



**PARENT/GUARDIAN INFORMATION  
HUMAN GROWTH AND DEVELOPMENT**

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 that is aligned to the California Health Education Standards (2008). By becoming familiar with this process, students 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 student’s self-esteem and healthy behaviors as they move into adolescence.

**Are these new presentations?**

Yes. Human Growth and Development presentations were first approved by the CVUSD Board of Education in 1986. At the direction of the CVUSD Board of Education, Instructional Services reviewed and updated our Human Growth and Development Videos to include the most current versions from MarshMedia. These new titles were approved by the Board of Education in December, 2021. The new titles were selected for Grades 4 and 5, and the previously adopted titles will be shown in Grade 6. There is also the addition of videos for some students with disabilities in Grades 4-12 with enhanced accessibility.

The following are the CVUSD Board approved Human Growth & Development Videos:

4th Grade	“Meet the New You! For Girls” (2013) and “Meet the New You! For Boys” (2013)
5th Grade	“Puberty: A Girl’s Journey” (2016) and “Puberty: A Boy’s Journey” (2016)
6th Grade	“We’re Growing Up!” (2010) and “A Baby Is Born” (2008) 6th Grade Videos (NOT UPDATED as these are still the most updated versions)
Videos for some students with disabilities (Grades 4-12)	“A Boy’s Guide to Growing Up” (2007) and “A Girl’s Guide to Growing Up” (2007)

**How are Human Growth and Development Videos presented?**

Human Growth and Development presentations are provided by the school nurses and teachers to students in grades 4 and 5 in their classrooms. Grade 6 students are shown presentations by their Science teachers. CVUSD’s Board of Education agreed that students of all genders in Grades 4, 5, and 6 videos will view all of the videos, and viewing will occur with all genders together in one co-ed setting. After the presentation, students will be able to choose the gender group that they will participate with for follow-up questions and discussion with school staff, including a District Nurse for Grades 4-5.

**Is parent/guardian permission required for a student to participate?**

If a parent/guardian wishes for the child to not participate in Human Growth and Development, they must provide, in writing, this request to the school administrator or teacher.

**What is covered in the presentations?**

Important information is presented about growth, development and anatomical changes experienced by students during prepubescent years. Included in the presentations is the importance of getting adequate rest, eating nutritiously,

maintaining good habits of cleanliness, and exercising regularly. The presentations also include information on emotional changes during puberty.

**What are some specific topics and vocabulary used in the presentations?**

Examples of the concepts presented include: 1) Anatomy and reproductive systems, 2) Menstruation, 3) Emotional aspects of adolescence, 4) Physical aspects of puberty, 5) Health and hygiene, and 6) Self-esteem and responsible decision making. Some of the vocabulary used to develop the concepts include: acne, bladder, body odor, fertilized egg cell, hormones, menstruation, pelvis, penis, pituitary gland, reproductive system, self-esteem, sperm, testicles and vagina.

**How are the teachers involved?**

The 4th and 5th grade teachers attend the presentations with District Nurses and are made aware of the areas which will be covered. 6th grade Science teachers present the video to their students. Students are encouraged to discuss with their parents/guardians any questions or concerns which are beyond the scope of the presentation and curricular area.

**Is Human Growth and Development covered in the CA Health Education Standards (2008)?**

Yes. Topics in the presentation address some of the current Health standards in grades 4-6.

**How is the parent/guardian involved?**

The parent/guardian is invited to preview the videos and materials to be presented to the students. Questions about the presentations may be answered at that time. Once the student has participated in a presentation, then they are encouraged to discuss any additional questions or concerns with their parent(s)/guardians(s).

**What does the student gain?**

The student acquires a basic knowledge about normal pre-adolescent physical and emotional changes. The goal is for the student to have a growing sense of self, to acquire knowledge about the normal changes that occur physically and emotionally and to understand the importance of healthy decision-making responsibilities that come from these changes.

**Are there any accommodations and supports for transgender students?**

Yes, accommodations and supports can be provided on a case by case basis. Please contact your principal.

If you have any further questions, please contact your school.