



# MOSCOW CHARTER SCHOOL

Science • Technology • Engineering • Arts • Math

The fifth grade class will study an important lesson on the early stages of puberty, which many fifth graders are beginning to experience.

The Always Changing Program helps both boys and girls learn to:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- Understand the physiology of their bodies and the correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls to:

- Understand the menstrual cycle and what to expect during a period and learn how to manage periods while continuing with normal activities.

We will also be discussing HIV and AIDs at the 5<sup>th</sup> grade level of understanding. A video will be shown that has been approved by the Idaho State Board of Education.

Lastly, we will briefly discuss what sexual abuse is and learn about personal safety. The classes are separate for boys and girls.

The Always Changing Program is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 25 years and has been taught to millions of students nationwide. The trainer is Mickey Chamberlain RN-PHN, School Nurse. She can be reached at: 208-882-7506 if you have any questions or would like to preview the Always Changing Program materials the website is: <http://www.pgschoolprograms.com>