Informed Together Program Overview

Summary

Informed Together is a program designed for students in 4th and 5th grade. During this program, students learn the basics of puberty. They learn that puberty is the time in a person's life when the reproductive system matures and changes so that their body can reproduce someday when they are older, if they choose to do so.

Students learn the medically correct terms for their own reproductive anatomy and how their reproductive system works. Students also learn about non-communicable and communicable diseases, and how proper hygiene prevents the spread of communicable diseases. Students learn through engaging discussions and activities throughout the program and are encouraged to ask questions. Students also receive a hygiene kit at the conclusion of the program.

Students will be split into a girl group, facilitated by a female instructor, and a boy group, facilitated by a male instructor. Parents/guardians are welcome to contact Girls Inc to review instructional materials or address any questions or concerns. Your questions, concerns, and comments are always welcome as we work together to provide the best and most appropriate learning opportunities for your student. School staff will distribute permission slips for all Informed programs one month prior to scheduled programming. Follow-up will occur after 21 calendar days without a response, followed by the 10-day response. Students who have opted out of our program will receive alternative academic instruction from school staff during our programming.

Informed Together Sessions & Objectives

Session 1: Introduction/What is Puberty?

Purpose: to provide accurate, age appropriate information on why and how a person changes during puberty and to ensure students that the changes that happen during puberty are normal and healthy, even if they don't happen at the same time as others.

Objectives:

By the end of the session, students will be able to:

- Define puberty and explain when puberty happens
- Describe changes that happen during puberty
- Explain ways to deal with changes that happen during puberty

Key Messages:

- Typically every person experiences puberty and the changes that go with it
- Every person experiences puberty differently and at different times.
- It's important to discuss the changes happening within your body with a trusted adult.

Session 2: Female Anatomy Academy

Purpose: inform students of the names and functions of the body parts of the reproductive system and the importance of knowing such information

Objectives:
By the end of the session, students will be able to:

- Identify parts of the external and internal reproductive system and explain how those parts function
- Explain the process of the menstrual cycle

Key Messages:

- Everyone has a reproductive system and it's important to understand how your reproductive system works.
- It is normal and healthy to discuss your reproductive system with a trusted adult.
- It is important to demonstrate good menstrual manners when you or someone else is experiencing a period.

Session 2: Male Anatomy Academy
Purpose: inform students of the names and functions of the body parts of the reproductive system and the importance of knowing such information

Objectives:
By the end of the session, students will be able to:

- Identify parts of the external and internal reproductive system and explain how those parts function
- Explain the process of the erections and ejaculations

Key Messages:

- Everyone has a reproductive system and it's important to understand how your reproductive system works.
- It is normal and healthy to discuss your reproductive system with a trusted adult.

Session 3: Personal Hygiene
Purpose: to raise awareness of the importance of personal hygiene in keeping our bodies safe and healthy as we grow and to prevent the spread of communicable diseases.

Objectives:
By the end of the session, students will be able to:

- Define hygiene and provide examples of ways to practice good personal hygiene.
- Explain the difference between communicable and non-communicable diseases and provide at least one example of each
- Explain ways that communicable diseases are spread and provide examples of ways to prevent the spread of communicable diseases.

Key Messages:

- As your body is growing and changing, it is important to keep your body healthy and in good working condition.
- Good personal hygiene is very important in minimizing the spread of disease and infection.

- Communicable diseases are caused by bacteria or viruses and can be spread from person to person.
- When sanitation protocols take place, humans lower the risk of sharing communicable diseases.

Dear Parent or Guardian,

Girls Inc. has been selected to partner with your child's school to deliver a program focusing on human growth and development during puberty, health, and hygiene. All curriculum meets the Indiana Academic Standards for Health and Wellness, and is designed to provide accurate, age appropriate information on why and how a person changes during this stage, with an emphasis on the fact that the changes are normal and okay, even if they come at a time that is different than their peers.

Male and female students will participate in a gender specific program targeting the questions and decisions that are especially relevant as students are beginning or will soon begin to experience the physical and emotional changes of puberty. In Informed Together, healthy lifestyle choices, the stages of development, the reproductive systems along with processes and changes they will experience will be taught gender specific for boys and girls in separate settings. It is an opportunity to begin the discussion on human growth and development and lay the groundwork for continued communication on this for all students. Both programs will focus on proper hygiene, and will be facilitated by Girls Inc. staff.

You are welcome to contact Girls Inc to address any questions or concerns. Your questions, concerns, and comments are always welcome as we work together to provide the best and most appropriate learning opportunities for your student.

Thank you,
Candace Studebaker
Director of School Partnerships
Girls Inc of Shelbyville/Shelby County
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317-392-1190

Your student's class is scheduled for the Informed Together program to be presented this school year. Please indicate below whether or not you give permission for your child to attend the program at school.

If the form is not returned to school by _____, then your child will be automatically opted-in for the program. Please sign and return this portion to your child's teacher.

My child _____

_____ will be permitted to participate in the Informed Together program.

_____ will NOT be permitted to participate in the Informed Together program.

Parent/Guardian Signature_____