



# SAUGATUCK MIDDLE SCHOOL & HIGH SCHOOL

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[www.saugatuckps.com](http://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](mailto: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](mailto:saustin@saugatuckps.com).

Sincerely,

Mr. Mark Neidlinger  
Principal

Mr. Bill Dunn  
Instructor

Ms. Sherri Austin  
Instructor

# HIGH SCHOOL HEALTH

## “Healthy & Responsible Relationships”

### LAYERED CURRICULUM

Trimester 1, 2 & 3



Instructor: Ms. Sherri Austin  
E-mail: [saustin@saugatuckps.com](mailto:saustin@saugatuckps.com)  
Phone: 269-857-2133 ext. 134

#### DAY 1

- LECTURE: Abstinence & STI Review
- DVD: “Thinking About Abstinence” (21:06 min)

#### DAY 2

- STUDENT WORK: Layered Curriculum Work
- VIDEO / DVD: “Just Like Me: Talking About AIDS” (Information on STI’s)

#### DAY 3

- LECTURE: Human Reproduction
- VIDEO STREAMING: “Life’s Greatest Miracle”  
[www.pbs.org/wgph/nova/miracle/program.html](http://www.pbs.org/wgph/nova/miracle/program.html)

#### DAY 4

- STUDENT WORK: Layered Curriculum Work
- DVD: “Advertising, The Media and Your Health”

#### DAY 5

- LECTURE: The Stages of Pregnancy / Teen Parenting
- DVD: “Avoiding the Teen Pregnancy Trap” (HRM Series)

#### DAY 6

- LECTURE: Contraception: Types, How to Use, Effectiveness, What’s Best, Cost
- DVD: “It’s Your Choice. . . Birth Control for Teens”

#### DAY 7

- STUDENT WORK: Layered Curriculum Work
- VIDEO / DVD: Show Birth Control DVD if no time yesterday.

#### DAY 8

- LECTURE: Dating Violence / Type of Abuse / Sex and the Law
- Power point on the legal aspects of sexual contact and behaviors
- VIDEO STREAMING: Discovery Health, Segments from “No Means No!”  
<http://player.discoveryeducation.com>

#### DAY 9

- Finish Layers C and A
- Review for Test – “Jeopardy” game

#### DAY 10

- UNIT TEST

# High School Video List

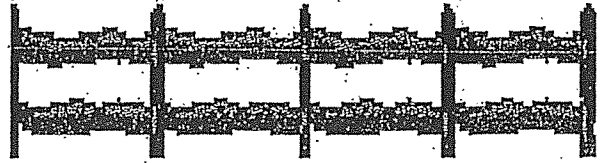
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1. ***“Abstinence: Choosing to Wait”*** 22:41  
*Identifies the consequences of sexual activity for teenagers, and also promotes sexual abstinence by having students discuss why they abstain from having sex.*  
 ©2003, Sunburst Visual Media.  
Learn 360: Video Streaming Service through the OAISD
  
  2. ***“Sexually Transmitted Infections: What You Should Know”*** 21:15  
*As teens make decisions about becoming sexually active, they also need to understand the risks of contracting sexually transmitted infections. Watch stories of teens who have STIs and are struggling to know how to deal with it.*  
Learn 360: Video Streaming Service through the OAISD
  
  3. ***“Avoiding the Teen Pregnancy Trap”*** 18:00  
 Human Relations Media (HRM)  
 Saugatuck Media Center: Health Curriculum Material
  
  4. ***“Real Life Teens: The Dark Side of Dating”*** 17:49  
*Dating is a major part of high school social life. It should be a positive and enriching experience that will prepare teens for real life. But, too often dating has a darker side. This program covers the dangers and potential negative aspects of dating. Students learn about the harm caused from gossip and some of the common forms of pressure student's face on and off a date. The program also emphasizes the importance of standing up for yourself in high school. It shows why 'no' means 'no!' and how to make your desires clear.*  
Learn 360: Video Streaming Service through the OAISD
  
  5. ***“Teens & Sex: What You Need to Know”*** (Contraception) 28:23  
*Answers questions teens may have about sex, pregnancy, and STDs.*  
 ©2005, Sunburst Visual Media  
Learn 360: Video Streaming Service through the OAISD
  
  6. ***“Life’s Greatest Miracle”***  
[www.pbs.org/wqph/nova/miracle/program.html](http://www.pbs.org/wqph/nova/miracle/program.html)  
[www.pbs.org/wqph/nova/teachers/programs/2816\\_miracle.html](http://www.pbs.org/wqph/nova/teachers/programs/2816_miracle.html)
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# 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?*

# RESOURCES FOR PARENTS & TEENS

## Web Sites & Contact Information

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[www.advocatesforyouth.org](http://www.advocatesforyouth.org) – for youth, parents, and education, health and other professionals who work with youth.

[www.pfa.org](http://www.pfa.org) – Planned Parenthood Federation of America.

[www.abstinence.net](http://www.abstinence.net) – Abstinence Clearinghouse. A network of people for abstinence.

[www.sexetc.org](http://www.sexetc.org) – a website by teens for teens.

[www.siecus.org](http://www.siecus.org) – Sexuality Information and Education Council of the United States.

[www.teenpregnancy.org](http://www.teenpregnancy.org) – The National Campaign to Prevent Teen and Unplanned Pregnancy.

[www.medinstitute.org](http://www.medinstitute.org) – The Medical Institute.

[www.abouthealth.com](http://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](http://www.4parents.gov) – advice and help for parents communicating with their child, pre-teen, or teen.

[www.kidshealth.org](http://www.kidshealth.org)

[www.sexetc.org](http://www.sexetc.org) – Sex Etc.

[www.michigan.gov/domesticviolence](http://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](http://www.etr.org) – ETR's Resource Center for Adolescent Pregnancy Prevention

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

[www.michigan.gov](http://www.michigan.gov)

[www.teenageparent.org](http://www.teenageparent.org) – Life in the Fast Lane

[www.mare.org/MIAgencies/MIAgencies.html](http://www.mare.org/MIAgencies/MIAgencies.html) – Licensed Michigan Adoption  
Agencies