



Human Growth and Development Update



ACADEMICS • ACTIVITIES • SAFETY

CVUSD

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

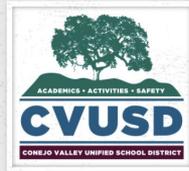
HUMAN GROWTH AND DEVELOPMENT

CVUSD 2021-22 SCHOOL YEAR

HUMAN GROWTH AND DEVELOPMENT INFORMATION FOR FAMILIES

CVUSD Family,

On **(INSERT DATE)**, 4th and 5th grade students at **(INSERT SCHOOL NAME)** will be viewing the adopted CVUSD Human Growth and Development Videos from MarshMedia. This year the videos for grades 4 and 5 are new and will be shown to all students in class, meaning **all students will watch the boy video and the girl video together**. There are two videos for 4th grade and three videos for 5th grade. See below:



Smore for Families Prior to Videos

Within a week of scheduled videos families receive and information Smore with Parent Exemption information and detailed descriptions of video content and viewing format.



Handouts for Families After Videos

Topics Covered in the CVUSD 4th Grade Human Growth and Development Videos

Today at school your student watched **Meet the New You for Boys** and **Meet the New You for Girls** by MarshMedia. Refer to the following information to have a follow up discussion with your student.

Changes in the Body

- Puberty defined as the time when the human body changes from a child into an adult.
- Height and weight changes
- Body shape changes
- Hair growth on the body
- Explanation of male and female anatomy
- Menstruation
- Sweat glands, body odor and the importance of being clean
- Oil glands and pimples
- Healthy diet and sleep
- Talking to an adult when you need help

Changes in the Brain

- Feeling self-conscious about body changes and body image
- Spending time with friends and caring what they think about you
- Fitting into social groups
- Peer pressure
- Making good choices, making good friends, and getting to know yourself
- Talking to an adult when you need help



Topics Covered in the 5th Grade CVUSD Human Growth and Development Videos

Today at school your student watched **Puberty - A Girl's Journey** and **Puberty - A Boy's Journey** by MarshMedia. Refer to the following information to have a follow up discussion with your student.

Changes in the Body

- Puberty defined as the time when the human body changes from a child into an adult
- Height and weight changes
- Body shape changes
- Hair growth on the body
- Sweat glands, body odor, and the importance of being clean
- Pituitary Glands and hormones
- Exercise
- Oil glands, pimples, and face washing
- Healthy diet and sleep
- Voice Changes
- Everyone is different and changes happen at different times
- Talking to an adult when you need help

Reproductive System

- Purpose of the reproductive system
- Reproductive glands and organs
- Explanation and diagrams of male and female reproductive anatomy
- Ovulation, egg cells and fertilization
- Menstruation and timelines of the menstrual period
- Menstrual pads, tampons, panty liners, and being prepared
- Pre-menstrual syndrome (PMS)
- Sperm, erections, and nocturnal emissions

Changes in Thinking

- Body Image and body differences
- Respecting yourself
- Emotional changes
- Self-esteem
- Social Awkwardness
- Being Self-conscious
- Peer groups
- Cliques
- Peer Pressure
- Bullying and what to do about it
- Talking to a trusted adult and asking them questions



Hard copies sent home after viewing and Q and A
Sent home in Spanish and English
Same information as Smore

Current Updates

10 out of 18 Elementary

Based on Nurse Schedules 10 schools have started HGD Video Viewing

Last school scheduled for May 6, 2022

Parent Excusals

0-4 at each site in grade levels and by gender

Schedules

Schedules created for Nurses and School Sites based on number of classes in 4th and 5th grade.

Q and A

Students can attend Either, Both or Neither

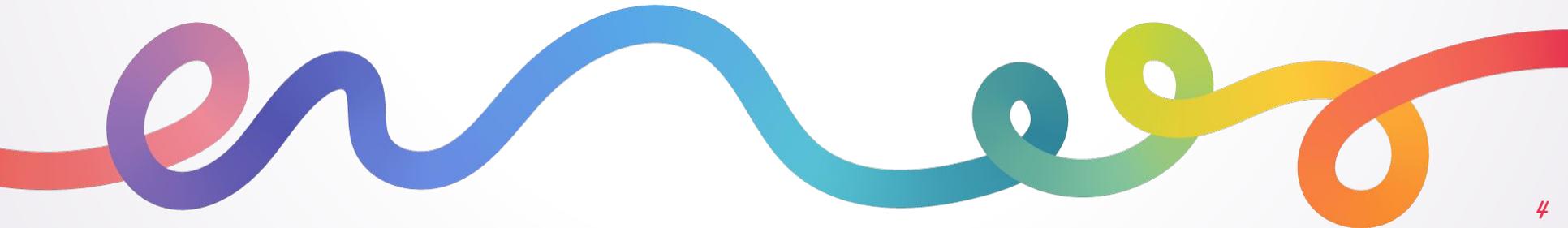
Varies by school site and grade level

Anonymous Question Box

Modeled after Teen Talk

All students turn in a card or slip

Answered in follow up sessions



Staff Feedback

- * No issues with all gender viewing
- * Anonymous Question Box is a success
- * Appropriate questions in Q and A
- * Very few parents questioning format, home viewing options offered

