

FULLERTON SCHOOL DISTRICT HEALTH SERVICES

Dear Parents:

Below is a listing of the Fullerton School District teaching objectives for 5th grade girls and 6th grade boys. Also included are helpful resources that can assist you when you speak to your child.

- Introduction of the anatomy and physiology of the Reproductive system.
- Changes that can be expected when a child goes through the phase known as Puberty.
- Information about menstruation and pad care.
- Encourage an exchange in dialogue with parents, teacher, and nurse.
- Understanding the new responsibility that accompanies these physical changes.

Website Resources:

- Kidshealth.org (Puberty and Growing Up)
- Familydoctor.org
- Pgschoolprograms.php

Book Resources:

- “The Care and The Keeping of You” by Valerie Schafer
- “The Body Book for Girls”
- Local Library

Other Resources:

- School Nurse
- Pediatrician/Primary Care Physician