

Healthy and Responsible Relationships

Dear Parent or Family Member,

Our school is using an exciting health curriculum called the *Michigan Model for Health*. Your child will have the chance to take part in units designed to develop life-long health habits related to nutrition, physical activity, and drug and violence prevention.

As your partners in education, your Board of Education has approved a unit called *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention, A Module for Grades 9-12*. These lessons will be taught the last 3-4 weeks of the semester.

Your child will have the opportunity to learn many things in this unit, including:

- Skills for having positive relationships with friends and family
- Facts about sexually transmitted infections and ways to prevent them
- Behaviors that have no risk of transmitting infections and those that are risky
- How to communicate with family members and other trusted adults about sexual decisions and potential consequences
- Possible legal, financial, health, social, and emotional consequences of sexual activity.
- How to set personal limits and communicate them to peers
- How to identify risky sexual situations and avoid or escape them
- Abstinence skills
- Methods for reducing the risk of sexually transmitted infections or pregnancy
- Goal-setting skills

The lessons will give your child information and opportunities to build health skills that will prevent sexually transmitted infections and pregnancy. However, we need your help! You are your child's first and most important teacher! Your child will be encouraged to talk to you about relationships and to ask you questions. Interviews with a parent or another trusted adult will be assigned as homework in order to promote open communication. By working together, schools and families can more effectively equip children to develop healthy habits and avoid health risks.

You may make an appointment to review the materials if you wish. You may have your child excused from any of the lessons without penalty if you decide that is best. Please contact me if you have any questions or would like to discuss this information further. I may be reached by phone at (517-645-4763) or e-mail at wonchjc@pps.k12.mi.us

We are looking forward to working together to keep our youth healthy.

Sincerely,

Mr. Wonch
High School Health Teacher

Dear Parent or Family Member,

If you decide that your child should not participate in part or all of the lessons in *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention, A Module for Grades 9-12*, he or she will be excused without penalty. To do so, complete the Exclusion Request and return it to the high school office.

Exclusion Request

1. If you want your child to participate in the lessons described on the attached outline, you do not need to return this form.

2. If you want your child to be excused from part or all of the lessons, please:
 - Initial this box.
Complete this form.
Circle the lessons on the attached list from which you want your child excluded, and return the list and this form to the high school office or Mr. Wonch.

3. If you want your child to be excused from all the lessons this school year and every year hereafter, please:
 - Initial this box.
Complete this form.
Return this form to the high school office or Mr. Wonch.

Student Name:

Address:

Parent/Guardian Signature:

Date:

Parent Note: If you have excused your child this year and future years, option 3, you must notify the principal in writing if you want your child included in sex education in the future.

Student Learning Objectives

Lesson 1: Friendship First

The students will:

- Describe guidelines for class discussions that promote a safe, productive learning environment.
- Describe criteria for selecting peers to be friends or potential romantic partners.
- Identify infatuation as a normal phase during which decision-making is impaired.
- List ways to make good choices while getting to know people.

Lesson 2: Relationships and Responsibility

The students will:

- State that having a healthy, responsible relationship as a couple means avoiding possible physical, emotional, economic, and legal consequences of sex, including pregnancy, HIV, and other STIs.
- Explore how stereotypes and peer influence can impact sexual decision making.
- Describe different ways of communicating caring, love, and respect, without sexual intercourse.
- Explain the importance of making decisions regarding personal sexual limits.
- Explain the importance of communicating personal sexual limits and values in relationships.
- Clarify the benefits of abstaining from sex or ceasing sex if sexually active.

Lesson 3: Building Healthy Relationships

The students will:

- Define the terms “love,” “infatuation,” “sex,” “sexuality,” “sexual activity,” “abstinence,” and “sexual intercourse.”
- Describe ways to develop healthy relationships with friends and family members, and healthy dating relationships.
- Talk with parents and/or other trusted adults about relationships and sexual issues.
- Describe the contributions healthy relationships make to the quality of life.
- Compare and contrast different ways of communicating caring and love in different relationships.

Lesson 4: The Many Facets of Intimacy

The students will:

- Discuss why teens sometimes confuse love, sex, and intimacy.
- Discuss characteristics of intimate relationships, both friendships and romantic relationships.
- Identify honesty and safety as key ingredients in a healthy relationship.

- Analyze the impact of sexual intercourse on building intimacy in relationships and the benefits of abstaining from sex.
- Describe ways to develop intimacy in four domains.
- Identify and select things to do to build true intimacy without having sexual intercourse.

Lesson 5: Let's Hear the Facts

The students will:

- List the most prevalent and serious sexually transmitted infections.
- Summarize the symptoms, modes of transmission, consequences, and how to prevent transmission of six sexually transmitted infections: HIV, chlamydia, gonorrhea, genital warts, herpes, and syphilis.
- Identify sexually transmitted infections as a possibility of sex that can be prevented by abstinence.

Lesson 6: More About STIs

The students will:

- Examine answers to questions regarding sexually transmitted infections.
- Summarize facts about sexually transmitted infections.
- Illustrate how sexually transmitted infections spread in a progressive manner.
- Conclude that abstinence and lifetime monogamy are the most effective ways to prevent sexually transmitted infections.

Lesson 7: The Stakes Are High

The students will:

- Recognize teens' vulnerability to HIV infection.
- Summarize the physical, social, and emotional impacts of HIV infection and AIDS on teens and society.
- Summarize the impact of HIV infection and AIDS on friends, family, and future dreams.
- Identify reputable sources of information.
- Demonstrate how to contact resources appropriately.
- Assess personal perception of risk for HIV infection and other STIs.
- Identify abstinence from sex as the most effective way to prevent infection.

Lesson 8: Know the Risks!

The students will:

- Review the terms "sex," "sexuality," "sexual activity," "abstinence," and "sexual intercourse."
- Categorize different behaviors according to level of risk for transmission of HIV and other STIs.

- Establish personal limits for personal behavior.

Lesson 9: Examining Influences, Including the Law

The students will:

- Examine influences that encourage and/or discourage risky behaviors.
- Identify the law as an important influence in making decisions regarding relationships, abstinence, and sex.
- Identify the legal age of consent and consequences of underage sex.
- Discuss the benefits of laws that regulate the age of consent for sex.

Lesson 10: When Talking Is Tough

The students will:

- Summarize the benefits of discussing decisions about sex and potential consequences with parents, family members, other trusted adults, peers, sexual partners, and medical professionals.
- Explain why STIs, HIV infection, AIDS, and related subjects are difficult to discuss.
- Demonstrate use of skills for communicating with parents, family members, other trusted adults, peers, sexual partners, and medical professionals.

Lesson 11: Know Your Limits and Avoid the Risks

The students will:

- State that the majority of students in ninth and tenth grades are not having sexual intercourse.
- Describe possible legal consequences of sex.
- Identify and predict situations that could result in pregnancy or transmission of HIV or other STIs.
- Identify ways to avoid risky situations and behaviors.
- Demonstrate methods of controlling personal behavior to avoid situations that could result in pregnancy or transmission of HIV or other STIs.

Lesson 12: Exerting Positive Influence

The students will:

- Describe reasons different influences affect how people behave and why people follow the law.
- Describe ways to be a positive influence on peers.
- Practice ways to influence peers to choose behaviors that are not risky.

Lesson 13: Escape the Risks by Setting Limits and Using Refusal Skills

The students will:

- Identify ways to escape situations that could result in pregnancy or transmission of HIV and other STIs.
- Demonstrate effective limit-setting and refusal skills to escape situations that could result in pregnancy or transmission of HIV and other STIs.

Lesson 14: The Cost of Pregnancy and Teen Parenting

The students will:

- Evaluate the economic costs of pregnancy and teen parenting.
- Predict the social and emotional impact pregnancy and teen parenting would have on personal lifestyle.
- Identify adoption as an option for teen parents who decide they are not ready for parenting.
- Identify Safe Delivery as an alternative to infant abandonment for teen parents.
- Conclude that pregnancy can be fully prevented by abstaining from sex.

Lesson 15: Reducing the Risks: Condom Use

The students will:

- Review behaviors that are high risk for pregnancy or transmission of infection.
- Review the possible legal consequences of sex and how abstinence can fully prevent pregnancy and STIs.
- Identify ways to reduce the risks for pregnancy and STIs.
- Identify barriers to condom use and reasons people give for not using condoms.
- Suggest ways to reduce the barriers to condom use and refute the reasons for not using condoms.
- Apply steps for correct condom use as a risk reduction strategy.

Lesson 16: Reducing the Risks: How to Prevent Pregnancy (Part 1)

The students will:

- List reasons to postpone and/or prevent pregnancy.
- Describe parents' responsibilities to children born in and out of wedlock.
- Identify current contraceptive methods to reduce risk of pregnancy.

Lesson 17: Reducing the Risks: How to Prevent Pregnancy (Part 2)

The students will:

- Identify places to access contraceptive information, products, and services.
- Compare and contrast the pros and cons of current contraceptive methods.
- Identify what method of preventing pregnancy, including abstinence, might

work best for individual circumstances now and in the future.

Lesson 18: Responding to Pressure

The students will:

- Demonstrate effective use of limit-setting and refusal skills with partners who resist using condoms and other contraceptive methods.
- Demonstrate effective use of limit-setting and refusal skills with partners pressuring to have sex.

Lesson 19: Testing: Who, Why, and How

The students will:

- List reasons to be tested for pregnancy and STIs, including HIV.
- Identify who should be tested.
- Summarize the advantages of early diagnosis of pregnancy, and early detection and treatment of STIs.
- Summarize the procedures used for testing for pregnancy and STIs.
- Practice communicating with a peer who might need to be tested for pregnancy and STIs.

Lesson 20: Looking to the Future

The students will:

- Distinguish between wishing or dreaming and personal goal-setting.
- Describe the steps in goal setting.
- Identify personal goals.
- Practice making a plan to reach personal goals.
- Predict the impact of unintended pregnancy, HIV infection, AIDS, and other STIs on goal achievement.
- Conclude that abstinence from sex and drugs are the most effective ways to avoid unintended pregnancy and infection with HIV or other STIs.