

Sample permission letter to parents

Dear Parents:

Our class is about to study an important lesson on the early stages of puberty which many fifth/sixth graders are beginning to experience.

The Always Changing® and Growing Up Program helps both boys and girls:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls:

- Understand the menstrual cycle.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities.

The Always Changing® and Growing Up 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 30 years and has been taught to millions of students nationwide. It is provided as a free educational service to our school by P&G's brands: Always® feminine protection products, Tampax® feminine protection products, Secret® deodorants & antiperspirants, and Old Spice® body wash, deodorant & antiperspirants.

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 Changing® and Growing Up Program, or if you would like to review the program materials in advance, please call me at _____.

- ☐ If you would prefer Spanish language materials, please check this box.
- ☐ Si prefieres los materiales en idioma español, por favor, marque esta casilla.

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

(student's name)

- ☐ has my permission to participate in the Always Changing® and Growing Up Fifth/Sixth Grade Puberty Education Program.
- ☐ does not have my permission to participate.

(parent's signature)

(date)