

# PERMISSION

# LETTER



Dear Parents/Guardian:

Our class is about to study an important lesson on the early stages of puberty, which many 5th and 6th graders are beginning to experience.

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

The Always Changing Program is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It has been a trusted resource for 20 years and has been taught to millions of students, nationwide. It is provided as a free educational service to our school by the Always® & Tampax® brands of feminine protection products, and Secret® brand deodorants and anti-perspirants.

We would like to seek your permission for your son/daughter to participate in the program and the lessons that accompany it. Please return this permission form by \_\_\_\_\_ as the program will begin on \_\_\_\_\_.

If you have any questions about the Always Changing Program, or if you would like to review the program materials in advance, please call me at \_\_\_\_\_.

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

**Visit [pgeveryday.ca/always-changing](http://pgeveryday.ca/always-changing) for strategies, tips and tools to help your tween navigate their way through puberty with confidence!**

\_\_\_\_\_  
(STUDENT'S NAME)

\_\_\_\_\_  
(PARENT'S/GUARDIAN'S SIGNATURE)

\_\_\_\_\_  
(DATE)

- ☐ Has my permission to participate in the *Always Changing* Puberty Education Program.
- ☐ Does not have my permission to participate.