

**Boys** presentation by Mr. Schaefer | **Girls** presentation by Mrs. Ederer



## “Chat About Change” Day at WMS

Health Professionals Aaron Schaefer (School Health Educator) and Tom Devine (School Physical Education Educator), along with Angela Ederer (School Counselor) will be on hand to lead a discussion with all 5th graders about how the body changes during puberty.

### ***Important Reasons for the “Chat About Change” Discussion:***

- Open the door for future communication
- Provide useful information (fact vs. fiction)
- Increase awareness of resources available
- Understanding that there is one common thread: change is happening to everyone

Each group will view a gender designated video. Here are the links if you would like to watch the video at any point with your child.

**Males:** <https://www.youtube.com/watch?v=6jOo-5sK6qM&t=1s> or Always Changing and Growing Up, Boys Puberty Education Video on YouTube

**Females:** <https://www.youtube.com/watch?v=0RrXAhtObBI> or Always Changing and Growing Up, Girls Puberty Education Video on YouTube

### **Book Resources:**

Growing Up Great!: The Ultimate Puberty Book for **Boys** <https://a.co/d/71MdUhk>

The Girl's Body Book (Fifth Edition): Everything **Girls** Need to Know for Growing Up!  
<https://a.co/d/022C2L6>

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Please contact Mr. Schaefer or Mrs. Ederer with any questions at 532-5553 or by email at [schaefer@wrightstown.k12.wi.us](mailto:schaefer@wrightstown.k12.wi.us) or [ederer@wrightstown.k12.wi.us](mailto:ederer@wrightstown.k12.wi.us)

If you **DO NOT WANT** your child to view the video please fill out the section below and return it to your child's classroom teacher.

Name of Student: \_\_\_\_\_ Homeroom: \_\_\_\_\_

I do not give consent for my child to participate in the “Chat about Change” day.