



Mountain View
Whisman
School District

District Office
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1400 Montecito Ave.
Mountain View, CA 94043

August 15, 2022

Dear Fifth Grade Parents:

As part of the California Health Education Content standards for 5th grade, the Mountain View Whisman School District is required to provide 5th grade students with a unit on human growth and development. The District continues to use the *Puberty Talk* program.

Puberty Talk is a five-hour program developed by Health Connected, a Redwood City non-profit agency dedicated to helping young people feel confident and supported to make informed decisions about their own sexual health. Health Connected has been providing Human Growth and Development curriculum for most of the area schools for many years. The *Puberty Talk* program was developed in accordance with the California Health Education Content Standards for "Growth, Development and Sexual Health" and reflects the most current requirements outlined in California Education Code.

Your fifth-grader will participate in the program delivered online during one week before the end of the school year. Schools are currently scheduling programming and will email parents once they have finalized dates. The classes will be taught by a trained health educator from Health Connected. Your child's classroom teacher will be present to support both the presenters and students throughout the entire program. Lessons will include: the reproductive system as one of the body's systems; physical and chemical changes associated with puberty; hygiene; general wellness; decision-making; respect for one's own body; and refusal skills. Throughout the program, students will be encouraged to discuss class information with parents and ask questions.

Parents and guardians are welcome to attend parent information sessions about the online program and its content. Please click [here to register](#) for an MVWSD parents, guardians only information session on August 31st at 6:00 pm. Parents who cannot attend the August 31st preview can choose to attend a general preview session on September 1st at 5:30 pm. [Click here to register](#) for the September 1st session. Parents who wish to preview the curriculum can do so [here](#). More information about the program and organization is available at <https://www.health-connected.org/>. An FAQ document is available [here](#) for families.

Please look for a letter from your principal with the dates of the *Puberty Talk* Program for your specific school and how students will log on. While we hope every student will participate in *Puberty Talk*, we understand that this may be a subject you prefer to discuss with your child. If you do not want your child to participate in *Puberty Talk*, please email your child's teacher or principal.

Sincerely,

A handwritten signature in blue ink, appearing to read "Cathy Baur".

Cathy Baur,
Chief Academic Officer