

# NHCS Growth & Changes

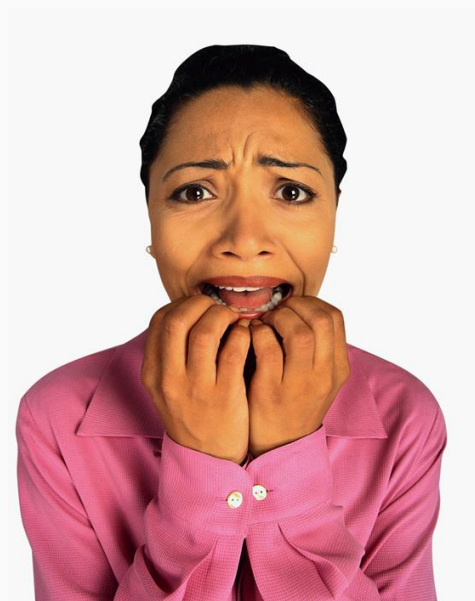
Parent Informational Session

<https://www.nhcs.net/divisions/instruction-and-academic-accountability/elem-secondary-education/family-life-education>

# Welcome!

We're very glad you're here.

Normal to be feeling a little NERVOUS!



# What is this class about?

- Puberty and growing up
- Physical, emotional and social changes
- What's normal and what to expect

# Logistics

- Participation is by parental consent, per BOE policy
- Classes are separated by gender
- 5 lessons: boys
- 5 lessons: girls
- 45 min lessons (5 consecutive days)

**TOPICS OUTLINE:****TOPICS OUTLINE:****BOYS****GIRLS**

<b>Day 1</b>	Intro - Class Rules - Syllabus Friendships (good and bad)      Emotions	<b>Day 1</b>	Intro - Class Rules - Syllabus Friendships (good and bad) Emotions
<b>Day 2</b>	Intro. to Puberty (Video) "Always Changing" - BOYS Physical changes: What's normal?	<b>Day 2</b>	Intro. to Puberty (Video) "Always Changing" - GIRLS Physical changes: What's normal?
<b>Day 3</b>	Physical & Emotional Changes (male) Hormones (body clock)      Hygiene Male Reproductive System	<b>Day 3</b>	Physical & Emotional Changes (female) Hormones (body clock) Hygiene Female Reproductive System
<b>Day 4</b>	Male Reproductive System (continued) Advice Activity Questions/answers	<b>Day 4</b>	Female Reproductive System (continued) Menstruation and Menstrual Cycle <a href="http://BeingGirl.com">BeingGirl.com</a> video clips Questions/answers
<b>Day 5</b>	Review "ACTIVITY" Gender Harassment (identifying & reporting)	<b>Day 5</b>	Feminine Hygiene products Gender Harassment

# Essential Standards & Clarifying Objectives (NC Standard Course of Study)

**4PCH2** Understand body systems and organs, functions and their care.

**4PCH2.2** Summarize habits to care for the skin.

**4PCH3** Analyze health information and products

**4PCH3.1** Outline the functions of various health products

# Essential Standards & Clarifying Objectives

**5ICR2** Analyze the changes and influence that occur during puberty and adolescence.

**5ICR2.1** Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.

**5ICR2.2** Differentiate between accurate and inaccurate sources of information about puberty and development.

**5ICR2.3** Summarize the functions of the male and female reproductive systems.\*  
(same gender in GC)

# QUESTIONS & ANSWERS





# Do you talk about SEX?

Nope.

Students DO learn the purpose of their reproductive system but not the “HOW” of sex. That is discussed in the middle school programs.

# Are classes co-ed?

No. Classes are separated by gender.

# Will BOYS learn about GIRLS? ...and vice versa?

No. Students learn about their own gender in GR. 5.

# Should we have “the talk” with our children before this class begins?

That is up to you but it's not necessary.

The more you talk, the more likely they'll be to come to you about sensitive issues later.

# Will my child have homework?

Students have time to complete work in class but we encourage parents to talk with children about what they are learning.

Don't be upset if your child won't OPEN UP with you.

# Can a parent OPT-OUT?

YES. (select that option on the Parent Consent form)

Your child will remain with the classroom teacher during the lessons.

~96%-97% of parents OPT-IN.

# What is the link to the video used?

*Always Changing Boys*

<https://youtu.be/G57Suq7JpQE>

*Always Changing Girls*

<https://youtu.be/OR1XJZ0xRSo>

# How will we know when the classes start?

Classroom teachers will notify parents.



# How do you handle student questions?

Anonymous question box (option)

Ask in class: if the question is part of the curriculum, it will be answered.

If the question is outside the realm of the curriculum, the student will be referred to their parent.

# DATES

<b>Jayne Emma</b>	
Grade 5	
Growth & Changes	
SCHOOL	DATES
Freeman*YR	11/18-11/22
Bradley Creek	12/9-12/13
Snipes*YR	1/13-1/24 Girls Week 1 Boys Week 2.
Blair at Porter's Neck	2/10-2/14
Castle Hayne	3/2-3/6
Holly Tree	3/30-4/3
Eaton*YR	5/18-5/22
Lake Forest	JUNE - TBA

<b>Jenn Tucker</b>	
Grades 5-8	
Stepping Stones & Growth/Changes	
SCHOOL	DATES
Roland Grise	9/16-10/30
Winter Park	11/4-11/12
MC Williams	11/18-11/22
Bellamy	12/2-12/6
Sunset Park	12/9-12/13
Parsley (Boys)	1/6-1/10
Parsley (Girls)	1/13-1/17
Roland Grise	2/3-3/19
Forest Hills	3/23-27
Carolina Beach (Girls)	4/20-4/24
Carolina Beach (Boys)	4/27-5/1
Alderman	3/27-4/3
Anderson	5/4-5/8

<b>Margie Shuffler</b>	
Grades 5-8	
Stepping Stones & Growth/Changes	
SCHOOL	DATES
Noble	9/16- 11/26
Murrayville	12/2 - 12/19
Murrayville	12//9-12-13
Ogden	1/6-1/10
College Park	1/13-1/17
Wrightsboro	1/27-1/31
Gregory (Boys)	2/3-2/7
Gregory (Girls)	2/10-2/14
Codington	2/24-2/28
Pine Valley	3/2-3/9
Wrightsville B	3/10-3/16
Noble	3/17-5/22

# How can we reach the GC teachers?

**Best way to reach us is by email.** Include your phone number.

Jayne Emma - [jayne.emma@nhcs.net](mailto:jayne.emma@nhcs.net)

Margie Shuffler - [margaret.shuffler@nhcs.net](mailto:margaret.shuffler@nhcs.net)

Jenn Tucker - [jennifer.tucker@nhcs.net](mailto:jennifer.tucker@nhcs.net)

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