

# Puberty Talk Course Overview

Los Gatos Union  
School District

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# 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



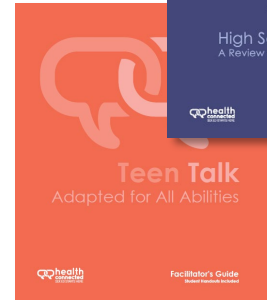
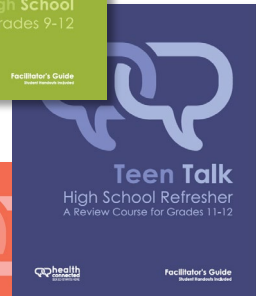
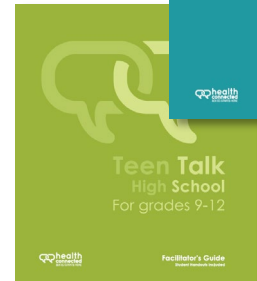
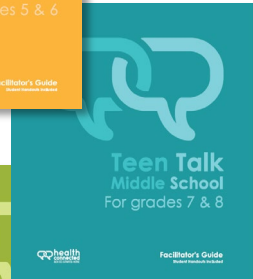
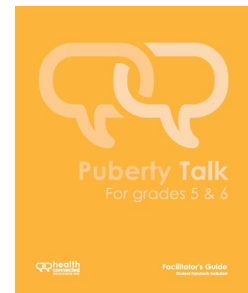
**8,300**  
parents



**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

The photograph shows a classroom activity where students are creating posters about puberty. A boy is working on a poster titled "BOYS" which has a rainbow background. To his right is a poster titled "GIRLS" with a green and blue background. Both posters have sticky notes with information about physical changes. A third poster titled "NOT!" is partially visible on the left.

**BOYS**

- one mic - no underwear
- breast tissue gets swollen and tender but returns to normal after a few months or a year
- Testicles produce sperm

**GIRLS**

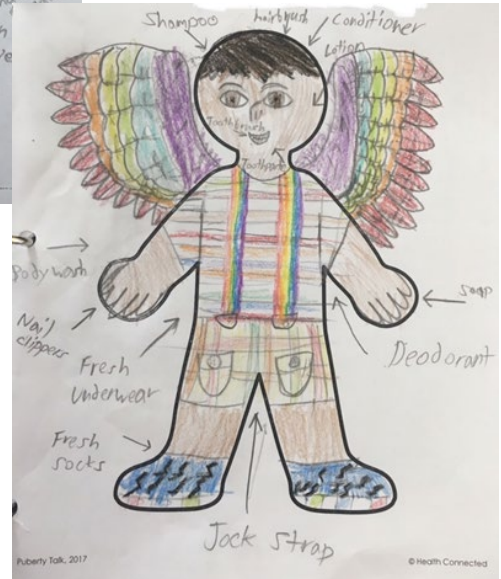
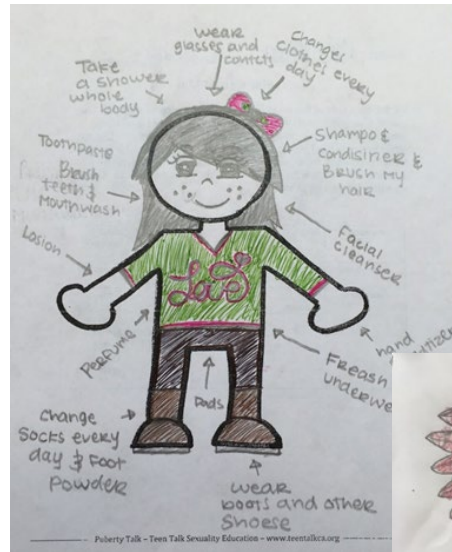
- Periods start (called "menstruation")
- Feelings get more intense
- Chest hair grows

**NOT!**

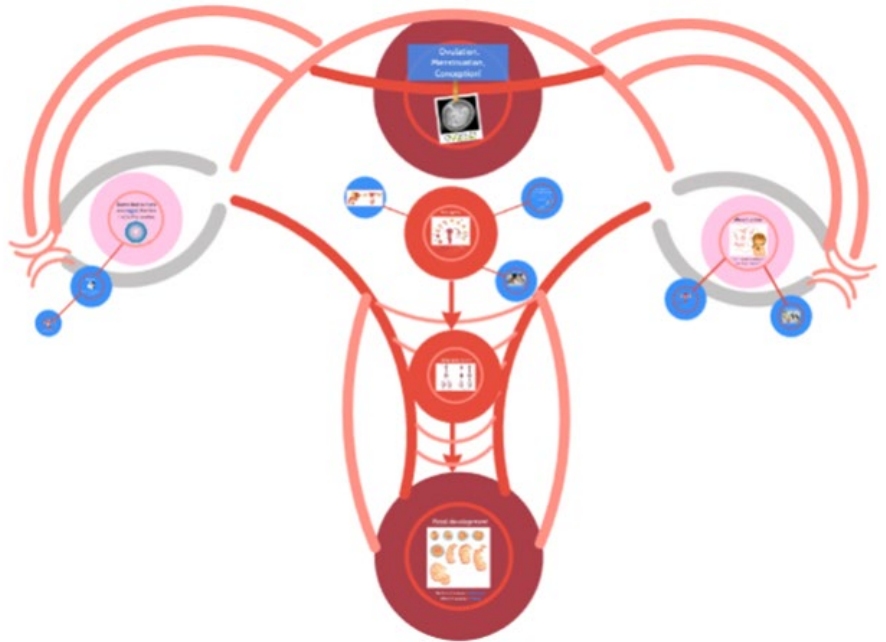
- Body changes - feelings on change quickly
- The whole body grows tall - you grow and bigger overall



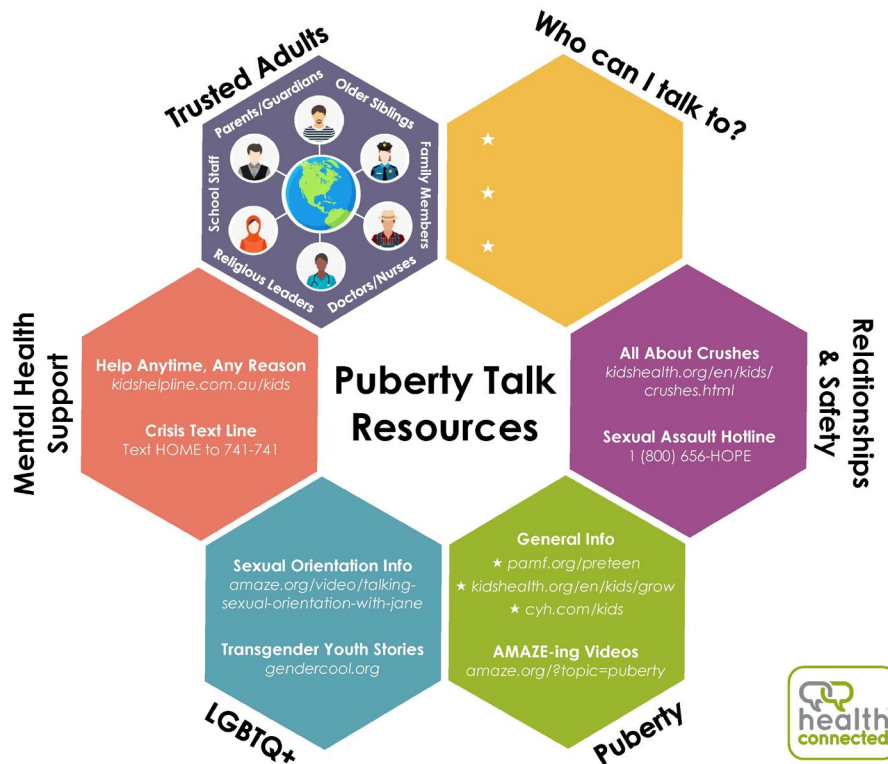
# Taking Care of Me



# Ovulation, Menstruation, Conception Prezi



# Resource List

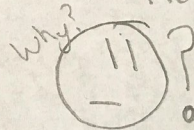


# Promoting Student Voice: Question Box

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

do you feel pain  
when you go  
thru 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 inappropriate  
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.”*

*–5<sup>th</sup> 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.”*

*–5<sup>th</sup> grade student*



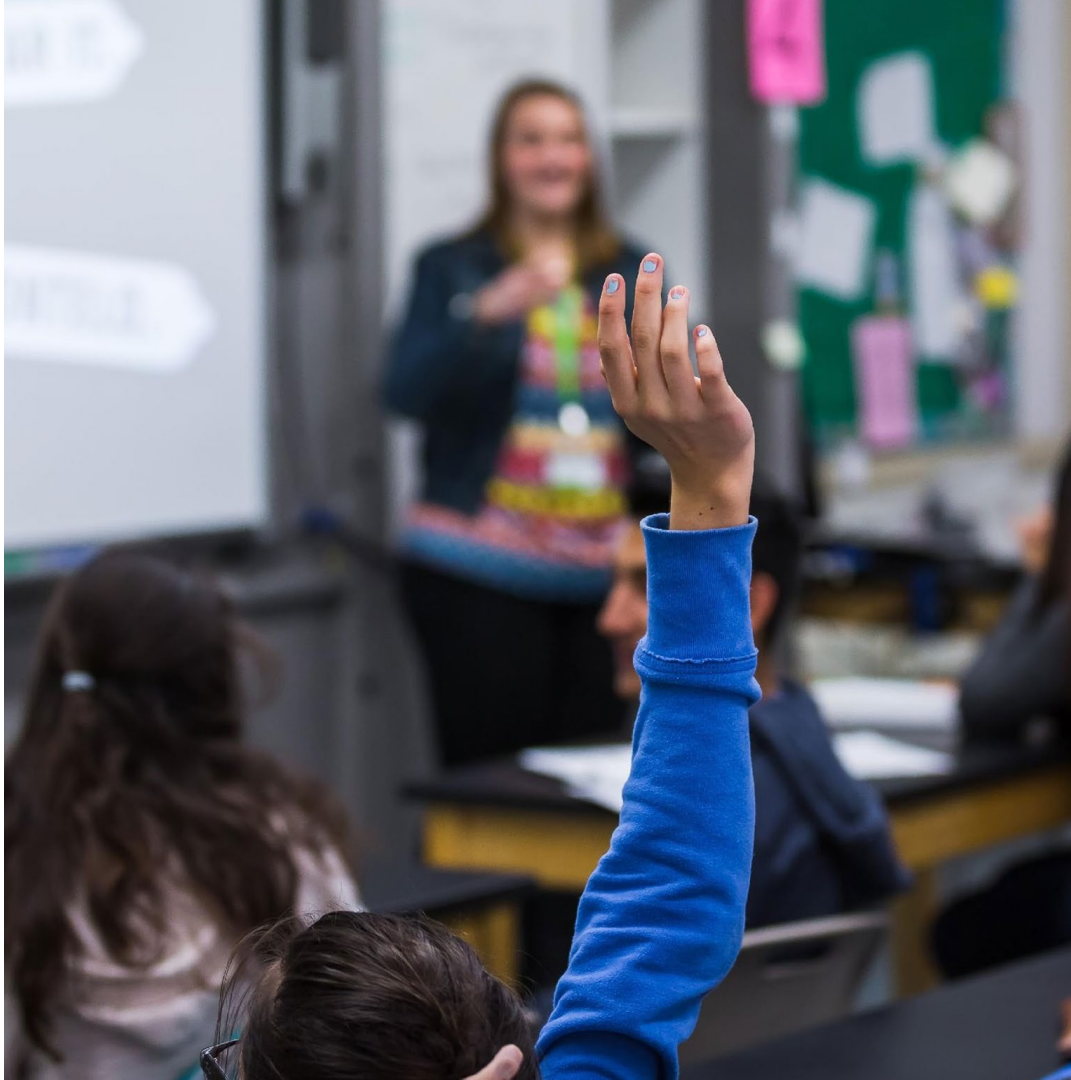
“  
*What will you do differently after  
participating in this course?*

*“Ask my trusted adults about puberty.”*  
*–5<sup>th</sup> 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.”*  
*–5<sup>th</sup> 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 11<sup>th</sup> 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!

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