



November 28, 2018

如需参阅中文翻译,请往下翻至英文页之后

Dear Parent/Guardian of 5th Grade Student:

Saratoga Union School District (SUSD) elementary schools will be providing human growth and development lessons to all 5th grade students utilizing the elementary *Positive Prevention Plus* program during this window: January 11 - 25.

Per the California Healthy Youth Act, instruction must be **medically accurate, age-appropriate and inclusive of all students**, and must **encourage students to communicate** with parents, guardians or other trusted adults about human sexuality. The **attached syllabus** describes the contents of each lesson for the *Positive Prevention Plus* program. Please note that students will be taught these lessons in gender-inclusive classrooms (boys and girls together).

Parents are highly encouraged to attend one of the ***Positive Prevention Plus* parent curriculum review sessions** offered on Wednesday, December 5 or Tuesday, December 11 for an overview of the lessons as well as valuable tips on how to effectively support and talk with your student about puberty and sexual health -- please see the [FLYER](#) for more information and register for a session using this online link: <http://bit.ly/cserspsusd2018-19>. Please note that parents may also examine written instructional materials during school hours at the school's front office or our district office starting on Thursday, December 6.

State law allows parents/guardians to remove (opt-out) their student from this instruction.

Parents/guardians may opt-out of selected lessons or the entire program by writing a letter to the school principal by Thursday, December 20, 2018. If you would like your student to be excused from specific lessons, please list the **lesson name(s)** on your written request (refer to the attached syllabus).

Please note that if a parent/guardian opts their student out of selected lessons, there is a chance that topic may come up again during one of the following lessons through student or classroom discussions. Students that do not participate will work independently on alternate activities in a separate classroom.

If you have any questions, please direct them to your school site principal. For further information and resources, please visit the SUSD website at <https://www.saratogausd.org/cse>.

SAVE THE DATE! Jan 10th 7:00-8:30 pm: We are excited to bring Ivy Chen, lecturer at San Francisco State University and media spokesperson on sexuality health education on TV, radio, and newspaper, to SUSD for a special parent event! You won't want to miss it! More details to come!

**Positive Prevention Plus (PPP)
Human Growth & Development
Elementary Syllabus**

<u>Lesson Name</u>	<u>Contents</u>
A. Getting Started	Getting Started Lesson: <i>(this lesson is required if student participates in any of the PPP lessons)</i> <ul style="list-style-type: none"> - Discussing uncomfortable topics - Group Agreements - Reliable sources of info/identifying trusted adults - Medically Accurate Terminology - The Human Life Cycle - Hereditary Traits
B. Physical, Social, and Emotional Changes During Puberty	<ul style="list-style-type: none"> - Puberty - Mental, Social, and Emotional Changes - Gender and Sexual Orientation - Identifying and Managing Emotions - Hygiene (Part 1)
C. Human Reproduction	<ul style="list-style-type: none"> - Male Reproductive System and Functions - Female Reproductive System and Functions - Conception, Fetal Development, and the Birth of a Baby - Hygiene (Part 2)
D. Diseases and Their Transmission	<ul style="list-style-type: none"> - Germ Transmission - Universal Precautions for prevention of contagious infections - Sexually Transmitted Infections (STIs) - HIV and AIDS
E. Friendship	<ul style="list-style-type: none"> - Friendship - What Being a Good Friend Means - Liking vs. Loving
F. Boundaries and Bullying	<ul style="list-style-type: none"> - Bullying and Harassment - Verbal and Non-Verbal Communication - Terms about Sexual Abuse - Setting Boundaries/Consent - Resisting Peer Pressure
G. Staying Healthy	<ul style="list-style-type: none"> - Peer and Media Influences - Identifying Resources and Assistance - Personal Contract to Stay Healthy



2018年11月28日

亲爱的Saratoga 联合学区五年级学生家长/监护人：

Saratoga 联合学区的小学将在下列期间，采用*Positive Prevention Plus* 的小学课程教材为所有五年级学生教授人类成长和发育的课程：2019年1月11日至25日。

根据加州健康青年法案，授课内容必须是**医学上准确的、适合年龄的、并且涵盖所有学生的**，而且必须**鼓励学生沟通**、与父母、监护人或其他值得信赖的成年人讨论关于人类性行为的议题。**附页的教学大纲**描述了*Positive Prevention Plus* 课程每节课的内容。请注意，学生将在性别包容的教室上这些课（男孩和女孩一起上课）。

我们极力鼓励家长参加12月5日星期三或者12月11日星期二举行的***Positive Prevention Plus* 课程家长审阅会议**，以获取课程概述以及重要的提点，比如，如何有效支持您的学生、与您的学生讨论青春期和性健康 -- 请参阅此**中文传单**获取更多信息，并使用此链接 <http://bit.ly/cserspsusd2018-19> 报名参加会议。请注意，自12月6日星期四起，家长也可以在上课时间在学校的办公室前台或我们的学区办公室查看书面教学材料。

州法律允许家长/监护人从这项课程中删除（opt-out 选择退出）他们的学生。**家长/监护人可以在2018年12月20日星期四之前写信给学校校长，选择让您的学生退出选定的某几节课或者整个课程。**如果您希望您的学生免除某些特定章节的课程，请在您的书面请求中列出**课程章节名称**（请参阅附页的教学大纲）。

请注意，如果家长/监护人选择让他们的学生退出选定的课程，该课主题还是有可能在后续的课程之中经由其他学生或课堂讨论再次被提出。不参与上课的学生将在另一单独的教室独立完成替代的活动。

如果您还有其他问题，请不吝赐教您的学校校长。有关更多信息和资源，请参阅SUSD网站 (<https://www.saratogausd.org/cse>)。

保留此日期！2019年1月10日晚间7:00-8:30 - 我们非常高兴能请来旧金山州立大学的讲师，电视、广播和报纸上的性健康教育媒体发言人，Ivy Chen，到SUSD参与一项特别的家长活动！你绝对不想错过！更多细节即将公布！

Positive Prevention Plus

人类成长和发育

小学教学大纲

章节名称	内容
A. 入门	入门课： (如果学生参加了任何一章节的PPP课程，则必须参加本节课) - 讨论尴尬的话题 - 小组协议 - 可信赖的信息来源/辨识可信任的成年人 - 医学上准确的术语 - 人类生命周期 - 遗传特征
B. 青春期身体、社交、和情绪的变化	- 青春期 - 心理、社交、和情绪变化 - 性别与性取向 - 辨别与管理情绪 - 卫生 (第一部分)
C. 人类生殖	- 男性生殖系统与功能 - 女性生殖系统与功能 - 受孕、胎儿发育、和婴儿的诞生 - 卫生 (第二部分)
D. 疾病及其传播	- 细菌传播 - 预防传染病的共通预防措施 - 性传播感染 (STIs) - 艾滋病毒与艾滋病
E. 友谊	- 友谊 - 做好朋友的含义是什么 - 喜欢与爱
F. 界限与欺凌	- 欺凌与骚扰 - 言语和非言语的沟通 - 有关性虐待的用语 - 设定界限/同意 - 抵抗同侪压力
G. 保持健康	- 同侪与媒体的影响 - 辨认资源与援助 - 保持健康个人契约