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**The Board of Education of Worcester County**  
6270 Worcester Highway | Newark, Maryland 21841  
Telephone: (410) 632-5000 | Fax: (410) 632-0364  
www.worcesterk12.org

Dear Parents/Guardians:

As part of the middle and high school instructional health program, all students starting in grade five are provided the opportunity to participate in Family Life and Human Development. This unit is one of several units taught in health education. It was developed based on national and state health education standards and accordance with Maryland State Regulations (COMAR 13A.04.18). Specific outcomes and activities are designed to be developmentally appropriate for students in each grade level. Updated curriculum guides aligned with state standards and videos for instruction are in place.

Students in grades five through eight receive Family Life and Human Development in same-gender classes, and nurses, or certified instructors, are the primary educators for this unit. The information provided promotes abstinence as the safest, healthiest choice for adolescents. Students may be excused from the Family Life and Human Development Unit upon completion of the bottom of this form, from their parent or guardian. Appropriate alternative instruction will be provided for those being excused. Parents are invited to review the information and materials used in the unit. On the back of this form, you will find specific information about the instructional lessons that will be taught in the unit.

The teachers and nurses responsible for instruction were selected and trained for this particular program. If you do not wish your child to participate in the program, please complete the form at the bottom of this letter and return it to the school. Unless the school receives written communication from the parents/guardians requesting that a student be excused from the program, he/she will automatically be included in the program. Students excused will be provided an alternative instructional program.

Parents requesting more information about the content of the program are asked to contact the school.

Sincerely,

Louis H. Taylor  
Superintendent of Schools

**RETURN TO YOUR CHILD'S SCHOOL**

I request that my son/daughter, \_\_\_\_\_, **not attend the grade 5** Family Life and Human Development unit portion of health education.

Date

Signature



Brief Description of Unit	Content Outline
<p>The fifth grade family life and human development unit is the first to present sexual anatomy and reproduction to Worcester County males and females. It is taught in same-gender classes by school nurses, or certified instructors. The focus of the unit is on puberty, the physical changes which occur at this time and how relationships are affected. Included in this unit is information regarding the reproductive system of one's own gender. Personal hygiene is also included. Another focus of the unit is good decision making during adolescence.</p>	<p><b>State Outcome:</b> Students will demonstrate the ability to use consumer knowledge, skills and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.</p> <p><b>State Outcome:</b> Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and health growth and development throughout the life cycle.</p> <p><b>A. Lesson Topic: Adolescence and Puberty</b></p> <ul style="list-style-type: none"> <li>• Define adolescence and the changes that occur</li> <li>• Identify appropriate hygiene and improving personal health</li> <li>• Identify the human reproductive system and anatomy of their own gender</li> <li>• Identify health services available</li> </ul> <p><b>B. Lesson Topic: Adolescence and Social Health</b></p> <ul style="list-style-type: none"> <li>• Define the family as a basic unit of society</li> <li>• Recognize themselves as part of a family unit</li> <li>• Explain how relationships change during puberty</li> <li>• Identify various social groups</li> <li>• Identify male and female stereotypes</li> <li>• Positive decision-making</li> </ul>