

Dear parent(s) or guardian(s) of fourth grade students:

We will be having our **Human Growth & Development** presentations for our fourth grade students soon. We will be presenting a video to the students called, **The Puberty Workshop**. The presentations include information prepared by a Green Bay Area Public School District School Counselor.

The [boys](#) and [girls](#) will be separated and shown the video in regard to their gender. Each video deals with basic information regarding the physical and emotional changes that adolescents experience. The program is designed to share with your child what changes he or she can expect as they enter puberty and why there is a need for good personal hygiene. The video will be followed by a discussion and your child will have an opportunity to ask questions.

We believe that the introduction to this subject should be given in the home. It is suggested that you give your son/daughter some preparation for this program. We have included an information sheet that our district administrative office has written for parents that we hope will aid in facilitating communication between you and your child.

If at all possible, you are encouraged and invited to attend alongside your child to the presentation. Please stop in the office to sign in before heading down to the classroom. If you are unable to attend with your child, there are materials and book recommendations at <https://www.pgschoolprograms.com>.

When: March 4th, 2024 from 1:00-2:15

Who: All 4th Grade Girls

Where: Ms. LaRene's Classroom, Room 118

Presenter for Girls: Ms. Watt, School Counselor and Bonnie Baranczyk, School Nurse

When: March 11th, 2024 from 1:30-2:15

Who: All 4th Grade Boys

Where: Ms. Bauer's Classroom, Room 119

Presenter for Boys: Ms. Watt, School Counselor and Bonnie Baranczyk, School Nurse

If for any reason you do not want your child to participate in this presentation or you have any further questions, please feel free to contact me at amwatt@gbaps.org.

Sincerely,

Angela Watt
School Counselor
Beaumont Elementary School
Mondays and Wednesdays

Dear Parents/Guardians: You play a major role in educating your preteens about puberty and the changes that they will begin to experience. Here are some suggestions for talking with your child prior to their Human Growth and Development presentation:

- Know that it's okay to feel a little uneasy. If you feel uneasy, sometimes it helps to share that with your child.
- Recall your own preteen experience.
- Think through your own beliefs and values. It's important that you share these **clearly** with your child.
- Be positive in discussing puberty.
- Be respectful of your preteen and allow your preteen his/her privacy.
- Gather items that you want to share. (Samples of deodorant, razors, sanitary pads, etc.)
- Practice what you want to say.
- Listen carefully to make sure you know what is being asked. Clarify or restate the question before jumping to conclusions.
- Understand that it's okay not to know all the answers. How you listen and respond is more important than having the right answer immediately.
- Initiate a discussion even if no questions are asked.
- Be alert for "teachable moments." For example, TV programs or billboards.
- Realize that talking about growth and development is not a one-time discussion, it is ongoing.
- Answer questions simply and directly. (Lecturing can be a turn-off).
- Be a role model.