

## Dear parents and guardians,

Our class is about to study an important lesson about puberty and periods, which many children in the class are beginning to experience.

**To help teach this class, we will be using materials from the “Always Changing and Growing Up” Program. These materials will help both boys and girls:**

- Understand the physical and emotional changes they experience during puberty and acknowledge that these changes are a normal part of growth and development.
- This includes body changes that happen to both girls and boys
- Understand that personal hygiene is each individual’s responsibility.
- Understand how girls manage their periods.
- Learn about making good decisions and powerful words to make a positive impact.
- Learn how to stay healthy and confident from the changes that occur to their brains, eating well, and staying safe.
- Talk to parents and trusted adults about their feelings and questions during puberty to help them better understand and get the support they need.

The program is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 35 years and has been taught to millions of students worldwide. It is provided as a free educational service to our school by P&G’s brands: Always® period products, Tampax® period products, and Old Spice® body wash, deodorant & antiperspirants.

We encourage you to use this lesson as a springboard for starting to talk about the topic with your child, if you haven’t already started. You, too, play an important role in helping your child navigate puberty with confidence!

You can access the puberty materials that your child will receive at [pgschoolprograms.com](http://pgschoolprograms.com), and download a helpful guide designed specially to help parents with students support them as they enter puberty. In case you need more information, you can visit the [always.com](http://always.com) and [tampax.com](http://tampax.com) websites; and check out Always and Tampax channels on YouTube for educational videos about puberty.

We will begin the program on\_\_\_\_\_. Please sign and return this letter by \_\_\_\_\_, indicating your permission for your child to participate in the lessons. If you have any questions about the Always Puberty & Confidence Education Program, or if you would like to review the program materials in advance, please contact me at \_\_\_\_\_.

*Thank you* **very much for your interest in this important education program.**

(Student’s name) \_\_\_\_\_ has /does not have my permission (please circle your choice) to participate in the Always Changing and Growing Up Program.

(Parent’s signature) \_\_\_\_\_ Date \_\_\_\_\_

