



MOSCOW CHARTER SCHOOL

Science • Technology • Engineering • Arts • Math

The sixth grade class will be learning about Puberty and Growing Up. In separate classes, boys and girls will 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 with a power point presentation on Healthy Choices.

Lastly, we will briefly discuss what sexual abuse is and learn about personal safety. The Growing Up video used is by Marsh Media. You can access this information at: www.marshmedia.com 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 program materials.