The maturation programs have not been defined at the elementary level in any state guide or state course of study, and subsequently, are not part of a state suggested program. Margaret Rose, State Specialist, Health Education, has indicated that the maturation program may carry from district until such time that state guidelines are established.

In view of the above factor, the following guidelines are recommended:

• The program should be sponsored by the PTA and not be classified as part of the regular school program.
• The program should be initiated in the 5th or 6th grades and should be separate for boys and girls.
• The program can be either after school or during the school day.
• The program should be by invitation and open to any child, an adult may accompany them.
• Parents should be notified well in advance and must provide with a required consent form indicating their preference to attend the program.
• Students may not be penalized for opting not to attend the maturation program.
• Health education teachers have been trained to conduct the maturation program. Elementary schools could contact their network junior high schools for health teachers to do the presentation. Anyone (doctor, nurse, neighbor, PTA volunteer, non-profit/profit agency representative) outside the education system must have their presentation evaluated and approved by the Human Sexuality Education Review Committee. Call 385-646-5465 to submit a name for approval or for elementary school maturation presentations that have already been approved.
• Maturation programs should be adequately publicized in grades well below the 5th and 6th grade levels.
• The program should deal with maturation as indicated by the onset of puberty and should not deal with the controversies of sex education. A major purpose should be to open channels of communication between parent and child. The program should consider the following topics.
  • The endocrine system and its role in maturation.
  • Personal cleanliness, grooming and body care in light of maturation.
  • Physical and emotional changes expected at the onset of puberty.
  • Changing attitudes that accompany the transition from childhood to adolescence.
  • The need to respect the opposite sex.
  • The individual maturation timetable that may pose problems for both the early and the late maturing
child.

- The need to establish and continue good lines of communication with parents, teachers, health providers, church leaders, and/or other mature adults to whom the child can go to for help
- Blood contact and universal precautions.