



Dear Parents and Guardians of Fifth Grade Students,

In February, fifth grade students will begin the Family Life unit as part of their Health Education curriculum. This unit addresses physical, social, and emotional changes related to maturation, as well as an introduction to human reproduction.

The curriculum is aligned with the Maryland Comprehensive Health Education Standards and is designed to help students:

- Understand the importance of talking with parents and other trusted adults about relationships, growth, and sexual health.
- Learn about physical, social, and emotional changes that occur during puberty.
- Recognize that puberty looks different for everyone and progresses at different rates.
- Gain medically accurate knowledge of the human reproductive system and its functions.
- Understand that reproduction requires both a sperm and an egg, and how puberty prepares the body for this possibility.

Instruction will be supported by *The Great Body Shop* student magazine issue, "Growing Up." Parents and guardians may review this resource by requesting a preview or by accessing the **Great Body Shop Family Portal**, which your child's teacher has shared with you.

Unit Overview:

- *Lesson 1: Hormones and Your Body* – Introduction to puberty, adolescence, hormones, and how they affect body functions.
- *Lesson 2: Growing Up Male and Female* – Physical changes in children, reproductive systems, menstrual cycle, and respectful communication.
- *Lesson 3: Good Hygiene and Self-Care* – Hygiene practices, emotional changes, self-image, empathy, and media influences.
- *Lesson 4: Growing Up with a Healthy Attitude* – Developing maturity, building healthy relationships, and practicing refusal and decision-making skills.

Your child's school maintains a copy of the CCPS Family Life and Human Sexuality curriculum for your review. Under Maryland state bylaws, parents/guardians have the right to excuse their child from the approved Family Life and Human Sexuality unit upon written request to the school.

Parents and guardians have two options for accessing Family Life and Human Sexuality instructional materials, which are outlined below:

1. Schedule an Appointment at Your Child's School

Contact your child's school to set up an **in-person or virtual meeting** with the health teacher and the school principal to review the instructional materials.

2. Access Materials via Schoology

Parents and guardians can view the Family Life and Human Sexuality Curriculum by accessing the **Family Life Curriculum Group** in Schoology. To ensure proper access:

- Log in using your **parent/guardian Schoology account** (not your child's student account). This can be accessed by visiting <https://www.calvertnet.k12.md.us/schoology> or by scanning the QR code below.



- Click on **Groups**.
- Select **Family Life Curriculum**.
- Click on **Resources** on the left-hand side of the page.

Need Help?

- If you are unable to locate or access the group in your Schoology parent account, please contact the **Supervisor of Health and Physical Education** in the Department of Instruction.
- If you do not have a Schoology parent account, please contact the **IT Helpdesk** for assistance in setting one up.

Parents can opt their child out of family life and human sexuality instruction. Students who opt out will still receive instruction on menstruation. Students whose parents have opted out will receive appropriate alternative learning objectives and/or assessments in health education outside of the health classroom.

If you have any questions, please contact your child's Health Education teacher (fifth grade teacher) or school administrator to arrange a phone call or meeting to review the Family Life instructional materials.

If you choose to opt your child out, please submit a written request to your child's teacher **no later than one week prior to the unit start**.

Sincerely,

A handwritten signature in black ink, appearing to read 'Marc Watson'.

Marc Watson
Supervisor of Health, Physical Education, and Athletics

Fifth Grade Opt-Out Form

Please sign and return this form to your child's Fifth grade teacher if you wish to opt your child out of any part of the approved Family Life curriculum. We encourage parents/guardians to contact their child's teacher and discuss those elements of the curriculum for which they want their child to receive alternative assignments for in Health Education.

Student's Name: _____

Parent's Name: _____

Parent Contact Number: _____

Date: _____