

Welcome to LETS! T.A.L.K.

Dear Parent(s)/Caretaker(s),

This week we will begin LETS! T.A.L.K. This is a social science unit, and we encourage students to approach it like scientists - to ask questions, be curious, and be ready to learn new things. To set the stage for a safe, respectful classroom, we will create class agreements together and use them throughout the unit. Talking with your children about our class agreements at home will help them to remember the class agreements and can be a fun bridge to integrate LETS! T.A.L.K. into conversations within your family.

Here is our LETS! T.A.L.K vocabulary for **lesson one**:

Justice means that all people, with all kinds of bodies, get to learn true and loving information about their feelings and their bodies. Justice means working for things to be fair. “We all get to learn and feel safe!”

Trust means feeling safe. When we feel trust, we know we can ask questions, share our feelings, and be who we are. When we feel trusting, our bodies feel safe, our minds feel appreciated, and we feel accepted just as we are. “We trust each other. We trust our friends!”

Joy is in the word enJOYable! It means happiness. Here, it means learning about ourselves in a way that feels fun, where we can be proud of our bodies and all of the amazing ways that they are.

Respect means that there are no silly questions and nobody is laughed at when they ask a question. It means that all people are free to express themselves truthfully. Respect also means listening when others are speaking, and not interrupting. We know that we are all here together to learn and to have fun, and we try to remember that in order to learn and have fun, everyone must feel safe and included. When we respect each other, it is safe to be different - with different bodies, different ideas, and different feelings. Respect is a big word, and it includes a lot of different ways to be kind. What are some examples of respect? “I respect myself. I respect my friends!”

Empowerment means feeling strong in yourself, and knowing that you are able to do big, hard things! You can feel proud about how fast you run, the way you draw, the way you read and write words, you can feel proud of your body or the way you dress, to name a few examples of what empowerment can feel like. Can you name some other ways you feel proud of yourself, or empowered? Having good information and knowing how to find answers to our questions can help us to feel empowered too. “I am confident in myself. I feel strong in my mind, my body, my feelings and I love who I am !”

From the Resource List in your Adult Companion Guide, here are some places to start:

“New Planned Parenthood Video Series Helps Parents Talk with Children About Bodies, Gender, and Transgender Identities” (Planned Parenthood, October 16, 2018):

<https://www.plannedparenthood.org/about-us/newsroom/press-releases/new-planned-parenthood-video-series-helps-parents-talk-with-children-about-bodies-gender-and-transgender-identities>

“The Case for Starting Sex Education in Kindergarten” (*PBS News Hour*, May 27, 2015):

<https://www.pbs.org/newshour/health/spring-fever>