

Dear Parent,

Starting *[date]*, we will be introducing something new into the curriculum this year. It's an interactive, online program aimed at teaching teen girls about the various changes they're currently experiencing or about to go through, called UNIQUELYgirl.

The areas we'll cover include:

- **Puberty:** The answers to students' questions about puberty, growth and development, and menstruation.
- **Healthy Living:** The proper care for changing bodies, both inside and out. This includes personal hygiene, grooming and nutrition.
- **PMS and Cramps:** The symptoms of PMS and cramps and how to ease them.
- **Breast and Cervical Health:** Long-term healthy practices like breast self-exams and Pap tests.
- **Common Infections:** Common infections that tend to target women, plus ways to deal with and avoid them.
- **Feminine Protection:** What kinds of products students will need and how to use them to properly deal with periods.
- **Toxic Shock Syndrome (TSS):** The signs and symptoms of TSS and how to reduce one's risk.
- **Emotional Health:** The emotional changes accompanying puberty as well as advice about peer pressure, self-esteem and relationships with parents.

UNIQUELYgirl was developed by a team of health experts who worked hand in hand to develop a program made just for young teen students like your daughter. With interactive tools, videos and animations, learning about puberty and women's health issues is more straightforward than ever and comfortable for everyone involved.

The program has things to offer parents as well. UNIQUELYgirl gives you the unique opportunity to follow along with your daughter's education. You can interact with what she's learning and even provide your feedback straight to the people who created the program.

For more information regarding the program and a virtual tour of UNIQUELYgirl, visit <http://www.uniquelygirl.com>. We encourage you to check Parents/Admin section.

We are very proud to be offering this interactive and educational program to our students.

In order for your daughter to be able to participate, please sign the attached form and have her return it before *[appropriate date]*.

Sincerely,
[Teacher name]