

Puberty Talk Course Overview

Los Gatos Union
School District

February 27, 2020



Abi Karlin-Resnick
Executive Director



Presentation Overview

1. Health Connected
2. Requirements & Standards
3. Puberty Talk Course
Content & Outcomes
4. Question & Answer

1.

HEALTH
CONNECTED



Our Mission

25 years after our founding as a nonprofit organization, we continue to champion the needs of adolescents of all ages through our mission:

Health Connected equips young people with information, skills, and support to make thoughtful choices about their relationships and sexual health throughout their lives.

Health Connected Today



418,000
estimated students



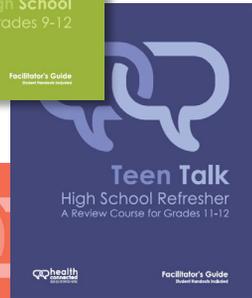
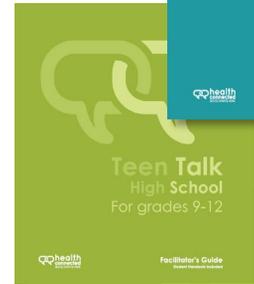
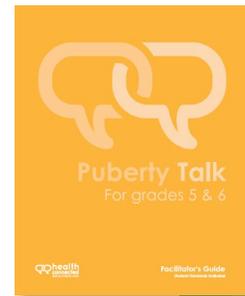
8,300
parents



3,895
teachers & providers trained



120
partner school districts



Why Puberty Education?

Comprehensive puberty education can play an integral role in student social development, school climate, and family engagement.

Following are several benefits to providing comprehensive puberty education, ideally before puberty occurs for most students:

- Provide opportunities for families to start conversations based on their own values
- Establish common language and expectations about respect and empathy
- Change pervasive negative attitudes about the process and experience of puberty
- Provide a foundation of knowledge for sexual health content that is required starting in middle school
- Set expectations about respecting personal boundaries
- Serves as an antidote to bullying that typically increases around puberty

2. REQUIREMENTS & STANDARDS



Helping Schools Achieve Goals



Engenders Social Emotional Learning

Puberty education teaches:

- Listening
- Self-awareness
- Self-regulation
- Empathy
- Responsible decision-making
- Healthy relationships



Bolsters Scientific Knowledge

Puberty education teaches:

- Scientific terminology
- Anatomy & physiology
- Critical thinking skills
- Team-based problem solving



District Priorities: LCAP

Puberty education supports district LCAP goals:

- Goal 2: Safe environment
- Goal 3: Parent engagement

Standards Alignment

All of Health Connected's courses are aligned with the following standards, guidelines and requirements:

California Healthy Youth Act: All five curricula are in alignment; Teen Talk Middle School and Teen Talk High School completed an extensive review process for compliance

California Health Content Standards: All five curricula are in alignment

National Sexuality Education Standards: All five curricula are in alignment

Common Core: All five curricula reflect the philosophy of Common Core to engender critical thinking, reflection, and rigor

California Health Youth Act Summary

The California Healthy Youth Act (CA Education Code § 51930-51939) went into effect on January 1, 2016.

Following are key requirements under the law:

- Sexual health instruction is required **at least once in grades 7/8 and at least once in grades 9-12**, which must meet a set of content requirements outlined in EC§51934.
- Any instruction that takes place in **grades K-12** must meet a set of baseline requirements outlined in EC§51933.
- **Parents must be notified** of applicable instruction at least 14 days prior to instruction.
- Parents **may opt their child out** of instruction.
- Teachers must receive **content-specific training** to provide instruction.

California Health Youth Act & Puberty Education

Puberty education that takes place prior to grade 7 is NOT required under the California Healthy Youth Act. HOWEVER, if it is provided, it must meet all of the requirements of the California Healthy Youth Act EXCEPT EC §51934.

In particular, puberty education must:

- Be age appropriate (as defined by cognitive ability)
- Be medically accurate
- Be appropriate for students of all races, genders, sexual orientations, ethnic/cultural identities, with disabilities, and English language learners
- Not reflect/promote bias against protected classes of students (EC §220)
- Affirmatively recognize that people have different sexual orientations
- Teach about gender, gender expression, gender identity, and the harm of negative gender stereotypes
- Encourage communication with parents and trusted adults
- Teach the value of and prepare students to have committed relationships
- Provide knowledge and skills to form healthy relationships
- Provide knowledge and skills to make/implement healthy decisions about sexuality
- Not teach/promote religious doctrine

3. COURSE CONTENT



Key Attributes

All of Health Connected's courses incorporate the following philosophical and pedagogical approaches:

Gender-inclusive: All courses are delivered in a mixed gender environment to establish norms of respectful and appropriate language and build communication skills.

Emphasis on parent engagement: All courses include a parent-child interview and reinforce trusted adults as a resource throughout the course experience.

Mix of pedagogical strategies: All courses incorporate a variety of teaching methodologies to move away from "teaching by video," engage a variety of learning styles, and make the content relevant to a diverse student body.

Emphasis on building communication skills: All courses integrate multiple opportunities for students to practice communicating about course topics in a facilitated peer environment.

Puberty Talk Content

All of our courses begin by establishing classroom norms and include a values reflection exercise, a trusted adult interview, and an Anonymous Question Box.

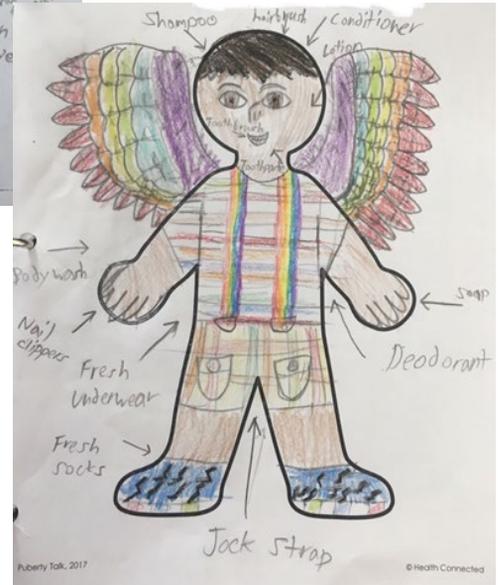
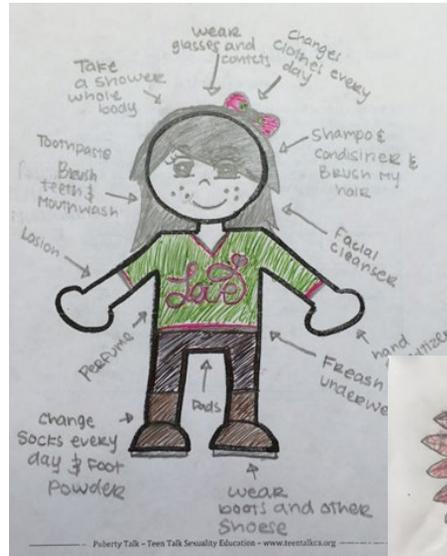
Puberty Talk covers:

- Family communication
- Values reflection
- Puberty changes
- Personal hygiene
- Sexual and reproductive anatomy
- Conception and pregnancy
- Healthy body image
- Personal safety & appropriate behavior
- Decision-making & asking for help
- Gender identity and sexual orientation

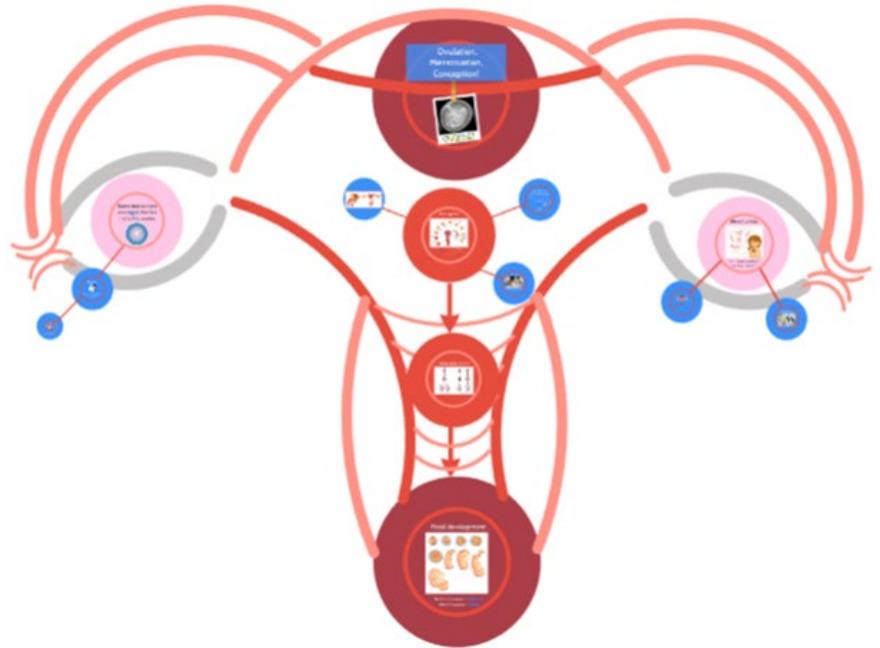
Changes, Changes, Changes



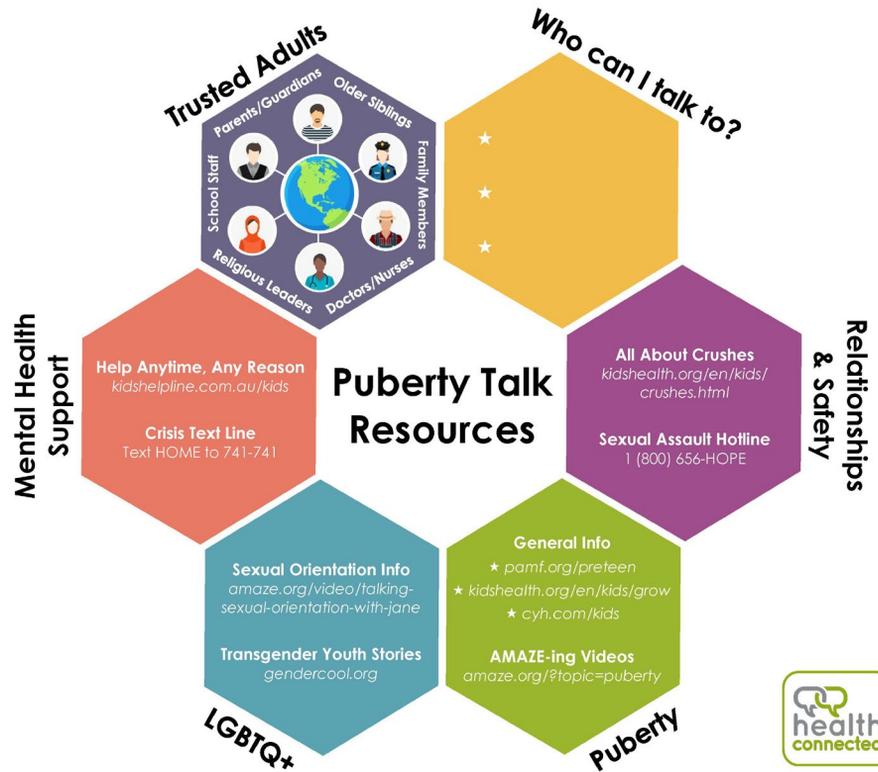
Taking Care of Me



Ovulation, Menstruation, Conception Prezi



Resource List

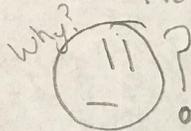


Promoting Student Voice: Question Box

Why is puberty/sex/
kissing/dating considered
an
"Inappropriate" topic.

do you feel pain
when you go
through puberty?

What happens
when you get
funny feelings
when you like
someone?



Promoting
Student
Voice:
Question
Box

If you like someone and they know
that you like them what do you
do?

Love Question

what do you do
when someone touches
you in an unappropriate
area? what if just telling
him to stop doesn't
help?

Is having sex the only way
to have a baby or is
there different
ways?

Puberty Talk Impact (2018-19)

3,723 students



+54%



Increase in knowledge about puberty

79%



Of students say Puberty Talk helped them feel more comfortable with their body and changes that happen during puberty

“

What was your favorite part of the course?

“Learning about all the cool changes happening. I also like that we learn so then now we won’t make fun of others for those changes.”

–5th grade student

“I liked that I could learn about my body and know that other kids will go through these changes and have learned this so that they can help me.”

–5th grade student

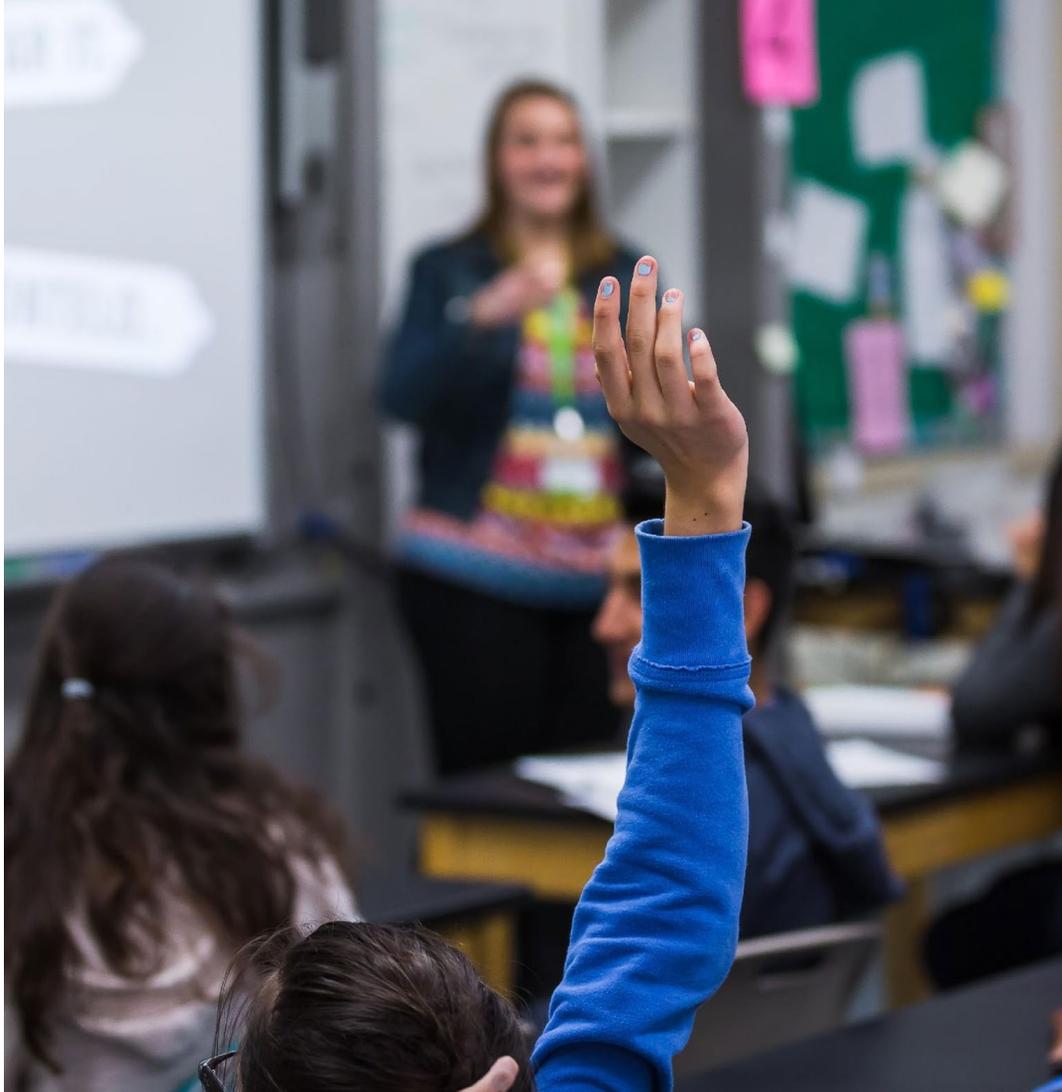
“
*What will you do differently after
participating in this course?*

*“Ask my trusted adults about puberty.”
–5th grade student*

*“Helping out people who are getting bullied,
talking with people about how they feel, going
with them to get help if they need.”
–5th grade student*

4.

Question
& Answer



Puberty Po-ED-try

Stinky: A Haiku

Body odor stinks
Shower, wear deodorant
Now I smell so clean

My Crush: A Limerick

I see that smile and get this feeling
So cute and so appealing
I start to blush
When I see my crush
I hope my actions aren't too revealing

Puberty Changes: Free Verse

There once was a girl whose 11th birthday just passed
She didn't know why she was growing so fast!
But after Puberty Talk she learned...
Her growing pains were because
Her hormones were high and her body was changing
Oh my!
She found out her armpits may even get hairy
Knowing this, puberty was a little less scary

Get in Touch!

Abi Karlin-Resnick

Email: abi@health-connected.org
Executive Director



facebook.com/healthconnectedorg



[@SexEdStartsHere](https://www.linkedin.com/company/sexedstarts)



[@SexEdStartsHere](https://www.instagram.com/sexedstarts)