Human Growth and Development

Informational Session
November 2026



SNOHOMISH SCHOOL DISTRICT

Human Growth and Development Presentation

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SNOHOMISH SCHOOL DISTRICT

Purpose of Presentation

- To provide information to parents and guardians about the planned Human Growth and Development (HGD) instruction and the materials that are available for review
  - *WAC 392-410-140*

Agenda Items

- Purpose
- Resources and Links
- Presentation Timing
- Purpose of HGD
- Legislative Requirements
- Basic Information about Lessons
- State Standards
- Lesson Topics
- Learning Targets and Activities
- Video Showing
- Opt-out Process
- How to Access Materials
- Q & A



Resources

- Copy of PowerPoint Presentation
- Opt-out Letter
- Parent Letter
- Links to Lessons
- Video of *You, Your Body and Puberty (at District Office Only)*

Timing of Presentation

- WAC 392-410-140: Notification must occur at least one month prior to lessons
- District Sexual Health Policy and Procedure approved at the end of October 2018

Why teach HGD in 5th and 6th grade?

- To provide students with medically accurate and developmentally appropriate information to help them make decisions that impact their lifelong health and wellness, build healthy relationships, and protect themselves from sexually transmitted diseases and infection
- To help our students better understand the physiological changes that they experience at this stage in their lives
- To help ensure that students are **safe, informed, and empowered**
- HIV/AIDS prevention required by law to be taught annually in 5th -12th grade (AIDS Omnibus Act)

WAC 392-410-140

Sexual health education must be:

- Age appropriate
- Inclusive of students regardless of gender, race, disability status, or sexual orientation
- Includes information about abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases
- Medically and scientifically accurate

Medically and Scientifically Accurate Information

- Verified or supported by research in compliance with scientific methods
- Published in peer reviewed journals, where appropriate
- Recognized as accurate and objective by professional organizations and agencies with expertise in the field of sexual health including but not limited to the American College of Obstetricians and Gynecologists, the Washington State Department of Health and the U.S. Centers for Disease Control and Prevention.

HGD instruction meets above requirements

Basic Information about the HGD Lessons

- Four lessons taught over four days
- Each lesson is 50-75 minutes in length approx.
- Male and female students will be in two different groups but will learn about both genders
- Focus on medically and scientifically accurate language
- School Board Approved Resources:
  - Family, Life, and Sexual Health (FLASH) from OSPI List of Resources
  - You, Your Body, and Puberty Video

Pertinent State Standards

Standard 1: Comprehend concepts related to **health promotion** and **disease prevention** to enhance health.

Standard 7: Demonstrate the ability to **practice health-enhancing behaviors** and avoid or reduce health risks.

Topics (5th Grade, 6th Grade)

- Puberty, Growth, and Development
- HIV/AIDS and Disease Prevention as required by state law
- Definition, transmission, and prevention of HIV/AIDS
- Male and female parts and functions of the reproductive system (6th grade only)
- Abstinence and other sexual health protective measures (6th grade only)

Introduction Lesson

5th Grade

Learning Target:

List and explain ground rules for learning and why they are necessary.

Activity:

Use case study and class input to set ground rules.

Use “anonymous questions” cans/boxes to ask questions.

6th Grade

Learning Target:

List and explain ground rules for learning and why they are necessary.

Activity:

Use case study and class input to set ground rules.

Use “anonymous questions” cans/boxes to ask questions.

Puberty Lesson

5th Grade

Learning Target:

Identify ways to manage physical, social, and emotional changes that occur during puberty.

Activity:

Compare and contrast male and female developmental experiences through guided classroom discussion.

6th Grade

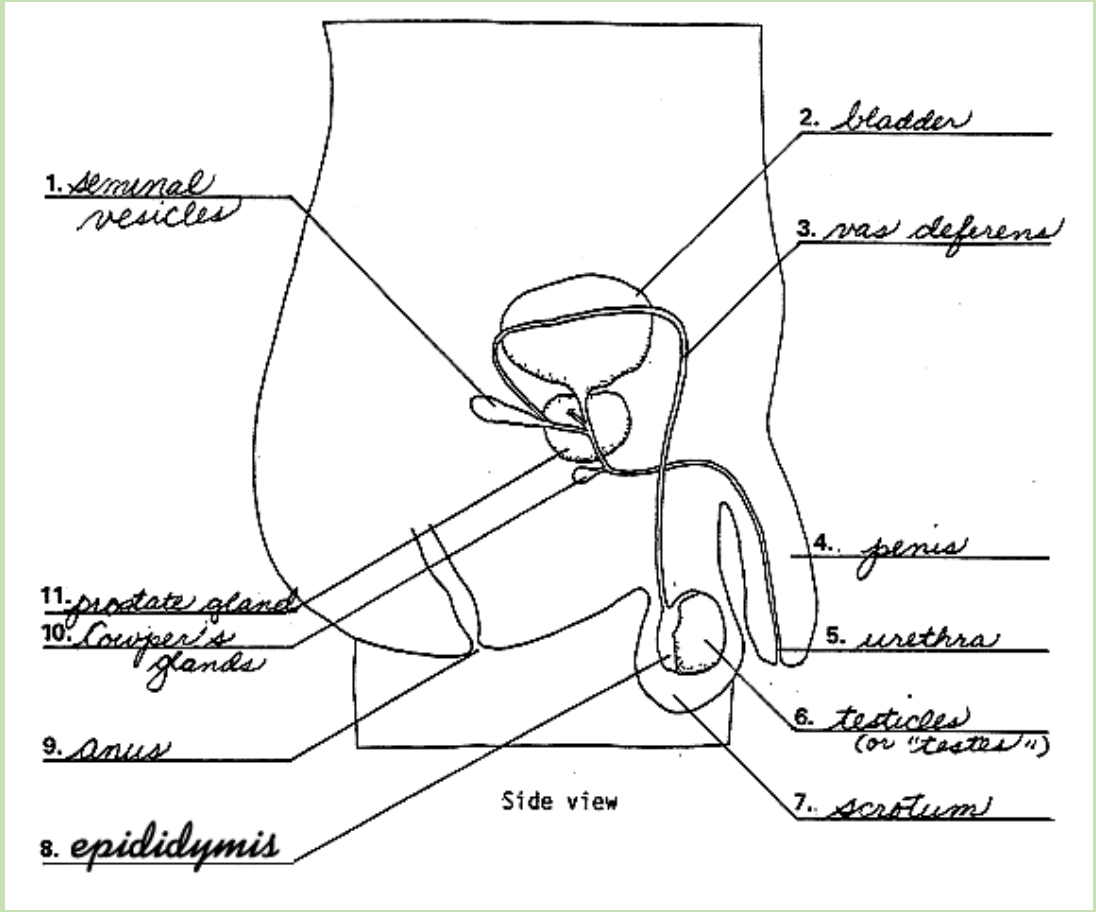
Learning Target:

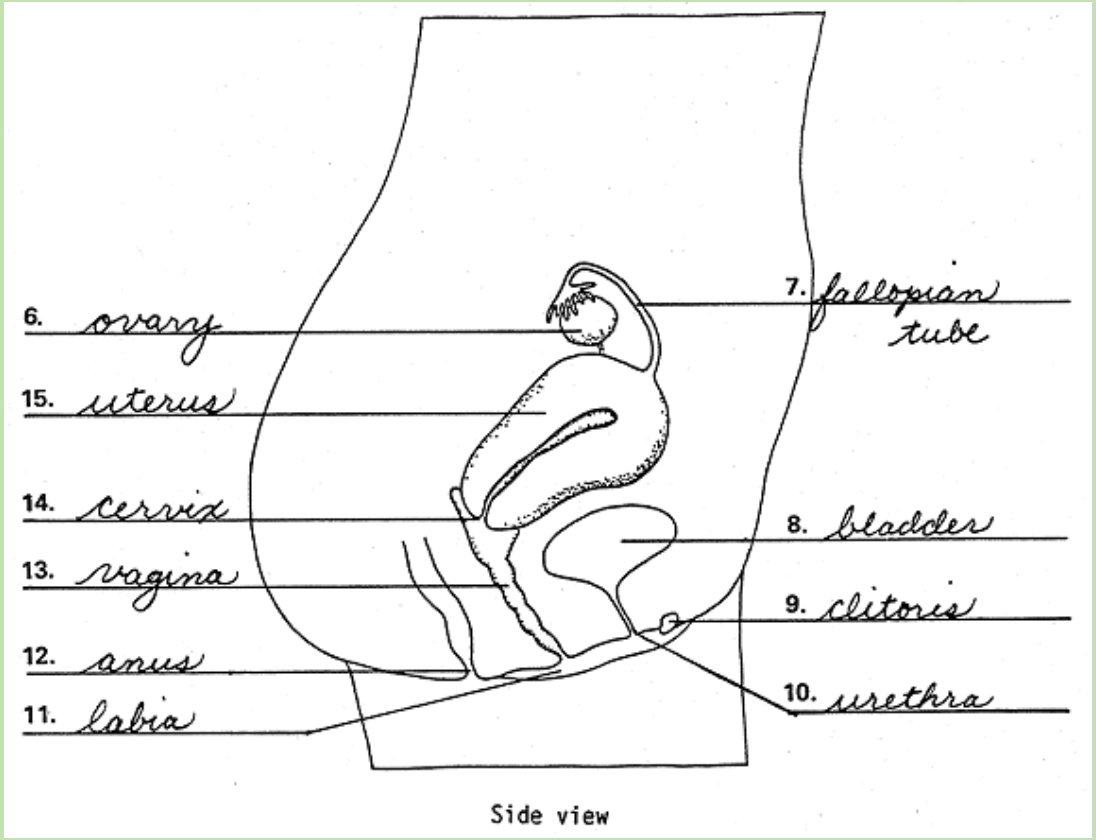
Identify parts of both male and female reproductive systems.

Activity:

Complete side-view diagrams using medically accurate language.

Sideview Diagram (6th Grade Only)





HIV/AIDS Prevention Lesson

5th Grade

Learning Target:

- Distinguish between healthy concern and unhealthy fear.
- Identify methods of transmission and methods of prevention of HIV.

Activity:

Classroom discussion
and worksheet.

6th Grade

Learning Target:

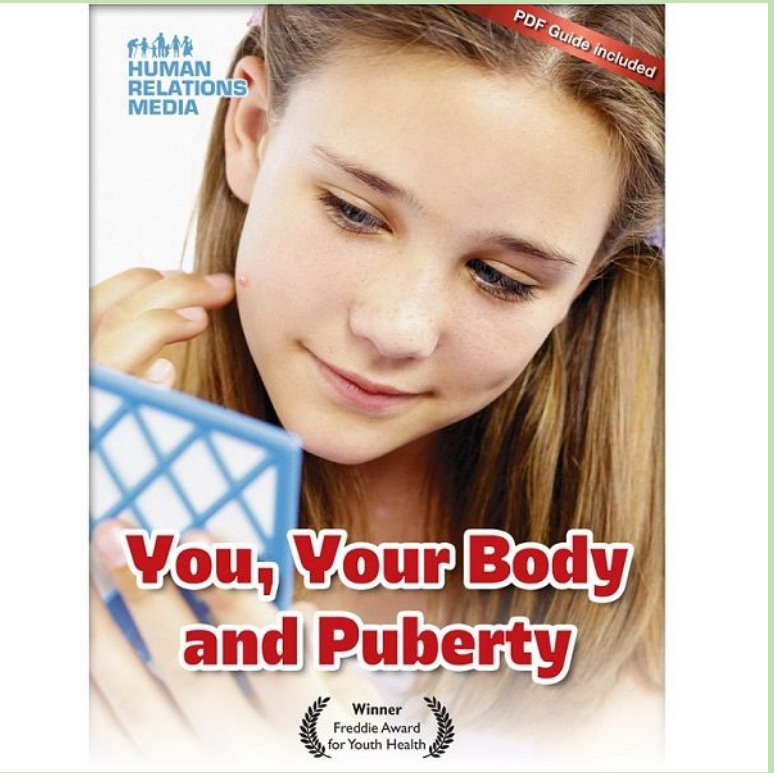
- Explain how STD's are transmitted.
- Identify examples of protective factors.
- Identify examples of risk behaviors.

Activity:

Classroom discussion
and vocabulary activity.

Video – You, Your Body, and Puberty

- Shown in 5th grade, may be repeated in 6th grade
- Cannot post online due to copyright restrictions



Opt-Out Process

Snohomish School District Website

- Teaching and Learning
  - Health Education (https://sno.wednet.edu/healtheducation)
    - Opt-out Form – HIV/AIDS Prevention and Human Growth and Development/Puberty for 5th and 6th Grade

SNOHOMISH SCHOOL DISTRICT

Opt-Out Form
HIV/AIDS Prevention and Human Growth and Development/Puberty
for 5th and 6th Grade

The purpose of HIV/AIDS Prevention and Human Growth and Development/Puberty instruction is to establish common learning goals across the district and to provide all students with medically accurate, developmentally appropriate, and bias-free information to help them make decisions that positively impact their lifelong health and wellness. HIV/AIDS prevention and human growth and development/ puberty lessons are aligned with state academic standards in health.

The essential standards that will be covered in 5th and 6th grade are as follows:

Human Growth and Development/Puberty:

- Understand functions of male and female reproductive systems
- Identify ways to manage physical, social, and emotional changes during puberty
- Describe how puberty and physical development vary
- Recognize that puberty prepares the body for reproduction

HIV/AIDS Prevention:

- Define HIV/AIDS
- Discuss how HIV is transmitted and methods of prevention
- Define abstinence (6th grade only)
- Identify examples of protective factors and examples of risk behaviors (6th grade only)

Resources related to HIV/AIDS prevention and human growth and development/puberty lessons are available for parent/guardian review at Teaching and Learning Services in the district office. You may choose to excuse your student from participating in any of the above lessons by completing this form and returning it to your student's teacher three days prior to the planned instruction. See below.

Please note: Opt-out restrictions must be renewed each school year.

After reviewing the Snohomish School District curricular resources, I would like to request that my child opt out of participating in the HIV/AIDS prevention and human growth and development/puberty lessons. I can find state resources to share with my child at www.k12.wa.us/HIVSexualhealth/Resources.aspx. The school will provide an alternative assignment on a different subject matter and an alternative learning environment during the delivery of these lessons.

Please select:

- ❒ **Opt out** of Human Growth and Development/Puberty lessons
- ❒ **Opt out** of HIV/AIDS Prevention lessons

Student Name _____ School _____
Last, First

Parent/Guardian Name _____
Last, First

Parent/Guardian Signature _____ Date _____

How to Access Lessons

1

Hard Copy Binders at RSC

2

District Website (Teaching and Learning, Health Education)

3

Video at the RSC

Q and A



Call or email David Greene

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