



LAKE STEVENS SCHOOL DISTRICT

Form A: 6/7
Lake Stevens School District 1
12309 22nd St. NE
Lake Stevens, WA 982
425-335-1500 (office)
425-335-1549 (fax)

Dear Parent/Guardian,

In order to prepare students to make healthy and responsible decisions as they grow and develop through adolescence, your student's class will be studying the physical, social, and emotional changes associated with human growth and development. Human growth and development education is part of a balanced, complete health education program. The goals of this unit are to help students:

- Gain accurate and age-appropriate knowledge about adolescence;
- Develop a positive self-image and attitude towards the changes that they are experiencing or will experience;
- Develop skills that will enable them to communicate appropriately with others;
- Learn about HIV/AIDS, which addresses the national concern regarding this communicable disease.

Topics that will be covered include the social, emotional, and physical changes associated with puberty, development of the male and female reproductive systems, menstruation, personal safety and decision-making, and HIV/AIDS.

Students at North Lake Middle School will be completing the human growth and development unit when they rotate through their week-long health classes from May 4, 2026 to May 29, 2026.

Please review the Lake Stevens School District and Washington State guidance links below regarding the curriculum. If you have any additional questions, you can reach out to the classroom teachers and ask for a personal phone call or email to answer any questions you may have.

- [WAC 392-410-140](#)
- [RCW 28A.230.070](#)
- [Healthy Youth Act Legislation](#)
- [LSSD Policy 6320 AIDS Prevention Education](#)

Student instructional materials are listed below for your review and inspection. This will also enable you and your child to have some meaningful family discussions both before and after the classroom instruction. Materials will also be made available for review at the Lake Stevens School District Educational Service Center. Please contact Mike Snow mike_snow@lkstevens.wednet.edu to schedule a meeting.

6th Grade:

- Packet: 6th Grade HGD Workbook [PDF](#)
- Videos:
 - [The Puberty Workshop - What is Puberty?](#)
 - [The Puberty Workshop - You, Your Body, & Puberty](#)
 - [The Puberty Workshop - HIV and AIDS](#)

7th Grade:

- Packet: 7th Grade HGD Workbook [PDF](#)
- Videos:
 - [New Emotions and Feelings](#)
 - [Understanding HIV and AIDS](#)
 - [Edpuzzle](#)
- **Extended Resources:**
 - KNOW
<https://www.k12.wa.us/sites/default/files/public/hivsexualhealth/public/docs/knowgrades7-8.pdf>

Following a preview of the materials above, parents may choose one of the following options:

Option 1: District Adopted Curriculum (Instructors: Trained LSSD Staff), aligned with the [Healthy Youth Act - RCW 28A.300.475](#), emphasizing abstinence as well as information regarding contraceptive education.

Option 2: Parent Delivered Curriculum (Instructor: Individual Student's Parent/Guardian). Possible resources can be found at:

<https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>

State law provides that a parent or guardian must review the materials before they can have their child or legal ward excused from participation in the HIV/AIDS prevention program.

If you would like to opt your child out of the district adopted curriculum and related classroom lessons and will instead be providing a parent delivered curriculum at home, please fill out the following form to indicate your desire to opt out.

- [Lake Stevens HIV/AIDS/HGD Parent Opt Out form](#)

*YOUR STUDENT WILL BE ENROLLED IN THE DISTRICT ADOPTED CURRICULUM IF THIS FORM IS NOT SUBMITTED.

You may wish to become involved in your student's learning in the following ways:

- Encourage your child to discuss their questions with you.
- Talk to your child about your own feelings and experiences during adolescence.
- Talk to your child about your own values and beliefs regarding sexuality, health and hygiene.

If you have any questions or comments, please feel free to contact your student's building principal or your student's teacher.

Sincerely,

Mike Snow
Executive Director of Secondary Schools
Lake Stevens School District
(425) 335-1624