



PUEBLO OF ISLETA

January 2, 2025

Dear 4th and 5th grade Parents and Guardians,

The Isleta Health Center staff are scheduled to provide an informative lesson focusing on the early stages of puberty for the 4th and 5th graders. This presentation will start out in a co-ed setting, with the 4th and 5th grade males and females splitting up later in the presentation to provide more in-depth information, as well as provide students the opportunity to ask specific questions related to their sex (Male/Female).

This puberty unit will teach your child age-appropriate facts about puberty in a safe and supportive environment. As your student's guardian, you have probably begun to notice changes in your child's physical appearance and emotional development. Now is an ideal time for your student to receive information regarding the many changes they will experience in the years to come; transitioning from childhood to adolescence. Some of the topics that will be covered will include the basics of human development and the role of hormones, the structure and function of the reproductive system for both boys and girls, personal hygiene, and the emergence of new feelings and emotions related to growing up. Brief information will also be provided to students regarding gender identity.

- **January 15, 2025—Parent/Guardian and Child Night at Isleta Elementary School Library provided by Indigenous Women Rising 5:30-7pm to any 4th, 5th or 6th grade family that is interested in viewing the presentation that will be provided to the 6th graders and learning about Sex Education.**
- **January 22 the Isleta Health Center Staff will present Puberty Ed to the 4th and 5th grade students 8:30-10:30am.**

Below are links to the videos that the 4th & 5th grade students will be viewing during their Puberty Ed presentation. You can also access the links via the Isleta Health Center website, <https://islclinic.com/>. If you have any questions or concerns regarding the presentation, please reach out to Stephanie Barela, 505-869-4479. If the links below are not working, then go to YouTube and type in the Titles.

'Always Changing and Growing Up Puberty Education' (25.59min) <https://youtu.be/Bw1N06PKhu4>

'The Gender Unicorn PSA' (1.2min) https://www.youtube.com/watch?v=MV_zXX54I_c

'Range of Gender Identities' (2.55min) <https://www.youtube.com/watch?v=i83VQlaDIQw>

'Kids Health Menstrual Cycle Video' (2.06min) https://www.youtube.com/watch?v=vXrQ_FhZmos

'How to Insert a Tampon: A Step-by-Step Guide for Beginners' (Playtex) (1.43min)

<https://www.youtube.com/watch?v=3w7I6oaTyMo>

'What Does Two-Spirit Really Mean' https://youtu.be/md-6N73Xf0k?si=12pMIHX2GzfDi_gy (59 Sec)

If you have any questions or concerns, please do not hesitate to contact me.

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