

November 2013

Dear West De Pere 7<sup>th</sup> Grade Parent,

Your seventh grade child is scheduled to participate in a unit of study about puberty and reproduction (Human Growth and Development) this school year. The unit will be taught as part of the Life Skills class for seventh grade students. Unlike in fifth grade where boys and girls were instructed separately, in seventh grade, boys and girls will be combined for classroom instruction.

**The West De Pere School District recognizes and encourages the primary role of parents/guardians as the human growth and development educators of their children. The district's human growth and development curriculum is designed to partner with families to help students understand their growth, development, and sexuality; develop a positive self-concept; and acquire factual knowledge, skill, attitudes and values that result in behavior that contributes to the well-being of the individual, family, and community.** In alignment with this mission statement, attached you will find a day-by-day outline of the content that will be covered during the Grade 7 Human Growth and Development unit. We are providing this outline to encourage you to have conversations with your student regarding the unit content. In addition, we have created a website, <http://www.wdpsd.com/district/hgd.cfm>, where you can access unit outlines and additional resources to facilitate follow-up conversations with your son/daughter.

We welcome you to preview the instructional materials and videos that will be used as part of these units of study. Please contact the school office (337-1099) to schedule a preview date/time or to check out the materials if they are available.

This curriculum provides the content that we believe to be important for students to know about and understand. All instructional activities have been designed to be appropriate for the developmental ages of the students. By participating, it is believed that students will be better equipped to make safe and appropriate choices regarding their health, safety, and personal values. As a parent, however, it is your right to request that your student not take part in this unit. Please notify me in writing if you do not want your child to participate in Human Growth and Development instruction. The unit is scheduled to start on.

If you have any questions, please feel welcome to contact me.

Sincerely,

Vicki Landers  
Physical Education & Life Skills Teacher

## West De Pere Middle School

### 7<sup>th</sup> Grade Human Growth and Development

#### Day 1 & 2

- ★ Expectations- Act mature, Be respectful to others and yourself, and Deal with nervousness in a positive way
- ★ Define puberty
- ★ Review/identify some of the major systems of the body and their functions – skeletal, muscular, integumentary, nervous, endocrine, digestive, circulatory, respiratory, urinary, and reproductive (sexual).
- ★ Introduce *extra credit* Parent/Child interview on relationships WKS

#### Day 3

- ★ My Changing Body -Take Home Packet
- ★ Learning about Puberty & Reproduction WKS (completed in class-correct with video)
- ★ Watch video ([We're Just Around the Corner](#)) (16 minutes)

#### Day 4 & 5

- ★ Risk Talk- Smartboard
- ★ Discuss the importance of respect for family guidelines, family roles, and family love.
- ★ Discuss consequences of being sexual active – pregnancy, physical (STI/STD), and emotional-heartbreak/depression)
- ★ Read Letter to My Children –From a Loving Parent (emotional health) –Discuss
- ★ Discuss how effective some methods of birth control are and what they protect against (oral birth control pill, condoms, and abstinence)
- ★ Sexually Transmitted Infections activity Dice Game of Risk/Discuss

#### Day 5 & 6

- ★ Gestation Period – Define & Discuss
- ★ Month by month slide show of how a baby develops - discussion
- ★ Expressing Affection Packet (Appropriate or Inappropriate Behavior 1.2 completed & discussed during class)
- ★ Watch part of Abby & Brittany Video Joined for Life
  - Discuss difference between a single baby, twins-fraternal & identical, and conjoined twins – before watching DVD
- ★ Parent Interview WKS Due

*will be saved in-case more time is needed or conflicts in the schedule arise*