



SAUGATUCK MIDDLE SCHOOL & HIGH SCHOOL

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www.saugatuckps.com

September 4, 2018

Dear Parents and Guardians,

As part of our ongoing efforts to foster a school climate of respect, and as part of our health curriculum, we will have a unit on building "Healthy and Responsible Relationships". The purpose of this unit is to help students make healthy choices about sexual activity through a message of abstinence. This unit will be offered in the Health classes during your child's rotation class. The instructors, Mr. Bill Dunn and Ms. Sherri Austin, have been trained to teach all the lessons in this unit. We want you to know about the unit for three reasons.

First, parents are the key component in their children's education and are the most influential factor in teaching their children to make good decision. To promote a link between the schools "Healthy and Responsible Relationships" lessons and parent-child conversations at home, several parent-child homework assignments are part of the program. The purpose of these assignments is simply to give you a chance to communicate with one another.

Second, you are welcome to contact the district and preview the materials that will be taught. The materials are available upon request. Please email Ms. Austin at saustin@saugatuckps.com and she will make the materials available. Should you have any questions about the curriculum you may contact the instructors.

Third, attached is a brief overview of topics for the unit. Parents have the choice to NOT have their child participate in the unit, or in particular lessons. If your decision is to opt your child out of this unit or certain lessons, please email your request to "opt out" your child to Ms. Austin at saustin@saugatuckps.com.

Sincerely,

Mr. Mark Neidlinger
Principal

Mr. Bill Dunn
Instructor

Ms. Sherri Austin
Instructor

7TH GRADE HEALTH
HEALTHY AND RESPONSIBLE RELATIONSHIPS:
HIV, OTHER STI'S AND PREGNANCY PREVENTION
ABSTINENCE-ONLY

LESSON TOPICS

- 1 INTRODUCTION
 - Setting the Classroom Climate (Guidelines, Set an agreed-upon code of behavior for the group so that each participant feels safe and able to rely on others in group work)
 - Review Puberty
 - Male & Female Anatomy / Reproductive System Review (6th Grade Diagrams as Review)
 - LEARN 360 VIDEO: *"We're Just Talking – for Boys and Girls"* (16:58)
 - HOMEWORK: Puberty and The Reproductive System
- 2 SELF-CONCEPT, SELF-ESTEEM, POSITIVE SELF-TALK
 - Learn 360 VIDEO: *"Have a Healthy Self-Concept: It's All Yours"* AND/OR *"Proud to be Me – Building Self-Esteem"* (18:34 minutes)
 - Self-Esteem Power point
 - Positive Self-Talk PPT and Worksheet
 - Extra Girls: "Be Brave" Activity (play the song "Brave" by Sarah Barellies)
- 3 SEXUALLY TRANSMITTED INFECTIONS (STI's)
 - The Basic Facts
 - New Diagrams (color code)
 - LEARN 360 VIDEO: *"Straight Talk About Sexual Choices and Consequences"* (18:00 min)
 - HOMEWORK: STI worksheet
- 4 HIV & AIDS: Basic Facts
 - HIV Lifeline Presentation (Power point & notes)
 - Jeopardy Activity to reinforce concepts
 - Learn 360 VIDEO: *"AIDS: Facts for Kids"* (10:33)
- 5 HIV & AIDS: Influence of Alcohol and Drugs
 - Physical and emotional effects
 - Impact of alcohol and other drugs on decision-making and HIV risk
 - Learn 360 VIDEO: *"AIDS: One Teenager's Story"* (32:50 min)
 - HOMEWORK: Alcohol, Drugs and HIV
 - Intro New Diagrams
- 6 TOUCH & ABSTINENCE
 - Define abstinence and why we choose it.
 - Distinguish between the different types of touch
 - Learn 360 VIDEO: *"You Can Keep Yourself Safe: Touching Safety, Stranger Safety"*
 - Learn 360 VIDEO: *"Abstinence: Choosing to Wait"* (22 min)
 - HOMEWORK: Touch & Abstinence
- 7 COMMUNICATION 1 & 2: The Basics / Asking Honestly for What You Want
 - Types of Communication
 - Assertive Requests
 - VIDEO: *"Me, Myself and I"* (10:30 min) While movie plays look for 4 types of communication and self-concept themes.
 - HOMEWORK: Communication 1 & 2
- 8 COMMUNICATION 3
 - Communicate Assertively Power Point
 - Learn 360 VIDEO: *"Straight Talk About Peer Pressure"* (14:32 min)
 - HOMEWORK: "Dear Abby"
 - Practice Anatomy Quiz
- 9 REVIEW FOR TEST
- 10 UNIT TEST / Student Feedback Survey

Are You a "Hands On" Parent?

"HANDS ON" PARENTS

DO 10 OR MORE THE FOLLOWING 12 THINGS

1. Monitor what their teens watch on TV
2. Monitor what their teens do on the Internet
3. Put restrictions on the music CDs their teens buy
4. Know where their teens are after school and on weekends
5. Expect to be and are told the truth by their teens about where they are really going
6. Are "very aware" of their teen's academic performance
7. Impose a curfew
8. Make clear they would be "extremely upset" if their teen used marijuana
9. Eat dinner with their teens 6 or 7 times a week
10. Assign their teen regular chores
11. Turn off the TV during dinner
12. Have an adult present when the teen returns from school

National Survey of American Attitudes on Substance Abuse VI: Teens. The National Center on Addiction and Substance Abuse, Columbia Univ. NY 3-01

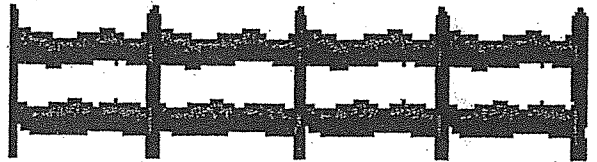
Only 27% of American households have
"Hands On Parents."

"Hands On Parents" raise teens that are at
1/2 the average risk of all teens.

Setting

A Parent's Guide to talking with your Teen

Boundaries



Why it is important to set boundaries before you become involved in a dating relationship? What happens when you don't have boundaries?

Set your limits before you date.

What activities are/are not appropriate for you to participate in? What are acceptable ways of showing affection? How far is too far? Are the physical boundaries different for a first date and a long term relationship?

Determine the type of person you want to date.

What character qualities are you looking for? Is it important that they are well liked by your family and friends? What kinds of things should you have in common? What values do you both share? What character qualities are important to avoid? Is this someone you could spend the rest of your life with?

Talk to your date about your boundaries.

When do you talk to your date about your boundaries? How do you start a conversation about boundaries with your date? What do you do if your date disagrees with the boundaries you've set?

Don't place yourself in compromising situations.

What situations are likely to "get you into trouble" and cause you to break your boundaries? What activities can you enjoy with a date that are safe? What activities "get your motor running" and should be avoided?

Determine what's a healthy amount of time to be spending with your date.

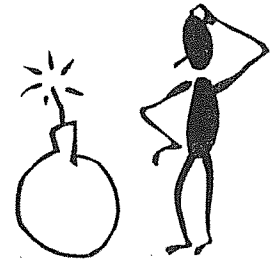
Are you and your date still maintaining friendships with others? Is the amount of time you are spending with your date affecting your schoolwork? Your relationship with your family? How much time do you spend on the phone or chatting on-line with this person?

Always have a way out.

What do you do when the situation is beyond your control? Who do you go to for help? What will you say or do when faced with a compromising situation? What do you do and who do you go to if you have been forced or pressured into a sexual activity without your consent?

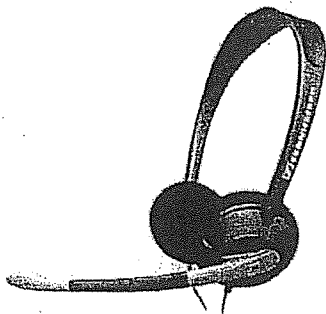


Warning Signs for Parents



1. Your child spends large amounts of time on-line, especially at night.
2. You find pornography on your child's computer.
3. Your child receives phone calls from people you don't know or is making calls, sometimes long distance, to numbers you don't recognize.
4. Your child receives mail, gifts, or packages from someone you don't know.
5. Your child turns the computer monitor off or quickly changes the screen on the monitor when you come into the room.
6. Your child becomes withdrawn from the family.
7. Your child is using an online account belonging to someone else.
8. While online, your child is using a microphone or Webcam you didn't know he/she had.

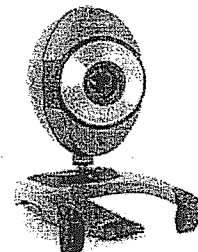
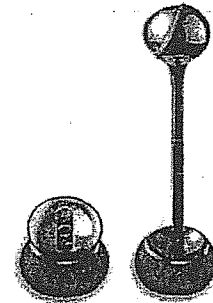
Microphone examples:



Newer laptops may include an internal microphone and/or camera.



Webcam examples:



Top 20 Internet Acronyms Every Parent Needs to Know

Courtesy of: <http://www.netlingo.com/top20teens.cfm>

1. **ADR** - Address
2. **ASL** - Age/Sex/Location
3. **GYPO** - Get Your Pants Off
4. **IWSN** - I Want Sex Now
5. **KFY** - Kiss For You
6. **KPC** - Keeping Parents Clueless
7. **LMIRL** - Let's Meet In Real Life
8. **MorF** - Male or Female
9. **MOOS** - Member(s) Of The Opposite Sex
10. **MOSS** or **MOTSS** - Member(s) Of The Same Sex
11. **NALOPKT** - Not A Lot Of People Know That
12. **NIFOC** - Nude In Front Of Computer
13. **P911** - Parent Alert
14. **PAL** - Parents Are Listening
15. **PAW** - Parents Are Watching
16. **PIR** - Parent In Room
17. **POS** - Parent Over Shoulder
18. **SorG** - Straight or Gay
19. **TDTM** - Talk Dirty To Me
20. **WYCM** - Will You Call Me?



Our Family's Internet Safety Contract

An Internet safety contract helps everyone in your family know how to stay safe online. Put a checkmark next to each rule your family agrees to follow. Have everyone sign the contract. Keep a copy near each computer in your home or in a bag you take when you use the Internet in a different location.

As a child in our family, I agree to follow these rules.

- 1. I will never give out my personal information to someone my family doesn't know.
- 2. I will never send photos of myself to anyone without a parent's permission.
- 3. I will create user names that do not tell if I am a boy or a girl.
- 4. I will never give out my passwords to anyone but a parent or another adult my family trusts.
- 5. I will never download any files without a parent's permission. This includes attachments, music, photos, games, and information.
- 6. I will never meet in person someone I have met only online.
- 7. I will only play Internet games a parent allows.
- 8. I will only visit websites, blogs, and chat rooms a parent has approved.
- 9. I will never buy something online.
- 10. I will tell a parent, teacher, or other trusted adult right away if something I see or read doesn't feel "right."
- 11. I will tell a parent, teacher, or other trusted adult right away if I am ever bullied or threatened on the Internet.
- 12. I will never be unkind to other people in e-mails, instant messages, and chat rooms.
- 13. I will admit to a parent right away if I make any mistakes. I will talk about how to prevent the mistake in the future.
- 14. I will use the Internet only when allowed and only up to this amount of time each day:
 Weekdays or school nights: _____ hours and/or _____ minutes
 Weekends or holidays: _____ hours and/or _____ minutes
 Vacations: _____ hours and/or _____ minutes
- 15. I will follow these additional safety rules:



As an adult in our family, I agree to follow these rules.

- 1. I will help each child in our family follow our contract.
- 2. I will understand that everyone makes mistakes. We can learn from them.
- 3. I will check out websites, blogs, chat rooms, and games before a child visits them.
- 4. I will help resolve problems related to bullying and other unsafe experiences.
- 5. I will report to the police any suspicious or illegal activities I notice or hear about from a child.
- 6. I will keep a list of each family member's user names and passwords. Store it safely where only I or another trusted adult knows where to find it.
- 7. I will use software to help keep unsafe materials off computers.
- 8. I will never click on links in e-mails that tell me I must go to a website to update my financial information.
- 9. I will check that a website is secure before I give my credit card number or other personal information.
- 10. I will follow these additional safety rules:



Printed names:

Signatures:

Signed on this date: _____

RESOURCES FOR PARENTS & TEENS

Web Sites & Contact Information

www.advocatesforyouth.org – for youth, parents, and education, health and other professionals who work with youth.

www.pfa.org – Planned Parenthood Federation of America.

www.abstinence.net – Abstinence Clearinghouse. A network of people for abstinence.

www.sexetc.org – a website by teens for teens.

www.siecus.org – Sexuality Information and Education Council of the United States.

www.teenpregnancy.org – The National Campaign to Prevent Teen and Unplanned Pregnancy.

www.medinstitute.org – The Medical Institute.

www.abouthealth.com – kids talking to kids about how they've handled things like underage drinking, bullying, body image, and sexual health.

www.4parents.gov – advice and help for parents communicating with their child, pre-teen, or teen.

www.kidshealth.org

www.sexetc.org – Sex Etc.

www.michigan.gov/domesticviolence – "Dating Violence, It's a Big Deal"

Department of Human Service, State of Michigan

Michigan Domestic Violence Prevention & Treatment Board

www.etr.org – ETR's Resource Center for Adolescent Pregnancy Prevention

www.metrokc.gov/health/famplan/flash – Family Life and Sexual Health
(F.L.A.S.H.)

www.michigan.gov

www.teenageparent.org – Life in the Fast Lane

www.mare.org/MIAgencies/MIAgencies.html – Licensed Michigan Adoption
Agencies