



January 2020

ADMINISTRATIVE MEMORANDUM NUMBER ONE HUNDRD TWENTY-SEVEN
MATURATION PROGRAM GUIDELINES

A. PURPOSE

This memorandum is intended to provide direction to school leaders in delivering a beneficial maturation program in the elementary schools. Administrators shall seek input and feedback from the school community council and parent leaders when making program decisions.

B. GUIDELINES

1. The maturation program shall not be classified as a part of the regular school program. Schools can develop the program specifically for 5th and/or 6th grade students, although schools shall publicize the program in lower grade levels and allow younger students to attend at parents'/guardians' discretion.
2. The program shall be presented separately to boys and girls.
3. Parents/guardians must complete and return the required consent form before a student may attend the presentation (see attached consent form). Parents/guardians shall be notified well in advance of a school maturation presentation (at least two weeks). Parents/guardians shall be directly invited by school administration, and parents/guardians or another designated adult may accompany a student to the presentation.
4. The maturation program may be provided after school or during the school day. Students may not be penalized for not attending the maturation program. An alternate activity shall be provided to students not attending the maturation program.
5. Health education teachers have been trained to conduct the maturation program presentation using a standard district module. Elementary schools may contact their network junior high health teachers to conduct the presentation. Any other presenters (doctor, nurse, PTA, non-profit agency representative) outside the education system shall have presentations vetted and approved by the Sex Education Committee in advance. Call the District Health Specialist to submit a name for approval or to obtain contact information for previously approved presenters.

6. Presentations shall address maturation, including information related to the onset of puberty. A major purpose of the program is to open channels of communication between parents/guardians and children. Presentations shall not address sex education. The program may include the following:
- a. body changes that accompany puberty and how puberty prepares human bodies for reproduction;
 - b. the timing variability of puberty and adolescent development;
 - c. basic structures of the reproductive and endocrine systems and their respective functions;
 - d. physical, social, and emotional changes that occur during puberty and adolescence and healthy ways to manage changes;
 - e. identification of trusted adults (e.g., parent, guardian, relative, teacher, counselor, clergy) a student may approach to talk to about puberty; and
 - f. personal safety issues including exercising the right to provide or deny consent, removing oneself from tenuous circumstances and inappropriate interactions, and communicating with trusted adults at appropriate times.

/s/

Dr. Martin Bates
Superintendent



**Parent/Guardian Consent Form
Maturation Instruction**

Dear Parent/Guardian,

As a part of the curriculum, your student will be invited attend a maturation program of instruction, which includes Health Core Standards outlined by the Utah State Office of Education. Utah law requires parental consent for instruction on maturation (R277-474-5). Please read this form carefully and indicate below whether you grant consent for your student to participate in the maturation program. This form must be signed and returned to your student's teacher in advance of the program. Parents/guardians (or a designated adult) are encouraged to attend with students.

The maturation instruction program will be held at:

Location: _____

Date: _____

Time: _____

All maturation programs will use approved materials. The curriculum for the program is posted on the Granite School District Health page website at <https://www.graniteschools.org/curriculuminstruction/health-k-12/>. The program will cover the objectives below:

- Explain how the timing of puberty and adolescent development varies, including that there is a wide range of what is healthy or typical.
- Describe the basic structures of the reproductive and endocrine systems and their respective functions.
- Describe the body changes that accompany puberty and how puberty prepares human bodies for reproduction.
- Explain the physical, social, and emotional changes that occur during puberty and adolescence and healthy ways to manage these changes.
- Identify trusted adults to talk with about puberty.
- Identify characteristics of teasing, bullying, harassment and inappropriate contact.

Please check one of the following options, sign, and return this form to you student's teacher:

Option 1: I **grant** permission for my child _____ to participate in the maturation program described herein.

Option 2: I **deny** permission for my child _____ to participate in any of the maturation program described herein.

Parent Signature _____ Date _____

Phone Number _____

TEACHERS: Parents must receive this form no later than two weeks prior to the beginning of the maturation program at your school.



Distrito Escolar Granite
Formulario de Consentimiento para el(la) Padre/Madre/Tutor
Instrucción sobre Maduración.

Estimado(a) Padre/Madre/Tutor,

Como parte de la educación de su hijo, el/ella será invitado junto a sus padres/apoderado a asistir a un programa instructivo sobre maduración, el cual incluye Estándares Básicos de Salud delineados por la Oficina de Educación del Estado de Utah. La reglamentación de Utah require el consentimiento de los padres para recibir instrucción sobre maduración (R277-474-5). Por favor lea el formulario cuidadosamente, **seleccione una opción**, fírmela y hágala llegar de regreso al profesor de su hijo o hija.

El Programa instructivo sobre Maduración, se realizará en:

Dirección: _____

Fecha: _____

Hora: _____

La presentación cubrirá los siguientes objetivos señalados mas abajo:

- Explicación de como la época de la pubertad en el Desarrollo de los adolescents varía, incluyendo de que existe un amplio rango en lo que se considera saludable o típico..
- Descripción de las estructuras básicas de los sistemas reproductivo y endocrino y sus respectivas funciones.
- Descripción de los cambios del cuerpo que acompañan a la pubertad y, como la pubertad prepara a los cuerpos humanos para la reproducción.
- Explicación de los cambios físicos, sociales y emocionales que ocurren durante la pubertad y la adolescencia y la manera saludable de manejar estos cambios.
- Identificar a adultos confiables para hablar sobre la pubertad.
- Identificar características de las burlas, el acoso, hostigamiento y contactos inapropiados.

Opciones: Por favor lea y seleccione solo una de las siguientes. Los padres estan **muy invitados** a venir.

Opción 1: **Yo doy permiso** a mi niño _____ para participar en las conversaciones sobre maduración como está descrito mas arriba.

Opción 2: **Yo no doy permiso** a mi niño _____ para participar en cualquiera de las conversaciones sobre maduración, descritas mas arriba.

Por favor firme y regrese este formulario a la escuela de su niño.

He leído este formulario y he escogido una de las opciones señaladas mas arriba.

Firma del Padre _____ Fecha _____

Número de teléfono _____

PROFESORES: Los Padres deben recibir este formulario no mas tarde que 2 semanas antes del comienzo de las presentaciones sobre maduración, en su escuela..