



# Libertyville District #70

Office of Curriculum and Instruction  
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Dear Parent(s),

Each year at this time, our school nurses and social workers present information to fifth grade students regarding puberty. These presentations include viewing and discussing a videotape that provides an overview of growth and development at puberty, and features adolescents sharing their thoughts and questions about growing up.

**Changing For Girls** explores developmental changes during puberty and menstruation and answers the “why” of the menstrual period, assisting them throughout this sensitive time. The video also includes information on good personal care, hygiene and self-responsibility. Various forms of menstrual products and their uses, and the female reproductive system are also discussed.

**Changing For Boys** explores human growth and development, focusing on the many changes and emotional aspects brought on during puberty. The content includes information about the male anatomy and reproductive system. Information on good personal care, hygiene and self-responsibility are also discussed.

You are invited to attend a parent preview of the video on Wednesday, January 8, 2014 at 7:00 p.m. in the Butterfield School Commons. Previewing the video will enable you to have informed discussions with your child and afford you the opportunity to ask questions. A book list will also be distributed.

If you have any questions concerning the presentations or the preview, please contact your school nurse or social worker.

Sincerely,

Erik Youngman  
Director of Curriculum & Instruction