Speak positively about the human body and relationships.
- Look for natural times to bring up the subject.
- Keep your talks casual and relaxed.
- Answer questions calmly and simply.
- Dispel myths and incorrect information.
- Repeat information. Children often need to hear an explanation more than once.
- Talk about your family's values about sexual behavior and relationships.
- Demonstrate love for your child and other family members.

- **Participate** in classroom discussions using guidelines that promote respect for self, peers, and teachers.
- **Prepare** to have conversations with a parent or other trusted adult about puberty.
- **Identify** two trusted adults they could talk to.

Puberty and the Male Reproductive System

LESSON
5-2

- **Describe changes** that typically occur during puberty in people assigned male at birth.
- **Label a diagram** of the male reproductive system with the matching terms.
- **Practice talking** with a parent or other trusted adult about puberty.

Puberty and the Female Reproductive System

LESSON 5-3

Let's Talk I Wonder How You Learned About Puberty

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.

What do you (adult) remember most about growing up?

How did you learn the "facts of life" about puberty and reproduction?

How did you get answers to your questions about growing up?

What are some benefits of waiting to become a parent or have close sexual contact?

Parent's or Trusted Adult's Signature _____

- **Describe changes** that typically occur during puberty in people assigned female at birth.
- **Label a diagram** of the female reproductive system with the matching terms.
- **Practice talking** with a parent or other trusted adult about puberty.

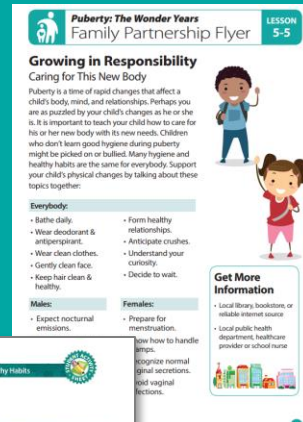
Reproduction

LESSON
5-4

- **Describe key changes** in puberty that indicate a person is physically capable of reproducing.
- **Explain the role** of eggs, sperm, and sexual intercourse in reproduction.
- **List ways** pregnancy can occur.

Personal Hygiene and Healthy Habits

LESSON 5-5



Lesson 5: Personal Hygiene and Healthy Habits

My Personal Puberty Plan

| | |
|--|---|
| <p>During puberty, I might face these challenges:</p> <ol style="list-style-type: none"> | <p>I can take good care of myself by doing these things:</p> <ol style="list-style-type: none"> |
| <p>I like these three benefits of waiting to have close sexual contact:</p> <ol style="list-style-type: none"> | <p>I can talk to these people if I have questions:</p> <ol style="list-style-type: none"> |

Puberty: The Wonder Years

- Distinguish between **accurate and inaccurate sources** of information about puberty.
- Develop a **personal puberty plan** for hygiene and healthy habits.
- Identify benefits of **delaying close sexual contact**.

Social and Emotional Changes During Puberty

LESSON
5-6

BOUNDARIES

Consent

Respect

- Identify **social and emotional changes** and the role of hormones during puberty.
- Demonstrate **respectful communication** and boundaries for use with peers.

Respecting Our Friends: Consent

LESSON
5-7

- **Explain** consent, personal boundaries, and bodily autonomy.
- **Identify strategies** for responding to uncomfortable or dangerous situations.

Any questions?

Stay informed on the FPS website.

<https://www.fpschools.org/departments/teaching-and-learning/4th5th-sexual-health-curriculum>

The logo for Franklin Pierce Schools is displayed on a solid red rectangular background. The text "FRANKLIN", "PIERCE", and "SCHOOLS" is stacked vertically in a bold, white, sans-serif font.

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