

Dear Parents and Caregivers,

We are looking forward to being in partnership with you as we begin the health education unit for your **[INSERT GRADE LEVEL]** children. This letter serves to outline the topics we'll be covering in our curriculum over the course of the next **[INSERT DURATION OF UNIT]**.

We recognize that every family has a different approach to these topics. We both honor that diversity and recognize the body of research emphasizing the value of school-based health education. [Decades of research](#) tell us that school health education reduces health risk behaviors, fosters better academic outcomes, and helps [establish healthy behavior patterns](#) that young people can carry into adulthood.

Health education must be age-appropriate, meeting kids where they are in their physical, social, and emotional development. By scaffolding topics over time, we allow students to build trust with their teachers and establish foundational knowledge about the topics at hand. A solid health education curriculum begins with basic information, slowly increasing in complexity over years. Take, for example, guidance from the American Academy of Pediatrics indicating that children who know the names of their body parts are [less likely to be victims](#) of predation. Beyond that, understanding how bodies work helps kids take care of themselves and self-advocate in healthcare settings.

This year, we will be using [That Health Class](#), a health and sexuality education curriculum developed by two of the leading voices in puberty education, pediatrician Dr. Cara Natterson and educator Vanessa Kroll Bennett. Cara is a *New York Times* bestselling author of *The Care and Keeping of You* series and *Guy Stuff*. Together, she and Vanessa authored the bestselling book for adults *This Is So Awkward: Modern Puberty Explained*, a guide for caregivers and educators navigating the decade of puberty. They also co-host [This Is So Awkward Podcast](#) that covers the wide range of topics affecting all the trusted adults caring for kids from 8 to 18. Both their book and their podcast are excellent resources for you to have your own conversations on these topics at home.

For the **[INSERT GRADE LEVEL]**, we will be covering the following topics:
[INSERT LIST OF TOPICS FROM [THAT HEALTH CLASS](#)]

- TOPIC
- TOPIC
- TOPIC

We look forward to being in communication with you as the lessons progress. Do not hesitate to reach out with any questions by emailing **[INSERT NAME AND EMAIL OF CONTACT]**.

Sincerely,
[INSERT NAME]