



Dear Parent or Guardian:

This school year, your child will receive Personal Health and Safety Education as required by the [CPS Sexual Health Education Policy](#). The purpose of this education is to build a foundation of knowledge and skills for all students so that they can make the right choices for themselves now and in the future. This curriculum will also give our students important tools to recognize and report inappropriate behavior in order to keep them safe. The lessons for Grade 5 will begin on April 2, 2025 and will include:

- Lesson 1: *Learning About My Self-Image*
- Lesson 2: *Thinking Outside the (Gender) Box*
- *Optional Lesson: Intro to Puberty*
- Lesson 3: *Changes During Puberty*
- Lesson 4: *So THAT'S How Babies Are Made!*
- Lesson 5: *Learning About Communicable and Non-Communicable Diseases*
- Lesson 6: *Decisions About Protecting Yourself*
- Lesson 7: *Your Body Your Rights*
- Lesson 8: *What is Love Anyway?*
- Lesson 9: *Yes, No, Maybe So*
- Lesson 10: *Being Clear with Your Friends*

If you have questions about the material your child will learn, please contact [Ms. Grochowiak](#) at mcgrochowiak@cps.edu. More details about the education can be found in the [CPS Personal Health & Safety and Sexual Health Education Scope and Sequence](#) and under "Parent/Guardian Resources" on the [CPS website](#).

Throughout the unit, students will receive optional School to Home Connection activities to support their learning. These activities are not required, but we encourage families to complete them together. These activities can support important conversations between students and their parents or guardians.

In alignment with Illinois law, *"No student shall be required to take or participate in any class or course in comprehensive personal health and safety and comprehensive sexual health education. A student's parent or guardian may opt the student out [of this education] by submitting the request in writing."* (105 ILCS 110/3). No student with a written parental objection will be penalized for refusal to participate in any such course. If you would like to have your child excused from participation in one, some, or all lessons outlined above, please let me know in writing.

If you would like to have your child participate in this education, no further action is required.

Sincerely,

Faren D'Abell

Principal: Faren D'Abell



Asst. Principal: Yvette Gonzalez Torres

Estimado padre o tutor:

Este año escolar, su hijo recibirá educación sobre salud personal y seguridad como lo requiere la política de educación sobre salud sexual de CPS. El propósito de esta educación es construir una base de conocimientos y habilidades para todos los estudiantes para que puedan tomar decisiones informadas por sí mismos ahora y en el futuro. Este plan de estudios también dará a nuestros estudiantes herramientas importantes para reconocer y reportar comportamientos inapropiados con el fin de mantenerlos seguros. Los temas incluyen:

- **Lección 1: *Aprender sobre mi imagen personal***
- **Lección 2: *Pensar más allá de los límites (del género)***
- **Lección opcional: *Introducción a la pubertad***
- **Lección 3: *Cambios durante la pubertad***
- **Lección 4: *¡ASÍ es cómo se hacen los bebés!***
- **Lección 5: *Información sobre enfermedades transmisibles y no transmisibles***
- **Lección 6: *Decisiones sobre la protección de uno mismo***
- **Lección 7: *Tu cuerpo, tus derechos***
- **Lección 8: *¿Qué es el amor?***
- **Lección 9: *Sí, no, tal vez***
- **Lección 10: *Cómo ser claro con tus amigos***

Más detalles sobre lo que su hijo aprenderá se pueden encontrar en “Recursos para padres/tutores” en el sitio web de CPS: cps.edu/sexualhealtheducation.

A lo largo de la unidad, los estudiantes recibirán actividades opcionales de conexión de la escuela al hogar para apoyar su aprendizaje. Estas actividades no son necesarias, pero animamos a las familias a completarlas juntas. Estas actividades pueden apoyar conversaciones importantes entre los estudiantes y sus padres o tutores.

En alineación con la ley de Illinois, “*Ningún estudiante será requerido a tomar o participar en ninguna clase o curso en salud personal y seguridad integral y educación de salud sexual integral. El padre o tutor de un estudiante puede optar por excluir al estudiante de esta educación presentando la solicitud por escrito.*” (105 ILCS 110/3). Usted recibirá dos notificaciones más de instrucción más cerca de la fecha en que comienza la instrucción. Ningún estudiante con una objeción escrita de los padres será penalizado por negarse a participar en cualquier curso de este tipo. Si desea que su hijo sea excusado de participar en una, algunas o todas las lecciones descritas en el alcance y la secuencia, por favor hágamelo saber por escrito.

Si desea que su hijo participe en esta educación, no se requiere ninguna acción adicional.

Sinceramente,
Faren D'Abell

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Grade 4

Lesson 1: *My Healthy Habits*

Students will create classroom community expectations together, and then learn about healthy habits and take time to reflect on their own personal healthy habits.

Lesson 2: *Figuring Out Friendship*

Students will identify characteristics of healthy and unhealthy relationships with a focus on healthy friendships, and identify trusted adults that they can speak to about relationships. ***This lesson supports Erin's Law requirements.***

Lesson 3: *The Gender Snowperson*

Students will explore the concepts of gender identity, sexual orientation, sex assigned at birth, and gender expression by creating a Gender Snowperson and will be reminded of the importance of respecting each other.

Lesson 4: *Making Sense of Puberty*

Students will be introduced to puberty and begin learning about changes they may experience, and differentiate between physical, social, and emotional changes of puberty.

Lesson 5: *Puberty and Our Bodies*

Students will learn the names and functions of basic reproductive anatomy, and learn about the physical puberty changes that happen for most people.

Lesson 6: *Choosing Your Own Puberty Adventure*

Students will work through a "Choose Your Own Adventure" style presentation with multiple examples of common puberty challenges, and work together to decide which healthy choice should be made in each scenario.

Lesson 7: *Staying Safe Online*

Students will identify ways to practice online safety by discussing whom to connect with online, what information is appropriate to share, and signs that they should speak to a trusted adult.

This lesson supports Erin's Law requirements.

Lesson 8: *Taking a Stand Against Bullying*

Students will learn ways to address and prevent bullying by being an "upstander," and will practice by creating skits to model what it means to be an "upstander."