



PHOEBE A. HEARST ELEMENTARY SCHOOL

www.hearst.cps.edu

4640 S. Lamon Ave. • Chicago, Illinois 60638
Phone: (773)535-2376 • Fax: (773)535-2341

Teresa Chrobak-Prince, Principal

Assistant Principal: Kristin Blathras



Dear Parent or Guardian:

This school year your child will receive Sexual Health Education as part of the CPS Sexual Health Education Policy. Depending on your child's grade level, topics may include:

Personal Safety, *Human Reproduction and Childbirth, Puberty, HIV/AIDS and Sexually Transmitted Infections (STIs), *Contraception and Pregnancy Prevention (A condom demonstration will be included), Abstinence, , Healthy Relationships, Decision Making

*Please note that during 2nd grade female genitalia and 5th grade human reproduction the boys and girls will receive separate instruction.

*Please note that during 6th grade's first two lessons (Lesson 1: Human anatomy and reproduction / Lesson 2: Pregnancy and birth) the boys and girls will receive separate instruction.

You are welcome to meet Mrs. Welchko (K-5th) and Mr. Rivera (6th-8th) at our upcoming report card pickup on Nov. 14th where we'll share the lessons and information we'll be teaching your student.

Please find the detailed scope and sequence for the CPS Health Education Curriculum on our website: www.hearst.cps.edu. Here you will find information that includes the lesson titles and information about each lesson for every grade level.

The Board acknowledges that parents/guardians are the primary sexuality educators for their child/children. Hearst is committed to partnering with you to provide supplementary instruction to students via the sexual health education lessons.

In alignment with Illinois law (*No pupil shall be required to take or participate in any class or course on AIDS or family life instruction if his parent or guardian submits written objection thereto, and refusal to take or participate in the course or program shall not be reason for suspension or expulsion of the pupil.* 105 ILCS 110/3), a parent/guardian must provide a timely written objection to opt their child/children out of participating in any CPS Sexual Health Education course. **If you wish to have your child excused from participation, please inform us in writing and submit this letter to the office.**

Sincerely,

Principal



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Estimado Padre o Tutor Legal:

Durante este año escolar su niño recibirá Educación sobre Salud Sexual como parte de la póliza de Educación de Salud Sexual de CPS. Dependiendo del grado escolar de su hijo/a las lecciones incluirán tópicos sobre:

- Seguro personal
- Reproducción humana y parto
- Pubertad
- HIV/SIDA y enfermedades sexualmente transmisibles (STI en inglés)
- Contracepción y prevención del embarazo
- Abstinencia
- Relaciones saludables
- Orientación sexual e identidad
- Toma de decisiones

Le invitamos a reunirse con nosotros, Mrs. Welchko (K-5) o Mr. Rivera (6th-8th), el día de recoger las calificaciones, 14 de noviembre donde compartiremos las lecciones y la información que se les enseñará a su hijo/a.

La Junta de Educación reconoce que los padres/tutores son los educadores primarios de los niños sobre sexualidad. La escuela Hearst se compromete a trabajar con los padres/tutores para ofrecer instrucción complementaria a los estudiantes mediante lecciones integrales de educación sexual.

En cumplimiento del Código del Estado de Illinois ("Ningún alumno será obligado a participar en clases o cursos sobre SIDA o instrucción de vida familiar si sus padres o tutores presentan una objeción por escrito, y rechazar a tomar o participar en el curso o programa no será razón para la suspensión o expulsión del alumno." 105 ILCS 110/3), los padres/tutores deben presentar con tiempo una objeción escrita optando por la no participación del niño en los cursos de educación sexual de CPS. Ningún estudiante podrá ser suspendido o expulsado por negarse a participar en cualquiera de estos cursos, habiendo sido presentada una objeción escrita. Si desea que su hijo sea excusado de participar, infórmenos por escrito y envíe esta carta a la oficina.

Atentamente,

Directora



Sexual Health Education

Kindergarten

Lesson 1: Private vs. Public – Students identify public and private body parts using medically-accurate vocabulary.

Lesson 2: Good Touch, Bad Touch – Students learn that no one is allowed to touch their private parts without permission.

Lesson 3: Good Secrets, Bad Secrets – Students learn strategies for telling a trusted adult about a secret that makes them scared or uncomfortable.

Lesson 4: Smart About Strangers – Students learn tips for staying safe online and in the real world.

1st grade

Lesson 1: Respecting Individuals – Students use creative drawing to show that everyone is a unique individual who deserves dignity and respect.

Lesson 2: Families – Students identify diverse family structures and brainstorm ways to treat all families with respect.

Lesson 3: Families Change – Students explore ways a family can change and how to handle feelings that come with a changing family.

Lesson 4: Bullying – Students identify forms of bullying and what to do if they or a classmate is being bullied.

2nd Grade

Lesson 1: My Body – Students learn about the body including the male and female genitalia.

Lesson 2: All Living Things Reproduce – Students identify characteristics of all living things and study the life cycle of a frog.

Lesson 3: Gender and Identity – Students role play strategies for breaking down gender stereotypes and learn to treat all people in their community with respect.

Lesson 4: Keeping My Body Healthy – Students practice infection control strategies for staying healthy.

3rd Grade

Lesson 1: Respecting Myself and Others – Students learn concepts of respect for others and self-respect. Students will practice communicating respectfully.

Lesson 2: Building Relationships – Students examine traits of healthy and unhealthy relationships.

Lesson 3: Building Communities/Strengths and Struggles (optional) – Students examine their own strengths and struggles, and how they can use their strengths to create a healthy classroom community.

Lesson 4: Bullying – Students learn how they can be leaders against bullying in their classroom community.

4th Grade

Lesson 1: What is Puberty – Students are introduced to the physical, social, and emotional changes of puberty.

Lesson 2: Puberty Boy, Puberty Girl – Students are split into groups of boys and girls to learn about the physical changes of puberty specific to males or females.

Lesson 3: Puberty Stress Management and Goal Setting – Students learn techniques to manage the stresses of puberty and set goals for the future.

Lesson 4: Germs and Your Immune System – Students identify the difference between bacteria and viruses and learn how the immune system keeps the body safe from infection.

Lesson 5: What is HIV? (optional) – Students are introduced to HIV as a bloodborne virus, and learn universal precautions for protecting themselves from bloodborne illnesses.

5th Grade

Lesson 1: Puberty – Students learn about the physical, social, and emotional changes of puberty, including changes specific to male and female bodies.

Lesson 2: Adolescent Health and Hygiene – Students learn proper hygiene practices to keep their growing bodies healthy.

Lesson 3: Self-esteem and Body Image – Students explore the influence of media and social culture on their changing body image.

Lesson 4: Human Reproduction – Students are introduced to concepts in human reproduction and explore how puberty prepares the body for reproduction.

Lesson 5: Abstinence and Contraceptives – Abstinence is stressed as a developmentally appropriate sexual practice. Hormonal and barrier method contraceptives are introduced as ways to prevent pregnancy and STIs.

Lesson 6: HIV/AIDS – HIV is defined as a sexually transmitted disease, and students learn ways to protect themselves from transmission of HIV and other sexually transmitted infections. Abstinence is stressed as developmentally appropriate sexual behavior.

Lesson 7: Gender and Identity – Students learn the difference between sex and gender and brainstorm ways to show respect to different ways of gender expression.

Lesson 8: Personal Safety and Abuse – Students identify behaviors of sexual abuse and harassment and learn techniques for protecting themselves against sexual abuse and harassment.

Lesson 9: Identifying Resources and Review – Students review key concepts from the unit and identify resources of medically-accurate information on puberty, human reproduction, and personal safety.

6th Grade

Lesson 1: Human Anatomy and Reproduction – Students describe male and female sexual and reproductive systems, including body parts and their functions. Students define sexual intercourse and its relationship to human reproduction.

Lesson 2: Pregnancy and Birth – Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 3: Exploring Abstinence – Students will identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Student will develop and communicate a plan for practicing abstinence.

Lesson 4: Contraceptives – Students will learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Lesson 5: STIs and HIV Prevention – Students will learn medically-accurate information about STIs and HIV. Students will develop a plan to reduce their risk for STIs and HIV.

Lesson 6: Decision Making – Students apply a decision making model to adolescent and sexual health scenarios.

Lesson 7: Delay Tactics and Refusal Skills – Students practice communicating effectively about their sexual health decisions.

Lesson 8: Sexual Health Resources – Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

7th Grade

Grade 6 Lesson 1: Human Reproduction– (Optional- This lesson can be taught as an optional lesson in Grade 7. First, administer the Grade 7 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 7 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Adolescent Development – Students describe the physical, social, cognitive, and emotional changes of adolescence.

Lesson 2: Body Image and Self-esteem – Students analyze how friends, family, media, and culture can influence self-esteem and body image.

Lesson 3: Decision Making – Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 4: Relationships I Keeping it Healthy – Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships to various scenarios.

Lesson 5: Relationships II Influences – Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 6: Relationships III Communication – Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 7: Navigating Technology and Relationships – Students discuss the role of technology in relationships and develop a plan for remaining safe while using technology and social media.

Lesson 8: Identity I-Gender Expression and Sexual Orientation – Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

Lesson 9: Identity II-Respecting Differences – Students learn to communicate respectfully with and about people of all gender expressions and sexual orientations. Students develop a plan to promote dignity and respect for all people.

8th Grade (New and Required)

Grade 6 Lesson 1: Human Reproduction – (Optional- This lesson can be taught as an optional lesson in Grade 8. First, administer the Grade 8 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 8 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: (Cyber) Bullying – Students describe situations that constitute real life bullying and cyber bullying. Students discuss the impacts of bullying and create a plan for communicating respectfully with everyone.

Lesson 2: Teen Dating Violence – Students will define dating violence, identify phases of the cycle of violence, and learn how to advocate for safer environments.

Lesson 3: Sexual Violence – Students will define consent in relationship to sexual violence.

After teaching Lessons 1-3, educators for grade 8 have the option of completing sexual health education using the Relationship Building Track or the STI and Pregnancy Prevention Track. Both tracks provide a review of key concepts from the 6th and 7th grade lesson sequence through use of selected lessons. Educators should evaluate students using the pre-test, as well as knowledge about the students proficiency in these topic areas and cultural and community influences. Completing either track will meet the minute requirements outlined in CPS policy.

Choose one

8th Grade Relationship Building Track

Lesson 4: Decision Making – Students apply a decision making model to some of the tough decisions of adolescence.

Lesson 5: Relationships I Keeping it Healthy – Students discuss characteristics of healthy and unhealthy relationships and apply the criteria for healthy relationships to various scenarios.

Lesson 6: Relationships II Influences – Students analyze the ways friends, family, media, society, and culture can influence relationships.

Lesson 7: Relationships III Communication – Students learn and apply techniques for communicating assertively and respectfully to express what they do and do not want in relationships. Students practice saying “no” in aggressive situations.

Lesson 8: Gender Expression and Sexual Orientation – Students differentiate between gender identity, gender expression, and sexual orientation, and explore external influences that impact one’s attitude about gender expression and sexual orientation.

8th Grade STI and Pregnancy Prevention Track

Lesson 4: Pregnancy and Birth – Students identify signs and symptoms of pregnancy and learn prenatal practices that contribute to a healthy pregnancy.

Lesson 5: Exploring Abstinence – Students will identify abstinence as the only 100% effective method of protecting against unplanned pregnancy and sexually transmitted infections. Student will develop and communicate a plan for practicing abstinence.

Lesson 6: Contraceptives – Students will learn the benefits, risks, and effectiveness rates of various types of contraceptive methods, including abstinence, condoms, hormonal methods, and emergency contraceptives.

Lesson 7: STIs and HIV Prevention – Students will learn medically-accurate information about sexually transmitted infections and HIV. Students will develop a plan for reducing their risk for sexually transmitted infections and HIV.

Lesson 8: Sexual Health Resources – Students identify medically-accurate sources of information about sexual health, STIs, and HIV.

Lesson 9: Delay Tactics and Refusal Skills – Students apply a decision making model to adolescent and sexual health scenarios.
