

TO: *Parents/Guardians of Fourth Grade Students*

FROM: Mrs. Melissa Norman, Supervisor of Health and Physical Education

SCHOOL YEAR: 2023-2024

SUBJECT: *Information Concerning the School District's Human Growth and Development Curriculum*

The School District of La Crosse has long provided accurate, age-appropriate health education and guidance programs that include Safety, Personal Health and Wellness, Alcohol, Tobacco, and Other Drugs, Violence Prevention, Healthy Eating, Physical Activity, Mental and Emotional Health, and Human Growth and Development concepts that have been well-received by students and approved by parents/guardians.

Human Growth and Development Curriculum including family life, is taught in grades K, 1, 2, 3, 4, 5, 6, 7, 9, 10, and in the elective holistic health class. A state statute requires that all public schools shall provide parents/guardians with an outline of the human growth and development curricular objectives offered to students in the district. If you have any questions about this aspect of our Health Education and Guidance Curriculums, contact your student's teacher or principal as soon as possible. Our expectation is that all students should receive this very important curricular content. However, if you wish to exempt your student from the Human Growth and Development (HG&D) part of the curriculum, you are required to file a written statement to that effect with their school's principal. Parents/guardians can also obtain the entire district Health Education Curriculum for review by contacting the appropriate teacher.

#### Major Objectives – Human Growth and Development

##### **Standard 1**

- SH1.5.9 Describe basic male and female reproductive body parts and their functions. (HBO 3, 4, & 8)
- SH1.5.10 Describe the physical, social, and emotional changes that occur during puberty. (HBO 3, 4, & 8)
- SH1.5.11 Explain how puberty and development can vary greatly and still be normal. (HBO 3, 4, & 8)
- SH1.5.12 Describe personal characteristics related to gender expression and gender roles that make people different from one another. (HBO 7)
- SH1.5.13 Summarize why it is wrong to tease or bully others based on personal characteristics.

##### **Standard 4**

- SH4.5.2 Explain how to be empathetic and compassionate toward others who are at a different stage of puberty from oneself.
- SH4.5.3 Demonstrate how to effectively ask for help to deal with physical and emotional changes that occur during puberty.
- SH4.5.4 Demonstrate how to effectively communicate support for peers who are progressing through puberty.

