

## **Benainu: Anatomy, Reproduction and Puberty Email to Parents**

Dear Parents,

Recently our 6<sup>th</sup> graders participated in the *Anatomy, Puberty, and Reproduction* portion of Benainu. In both, the children displayed a high level of maturity, and healthy curiosity.

### *Anatomy, Reproduction, and Puberty- Girls*

Mrs. Finkelstein and Mrs. Hervitz led a developmentally and age appropriate lesson. Mrs. Finkelstein hoped to “lighten up” the subject by providing the girls with scientific information and facts to help them understand the physical and emotional changes they are or will be going through. The lesson was taught through a perspective that puberty is a normal and a special process that all women go through. She reviewed the female reproductive system, menstruation, and physical and emotional changes of puberty. The girls were mature and respectful, found the information interesting and helpful, and asked an array of appropriate questions. The girls have adults to turn to here at BT should they have any further questions or concerns.

### *Anatomy, Reproduction, and Puberty- Boys*

Mr. Kuter, with the Jewish perspective of Rabbi Oratz, led a developmentally and age appropriate lesson. Mr. Kuter gave scientific information and facts to help the boys understand the physical, hygienic, and physical and emotional changes they are or will be going through. Mr. Kuter reviewed the male reproductive system and physical and emotional changes of puberty. The boys were mature and respectful, and found the information interesting and helpful. The boys have adults to turn to here at BT should they have any further questions or concerns.

Looking forward to your children's continued growth in the Benainu program.

### **Mrs. Vicki Hervitz, LCSW-C**

Middle School Guidance Counselor  
**Beth Tfiloh** Dahan Community School

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3300 Old Court Road • Baltimore, Maryland 21208  
410-413-2326

[vhervitz@btfiloh.org](mailto:vhervitz@btfiloh.org)  
[BethTfiloh.com](http://BethTfiloh.com)

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