

The following is a sample letter for principals to personalize and send home to parents prior to 5th grade sexual health education.

Date

Dear Fifth Grade Families,

I want to share information with you about the Human Growth and Development and HIV lessons that we will be teaching your fifth grader this spring. Washington state [requires](#) HIV/AIDS prevention education for all students beginning no later than fifth grade. Families are often curious about the materials and information that will be shared with students.

In our classrooms, we teach three specific lessons during Human Growth and Development. The lesson plans for these lessons below are available for preview on our district website and we hope you will take time to preview them.

<https://bellingshamschools.org/families/academics/curriculum/health-education/>

Your child's classroom teacher will partner with a guest presenter to teach these lessons. Using a guest presenter allows our teachers to observe the lessons and be available to assist students who have questions afterward. Teachers and nurses are very pleased with this model. Our guest presenter is Erin Montgomery who has created *the Birds and Bees Presentation for Families* for parents to review to learn about our Human Growth and Development curricula. Erin is a Certified Comprehensive Health Educator (CCHE) in the state of Washington and also works as a Community Health Educator for Mt. Baker Planned Parenthood.

In school, we strive to give students the basic information they need to keep themselves healthy as they grow. Beyond what happens in the classroom, the most valuable learning children experience about these important personal topics often happens with their families. We hope that you take this opportunity to look over these lesson plans, watch the video, and let us know how we can support you in having important ongoing conversations with your children.

As always, families may opt their child out of these Human Growth and Development lessons. Please let me and your child's teacher know if that is that is your choice.

Signed by principal

Sincerely,

(School Name) Elementary School