

# Human Growth & Development Video Updates (Grades 4-6)

November 16, 2021

# Purpose

- Define Human Growth & Development Videos (Grades 4-6)
- Review existing videos and implementation
- Outline steps taken to update existing videos
- Review a recommendation on updated videos
- Describe next steps, including parent/guardian preview opportunity

# Human Growth & Development Videos (Grades 4-6)

Human Growth & Development Videos for Grades 4-6 have been shown in CVUSD since 1986 and **are not** part of the California Healthy Youth Act (2016) or considered “Comprehensive Sexual Health & HIV/AIDS Prevention” which is required instruction for Grades 7 and 9.

Human Growth & Development Videos for Grades 4-6 **are** aligned with the CA Health Education Standards (2009):

- Nutrition and Physical Activity Standards:
  - Differentiate between more-nutritious and less-nutritious beverages and snacks.
  - Describe how physical activity, rest, and sleep are related.
- Growth, Development, and Sexual Health Standards:
  - Describe the human cycle of reproduction, birth, growth, aging, and death.
  - Explain the structure, function, and major parts of the human reproductive system.
  - Identify the physical, social, and emotional changes that occur during puberty.
  - Explain that puberty and physical development can vary considerably and still be normal
  - Identify personal hygiene practices and health and safety issues related to puberty,
  - Recognize parents, guardians, and other trusted adults as resources for information about puberty
- Personal and Community Health Standards:
  - Practice good personal and dental hygiene,
  - Demonstrate personal responsibility for health habits

# Existing Videos and Implementation

“Human Growth and Development is about the process of growth beginning with pre-adolescence through adolescence. At the elementary and middle school levels, a program is presented to students in grades 4, 5, and 6 to provide them with a fact-based understanding of the changes in their physical development. By becoming familiar with this process, young people can better cope with normal physical and emotional changes. The program also emphasizes the importance of proper rest, nutrition and physical exercise while growing. Ultimately, this program aims to build a child’s self-esteem and healthy behaviors as they move into adolescence.”

- First adopted by CVUSD in 1986. Most recent purchase of updated videos in 2012.
- Parent/guardian preview events held in January
- Parent/guardian given a form to complete which stated whether or not a child would participate
- Videos reviewed with school nurse (Grades 4-5) or teacher (Grade 6)
- Students view the videos separated by gender

# Steps to Updating Videos

- Access additional and existing videos from current publisher (*MarshMedia*)
- Inquiries to neighboring districts
- Inquiries to other curriculum publisher companies
- Team of school nurse, general education, special education, and ELD teacher reviewed videos. During this process, the staff shared the following considerations:
  - Earlier onset of menstruation - consider introducing this topic in 4th grade to reach more students prior to onset
  - Availability of co-ed videos from *MarshMedia* and other sources that introduce both male and female development
  - Importance of creating a safe/trusting viewing experience for students so they feel they can ask questions

# Recommendation

	<b>Current Videos</b>	<b>Proposed Most Updated Videos (<i>English &amp; Spanish</i>)</b>	
<b>4th Grade</b>	<ul style="list-style-type: none"> <li>● “Just Around The Corner: For Girls” (2009)</li> <li>● “Just Around The Corner: For Boys” (2009)</li> </ul>	<b>UPDATED:</b> <ul style="list-style-type: none"> <li>● “Meet the New You! For Girls” (2013)</li> <li>● “Meet the New You! For Boys” (2013)</li> <li>● Gr. 3-5 (2013) (Separate Videos)</li> </ul>	<b>Publisher Provided Accessibility Videos (Grades 4-6):</b>  “A Boy’s Guide to Growing Up” (2007)  “A Girl’s Guide to Growing Up” (2007)
<b>5th Grade</b>	<ul style="list-style-type: none"> <li>● “Growing Up! For Girls” (2009)</li> <li>● “Growing Up! For Boys” (2009)</li> </ul>	<b>UPDATED:</b> <ul style="list-style-type: none"> <li>● “Puberty: A Boy’s Journey” (2016)</li> <li>● “Puberty: A Girl’s Journey” (2016)</li> <li>● Gr. 4-6 (2016) (Separate Videos)</li> </ul>	
<b>6th Grade</b>	<ul style="list-style-type: none"> <li>● “We’re Growing Up” (2010)</li> <li>● “A Baby Is Born” (2008)</li> </ul>	<b>SAME:</b> <ul style="list-style-type: none"> <li>● “We’re Growing Up!” (2010) English-Only</li> <li>● “A Baby Is Born” (2008) English-Only</li> </ul> <b>UPDATED:</b> <ul style="list-style-type: none"> <li>● Recommend co-ed viewing</li> </ul>	

# Accessibility for Proposed Most Updated Videos

- Publisher provides videos in Spanish
- Publisher provides videos specifically for students identified with mild to moderate disabilities. Videos use clear language and present factual information that relates to what students will experience with visual supports such as illustrations and diagrams, include concepts of safety and privacy.
- Visual supports including animations and enlarged diagrams and labels
- Frontload vocabulary paired with visual references
- Age-appropriate and up-to-date content/examples
- Breakdown concepts into smaller pieces
- Diverse representation of students and experiences
- Present material in a way that helps students better cope with normal physical and emotional changes

# Parent/Guardian Notification and Student Participation

- Prior to Human Growth and Development Videos (Grades 4-6) being viewed at school, parents/guardians will receive information about this instruction and how to preview the videos.
- In accordance with California Education Code 51240, parents/guardians can provide a signed, written note to the Conejo Valley Unified School District, school principal, or teacher if their child will not participate in this instruction.

# Next Steps

- Update CVUSD “Human Growth and Development - Grades 4, 5, 6” webpage to include information on proposed materials and “submit a question” form.
- Virtual preview event of all videos will be held on December 7, 2021. A detailed communication with registration information will be sent to all CVUSD families.
- Possible vote by the Board of Education on December 14, 2021 Board meeting.

# Questions?