



PLEASANT VALLEY SCHOOL DISTRICT

Health Services Department

2026 Family Life and Sexual Health (FLASH) Grades 4-5

Parent Viewing: March 10, 2026 (5:30-8:00pm) EEC MPR 550 Temple Ave

Student Viewing Schedule

School	Dates
Santa Rosa Technology Magnet School	March 20-23, 2026
Rancho Rosal School	April 17-20, 2026
Tierra Linda School	March 24-25, 2026
La Mariposa School	March 26-27, 2026
Dos Caminos School	March 30-31, 2026
Los Primeros School Science & Arts	April 1-2, 2026
Pleasant Valley School of Engr & Arts	April 21-22, 2026
Camarillo Heights School	April 13-14, 2026
Las Posas School	April 15-16, 2026

All videos are shown to the girls and boys separately

Grade 4: (*Girls total viewing 33 minutes Boys total viewing 29 minutes*)

GIRLS You're Not a Little Kid Anymore -- 18 minutes
Just Around the Corner – For Girls - - 15 minutes

BOYS You're Not A Little Kid Anymore -- 18 minutes
Just Around the Corner – For Boys --15 minutes

Grade 5: (*Girls total viewing 55 minutes Boys total viewing 53 minutes*)

GIRLS The Puberty Workshop:
What is Puberty - - 14 minutes
Girls and Puberty - - 15 minutes
New Emotions, New Feelings - - 16 minutes
The Immune System: Our Internal Defender - - 10 minutes

BOYS The Puberty Workshop:
What is Puberty - - 14 minutes
Boys and Puberty - - 13 minutes
New Emotions, New Feelings - - 16 minutes
The Immune System: Our Internal Defender - - 10 minutes