

BOARD CHAIR BOARD MEMBERS

Alva Swafford Smith Laurie Lawson Cox

Marcus Nicolas

BOARD VICE CHAIR Darryl Jones

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SUPERINTENDENT

Rocky Hanna

[DATE]

Dear Parent/Guardian,

Our class is about to study an important lesson about puberty.

You can access the puberty materials (including videos) that your child will receive at <https://www.leonschools.net/Page/54691>.

These materials will help students:

* Understand the physical and emotional changes they experience during puberty and acknowledge that these changes are a normal part of growth and development.
* This includes body changes that happen to both girls and boys
* Understand that personal hygiene is each individual’s responsibility.
* Understand how girls manage their periods. (GIRLS ONLY)
* Learn about making good decisions and powerful words to make a positive impact.
* Learn how to stay healthy and confident from the changes that occur to their brains, eating well, and staying safe.
* Talk to parents and trusted adults about their feelings and questions during puberty to help them better understand and get the support they need.

This program will be taught by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_beginning on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Parents/guardians have the option of “opting out” their child from any portion of puberty education by

making a written request to the school principal. If you are choosing to OPT OUT your child, please fill out the exemption form below, tear it off, and send it to your child’s teacher. **Exempted students will not be penalized.** They will be sent to another room and given an alternative assignment.

Sincerely,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[SCHOOL PRINCIPAL]

OPT OUT PORTION: Only to be filled out if you DO NOT want your child to participate in puberty education.

I wish for my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to be excused from the puberty lessons.

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_