

PARENT ACTIVE CONSENT & EXCLUSION FORM: Elementary Special Education

Marsh Media Boy/Girl's Guide to Growing Up and Supportive Material Grades 4+

Dear Parent:

We will be using Marsh Media Boy/Girl's Guide to Growing Up and Supportive Material to begin learning about the changes during puberty and how to keep oneself healthy. As a parent, you have right to excuse your child from sexual health education without penalty. To learn more about sexual health and HIV/AIDS education for East Lansing Public Schools, go to the ELPS website, click on PARENTS, then click on the HEALTH link.

You may preview the curriculum and materials on the parent preview night on [ask school for date & time] or by contacting your child's teacher or school's principal.

You may view the lessons being taught if you wish. To do so, please contact your school's principal. The East Lansing Board of Education Visitation Policy will be followed.

Please complete the form below and return it to your child's main teacher by [ask your child's teacher].

Exclusion Request

1. If you want your **child to be excused from all of the puberty lessons this year**, please:

_____ Initial this blank.

2. If you want your **child to be excused from all of the puberty lessons this year and all sex education each year hereafter**, please:

_____ Initial this blank.*

***Note:** If you have excused your child this year and future years, you must notify the principal in writing if you want your child included in any sex education in the future.

Active Consent – Marsh Media Boys/Girl's Guide to Growing Up

Active Consent: If you want your **child to participate in puberty lessons this year**, please:

_____ Initial this blank and complete this form.

Check the lesson topics below that you want your child to learn. Please note that some of the topics are grade level specific.

Complete this form.

Check the lessons topics below that **you want your child to "opt out."**

_____ Everybody's Body Changes During Puberty

_____ Names for Male Anatomy & Distinguish Between Private and Other Body Parts

_____ Names for Female Anatomy & Distinguish Between Private and Other Body Parts

_____ Physical Changes in Boys During Puberty

_____ Physical Changes in Girls During Puberty

_____ Staying Healthy Through Good Nutrition and Exercise

_____ Strategies for Coping with Feelings and Mood Swings

_____ Hygiene Routine During Puberty

_____ Privacy & Safety

Active Consent – Books Listed Below

Active Consent: If you want your child to learn about puberty using some or all of the videos and books listed below, please:

_____ Initial this blank and complete this form.

Directions: Put a check mark next to materials that you give approval for use with your child.

_____ **Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism - Unit 4 “Growth and Development” & Unit 5 “Menstruation” Approved for Grades 4+ By: Mary J. Wrobel**

NOTE: Unit 4 “Growth and Development” & Unit 5 “Menstruation” are approved as part of the sexual health curriculum. Other units of this book may be used outside of the sexual health curriculum as a part of general health lessons. Below is the publisher’s description of the book.

Puberty can be especially tough when young people have autism or other special needs. Through simple stories similar to Carol Gray's *Social Stories*, author Mary Wrobel teaches caregivers exactly what to say and not say and shows how you can create helpful stories of your own. Mary addresses hygiene, modesty, body growth and development, menstruation, touching, personal safety, and more. Young students can benefit from self-care skills such as using the toilet, brushing teeth, and washing hands. Parents and teachers should begin teaching these necessary skills as early as possible, even from ages 3-5. The ultimate goal is to maximize the child's potential for independence and lifelong social success.

_____ **The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition – Approved Grades 4+ By: Valorie Schaefer (Author), Josee Masse (Illustrator)**

This book about the changes in the female body is for girls ages 8 and up. It features tips, how-tos, and facts from the experts. Girls will find age-appropriate answers to questions about their changing bodies, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

_____ **What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions (Sexuality and Safety with Tom and Ellie) 1st Edition**

By: Kate E. Reynolds (Author), Jonathon Powell (Illustrator)

Tom notices that his body is changing. Tom's voice is different, and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man.

Following Tom as he begins to notice changes to his body, this simple resource helps parents and caretakers teach boys with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with boys and young men with autism or special needs.

_____ **What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions (Sexuality and Safety with Tom and Ellie) 1st Edition**

By: Kate E. Reynolds (Author), Jonathon Powell (Illustrator)

Ellie notices that her body is changing. Hair is growing in new places and there are other changes happening too. Ellie's mum helps her understand that she has started growing into a woman.

Following Ellie as she begins to notice changes to her body, this simple resource helps parents and caretakers teach girls with autism and related conditions about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as periods. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with girls and young women with autism or related conditions.

Student Name: _____

School: _____

Grade: _____

Address: _____

Parent/Guardian Signature: _____

Date: _____

Return this completed form to your child’s teacher or principal.*

Updated: Sept 2022