



Insert Date

Dear Parent/Guardian:

The Sixth Grade Growth and Development and HIV, AIDS and STIs program was developed by the Kyrene Health Steering Committee composed of teachers, administrators, parents, and health care professionals; including registered nurses, a pediatrician and a pediatric infectious disease specialist. These lessons were designed to provide age appropriate information about Growth & Development, sexual abuse, and HIV/AIDS to sixth grade students in Kyrene.

Parent permission is required for each student to participate in the sixth grade program which consists of four carefully planned lessons. All lessons are taught to boys and girls in separate groups. Instructors use detailed scripted lessons that reflect the resources adopted by the Kyrene School District Governing Board in March 2006 and April 2010. Key components have been summarized below and detailed objectives for each lesson are attached.

Lessons 1 & 2 Puberty: Students view “Puberty, The Great Adventure for Guys and Girls”, which explains the physical and emotional changes young people experience during puberty; and the male and female reproductive systems.

Lesson 3 STIs, HIV/AIDS and Healthy Relationship/Abuse: Students learn about Sexually Transmitted Infections including HIV; how these infections are transmitted and how to prevent transmission. Instruction also includes information on short term and long-term effects of STIs. Students also learn characteristics of healthy and unhealthy relationships and review three types of abuse: physical, sexual, emotional and verbal.

Lesson 4 Refusal Skills: Students learn steps for good decision making and practice how to say “No” to risky behaviors.

The Growth and Development, STIs, HIV, & AIDS instruction will be taught the week of **(day and date)**.

The following preview opportunity has been planned for parents/guardians who would like to review the lessons and videos before signing the attached permission slip: **(NOTE: these dates must be at least two weeks prior to any instruction)**

Daytime Parent Preview

Date:

Time:

Location:

Parent Information Night

Date:

Time:

Location:

Please return the signed permission slip to your child’s classroom teacher by **(day and date)**.

Sincerely,
Sixth Grade Team

LEARNING. LEADING. ACHIEVING.

**Kyrene School District
Sixth Grade
HIV/AIDS Education Overview**

The instructors will be following detailed scripted lessons. Questions which arise during instruction are answered within the context of the lesson. Questions about controversial or sensitive issues which are not a part of the lesson are not discussed in class. Students are encouraged to seek additional information from parents/guardians and other reliable adults.

Objectives covered in Lessons 1 & 2 Puberty

- Recognize that the physical changes related to puberty occur at rates that vary by age and gender.
- Recognize the importance of respecting self and others as the physical changes of puberty occur.
- Examine the common emotional, psychological and social issues that adolescents could face; including sexual intercourse and pregnancy.
- Recognize the importance of respecting self and others as the physical changes of puberty occur.
- Identify male and female reproductive organs, the basic function of each.
- Recognize health behaviors and issues that are important during puberty.

Objectives covered in Lesson 3 STIs, HIV/AIDS and Healthy Relationship/Abuse

- Discuss different types of personal relationships (healthy and unhealthy).
- Recognize the benefits of abstinence from sexual intercourse.
- Recognize the implications of Arizona law relating to the sexual conduct of minors as it relates to self and others.
- Recognize sexual abuse.
- Recognize resources for reporting sexual abuse.
- Identify and define the terms HIV and AIDS.
- Define STIs (Sexually Transmitted Infections).
- Recognize several ways that HIV and AIDS is most commonly transmitted (e.g., when HIV infected blood gets into the body of a healthy person, sexual contact with a person infected with HIV and AIDS, sharing a needle containing HIV infected blood, from and infected mother to her child during pregnancy, birth, or breastfeeding).
- Recognize that some people acquired HIV and AIDS from a transfusion of blood products that contained HIV; now there are tests to screen out contaminated blood before it is used.
- Distinguish the difference between facts and myths about HIV and AIDS.
- Recognize that people with HIV and AIDS should be treated in a socially supportive manner.
- Identify the most common STIs, besides HIV (e.g., Gonorrhea, Chlamydia, Syphilis, HPV, HSV, Trichomoniasis).
- Understand and explain the short term and long-term implications of common STIs.
- Identify precautions that should be taken to avoid the transmission of HIV (e.g., never touch another person's blood, medical syringes, or needles).
- Define abstinence as refraining from sexual intercourse.
- Define sexual intercourse as vaginal, oral, or anal.
- Recognize that the only 100% sure way to avoid acquiring or transmitting HIV, AIDS, and STIs sexually is abstinence from intercourse and/or genital contact.
- Recognize that sexual intercourse and/or genital contact can be a health risk behavior.
- Understand personal dating safety.

**Kyrene School District
Sixth Grade
HIV/AIDS Education Overview**

Objectives for Lesson 4 Refusal Skills

- Recognize the importance of self-discipline and assertive communication in helping an individual enforce his/her decision about sexual limits.
- Recognize that people determine their own behavior even in the face of strong emotions, peer pressure, sexual arousal, and the need for security/affection.
- Recognize the importance of having personal and sexual boundaries/limits.
- Recognize the importance of communicating personal and sexual boundaries/limits.
- Review refusal skills in real life situations involving high-risk behaviors.

**Kyrene School District
Sixth Grade
HIV/AIDS Education Overview**

Please return to your teacher before **(insert date)**

ALL STUDENTS are required to turn in a Permission Slip.

Please check the option of your choice:

- ___ My child **may** participate in all four lessons of the Growth & Development and HIV, AIDS, STIs Programs.
- ___ My child **may not** participate in any of the four lessons of Growth & Development and HIV, AIDS and STIs Programs. Alternative lessons from the Kyrene Health Curriculum will be provided for your child.

Alternative Choice:

If you would like to have your child participate in only selected lessons please indicate below.

- | Yes | No | |
|------------|-----------|---|
| ___ | ___ | Lessons 1 & 2: Growth & Development (Puberty) |
| ___ | ___ | Lesson 3: STIs, HIV/AIDS and Healthy Relationship/Abuse |
| ___ | ___ | Lesson 4: Refusal Skills |

The materials used for instruction in the Human Growth and Development Program have been determined by the District to possess serious educational value for minors or possess serious literary, artistic, political, or scientific value but may contain some material deemed sexually explicit under ARS 15-120.03(C). The Human Growth and Development instructional materials were approved by our District in conformity with the requirements of Arizona Law.

Student: _____

Teacher: _____

Signature of Parent/Guardian: _____

Date: _____