

WRIGHTSTOWN HIGH SCHOOL

Health Education - *Human Growth and Development*

Dear Parents/Guardians,

I would like to take this opportunity to inform you of some of the upcoming material that your freshman student will be learning in Health Education class. The lessons we will be covering have been reviewed by a community advisory committee composed of parents, teachers, school administrators, students, health care professionals, clergy and community members and have been approved by our Board of Education. The students will start the abstinence-based Sexual Health unit on _____.

Research shows that adolescents prefer to learn about sexuality from their parents and also that early parent-adolescent communication is associated with a later age of sexual contact for teens.

“Teens say their parents most influence their decisions on sex, love and relationships.”

--<http://www.thenationalcampaign.org/parents/default.aspx>

“Studies show that kids who feel they can talk with their parents about sex—because their moms and dads speak openly and listen carefully to them—are less likely to engage in high-risk behavior as teens than kids who do not feel they can talk with their parents about the subject.”

--http://www.childrennow.org/index.php/learn/twk_sex

You can make a great impact on the decisions your child makes and I would like to facilitate an activity to bring your family values and morals into the classroom for your teenager.

While I provide comprehensive, fact-based information to the students, I cannot represent the family values of each student that are so important for them to consider while learning about their sexual health. I am inviting you as parents to participate by writing a letter to your teenager. What you write in the letter is up to you. However, you may want to share your values, concerns, give advice, talk about the dangers of sexually transmitted diseases, the possibility of pregnancy, the importance of abstinence, and any other thoughts you have for your child. Ultimately, what do you want your teenager to remember while they are learning about their own sexual health? Your child will read this letter privately in class and then do a journal activity to allow them to process and reflect on what you have written to them. The letter will remain private and confidential, and will be given directly to your child. I will not be reading your letters; they will remain confidential.

Please mail, email, or send the letter with your student to school by _____ in order to make sure the letter is received by the time we have scheduled the activity. I would prefer you don't email your child directly; the letter may not remain confidential or it could get lost by them before the class activity. If you send the letter to school with your student or bring it to school yourself, please put your letter in an envelope marked with your child's first and last name. If you are mailing the letter, put your child's envelope in another envelope addressed to me. You may include a letter from one parent, both parents together, or letters from each parent individually. If you prefer, you may also email the letter to me at vandyke@wrightstown.k12.wi.us. If you would like an email confirmation that I received your letter no matter how you sent it, please indicate that on the outside of the envelope or in the email and include the email address you would like confirmation sent to.

It is very important that each parent take the time to write to his or her child. We will be doing this activity in class and I do not want anyone to be left out! The feedback I have received in the past from parents and students has been extremely positive and I encourage all parents to be a part of writing this letter. All of the students who received letters in the past really enjoyed reading them and had a lot of positive things to say in their journal entries. Please take the time to write the letter. It will mean a lot to your child and make a great impact on their future decisions. If you would like more information on how to talk about this topic with your teenager, I have included a document with some websites that offer advice to parents.

Opt-Out Information: Parents have the right to remove their child from this Human Growth and Development Curriculum or specific parts of the curriculum. The document included with this letter gives you the opportunity to do so. We must receive the document below back by _____ or your child will be included in the learning opportunities. Listed below is an outline of the topics covered:

- Day 1: Introduction to Human Growth and Development
 - Appropriate terminology, general guidelines of conduct
 - Society Influence on our perception of relationships and sexual activity (social media, movies, ads, etc)
 - Students will identify the benefits of choosing abstinence
 - Gender Identity & Sexual Orientation Vocabulary
- Day 2: Anatomy, Function, and Care of the Female Reproductive System, Puberty
- Day 3: Anatomy, Function, and Care of the Male Reproductive System, Puberty
- Day 4: Symptoms, Transmission, Prevention, and Treatment of Sexually Transmitted Infections
- Day 5: Sexual Pressure
 - Identifying sexual pressure within a relationship and how to respond
 - Consent and Bodily Autonomy
 - Sex Offender Registry (required by WI State Statute 118.019)
 - Online Safety from Sexual Predators
 - Communication in Health Relationships using the 5 Love Languages
- Day 6: Sexual Violence - Presentation by Harbor House
- Day 7: Pregnancy and STD Prevention/Emotional Outcomes of Sexual Activity
 - Hormonal Contraceptives basic use information, side effects
 - Condom demonstration
 - Statistics provided on failure rate of each method of contraception
 - Emotional outcomes of engaging in sexual activity
 - Average cost of raising a baby in 2023
 - Shaken Baby Syndrome Awareness & Prevention
- Day 8: Factors that influence sexual health decision-making and outcomes.
 - Analyze the influence of peers, the significant other, and external factors on the decision making process
 - Dangers of sexting
- Day 9: Sexual Health Journal - Personal Reflection
 - Reflect on content, Set goals and Boundaries for their future relationship(s)

Statistics show that when teenagers engage in sexual activity, IF they choose to use protection, most use condoms. However, most teens don't use them consistently or correctly. About 30 minutes of class will be devoted to methods of contraception, which will include a condom demonstration. The main goal of the demonstration will be to show the correct method and also how to avoid scenarios that would make a condom less protective. This also provides an opportunity to show why condoms can sometimes fail at preventing pregnancy and disease transmission.

If you would like to view the curriculum, please notify me and I am more than happy to meet with parents to provide detailed information (or the curriculum in its entirety) so you can make an informed decision. If you have any questions, please feel free to contact me.

Sincerely,

Lisa Van Dyke
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Scott Thompson
High School Principal
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WRIGHTSTOWN HIGH SCHOOL

OPT-OUT FORM

Health Education - *Human Growth and Development*

Wisconsin Statute sec. 118.019 allows parents to exempt their child from instruction in Human Growth and Development with a written request to the school. Parents have the right to remove their child from this curriculum or specific parts of the curriculum. This document below gives you the opportunity to do so. We must receive this back by _____ or your child will be included in the learning opportunities.

DO NOT complete this form if you want your child to receive all aspects of the Human Growth and Development Curriculum.

I would like my child, _____, to be pulled out of the topics that are checked below:
Student Name

- Day 1: Introduction to Human Growth and Development
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Please note: Ms. Van Dyke may contact you to inquire about your specific preferences regarding which content you wish your child to be exempted from. This is to make sure that your wishes are being honored and that a plan is in place for the student when they are not in class for the specified lessons.

Please print the name of the guardian signing below: _____

Signature _____ **Date** _____