

**Insert Date**

Dear Parent/Guardian:

The Kyrene seventh grade “Worth the Wait” Abstinence Education program was developed by Scott & White as part of their commercially available all-inclusive, data-driven curriculum founded on the medical, legal, psychological and socioeconomic information regarding adolescent health risk behaviors. The program empowers teens with information necessary to develop healthy habits and relationships and promotes risk avoidance.

Parent permission is required for each student to participate in the seventh grade program which consists of four carefully planned lessons. All lessons are taught to boys and girls in separate groups. Instructors use detailed scripted lessons that reflect the resources adopted by the Kyrene School District Governing Board in March 2006 and April 2010. Key components have been summarized below and detailed objectives for each lesson are attached.

- **Lesson 1 Essential Human Needs & Healthy Relationships with Family and Peers:** In this lesson students discuss emotional needs and how they are positively met; in addition to characteristics of Healthy and unhealthy relationships.
- **Lesson 2 Puberty; Abstinence Pregnancy, and STDs:** Students learn reproductive terminology & anatomy; the physical and emotional changes during puberty; how pregnancy occurs; reasons not to have sex; most common types of STD’s, basic symptoms & consequence, and modes of transmission.
- **Lesson 3 Benefits of Waiting, Sexual Abuse and Legal Issues:** Students learn about the influence of the media on sexual attitudes and behaviors; benefits of abstinence; sexual abuse, age of consent, prevention; personal relationship safety; Sexting and Cyber Assault; reporting abuse/resources.
- **Lesson 4 Refusal Skills:** Students learn about dating violence; effective “no” techniques; setting goals and making a plan.

The Abstinence Education instruction will be taught the week of **(day and date)**.

The following preview opportunity has been planned for parents/guardians who would like to review the lessons and videos before signing the attached permission slip: **(NOTE: these dates must be at least two weeks prior to any instruction)**

**Daytime Parent Preview**

**Date:**

**Time:**

**Location:**

**Parent Information Night**

**Date:**

**Time:**

**Location:**

Please return the signed permission slip to your child’s classroom teacher by **(day and date)**.

Sincerely,  
Seventh Grade Team

**LEARNING. LEADING. ACHIEVING.**

**Kyrene School District  
Seventh Grade  
Worth the Wait Overview**

The instructors will be following detailed scripted lesson plans. Questions which arise during instruction are answered within the context of the lesson. Questions about controversial or sensitive issues which are not a part of the lesson are not discussed in class. Students are encouraged to seek additional information from parents/guardians and other reliable adults.

**Objectives covered in Lesson 1 Essential Human Needs & Healthy Relationships with Family and Peers**

- Recognize different types of personal relationships (healthy & unhealthy)
- Recognize how sexual behavior is influenced by body image and self-esteem.
- Recognize how behavior is influenced by attitudes, beliefs, and feelings about self and others.

**Objectives covered in Lesson 2 Puberty; Abstinence Pregnancy, and STDs**

- Identify male and female reproductive organs and understand the location and basic function of each.
- Recognize health behaviors and issues that are important during puberty.
- Understand the process of conception and the fertility cycle.
- Understand the physiology of pregnancy, physical changes in the mother's body and growth of the baby.
- Recognize that the growth and development of a baby in utero may be influenced by the mother's age, nutritional and psychological status, exposure to drugs, alcohol, chemicals, radiation, noise, and infection.
- Recognize the responsibility of the mother to promote good health for the baby before, during, and after pregnancy, and that obtaining prenatal care is important in the process.
- Recognize the responsibility of the father before, during and after pregnancy.
- Recognize that the only 100% sure way to avoid pregnancy is abstinence from sexual intercourse and/or genital contact.
- Recognize the benefits of abstinence from sexual intercourse.
- Recognize physical and emotional consequences associated with early sexual intercourse.
- Identify and define the terms HIV and AIDS.
- Define STIs (Sexually Transmitted Infections).
- Understand how HIV destroys the immune system.
- Realize that you can't always tell by a person's appearance if they are infected with an STI, including HIV.
- Recognize several ways that HIV and AIDS is most commonly transmitted (e.g., when HIV infected blood gets into the body of a healthy person, sexual contact with a person infected with HIV and AIDS, sharing a needle containing HIV infected blood, from an infected mother to her child during pregnancy, birth, or breastfeeding)
- Distinguish the difference between facts and myths about HIV and AIDS.
- Recognize that treatment options are available to extend the lives of people with HIV and AIDS.
- Understand that an individual infected with the HIV virus may appear healthy but can still transmit the virus.
- Explain the implications of the differences between exposure to HIV, acquiring HIV infection, and developing AIDS.
- Identify the most common STIs, besides HIV (e.g., Gonorrhea, Chlamydia, Syphilis, HPV, HSV, Trichomoniasis).

**Kyrene School District  
Seventh Grade  
Worth the Wait Overview**

- Understand and explain the short term and long-term implications of common STIs.
- Define abstinence as refraining from sexual intercourse.
- Define sexual intercourse as vaginal, oral, or anal.
- Recognize that the only 100% sure way to avoid acquiring or transmitting HIV, AIDS, & STIs sexually is abstinence from intercourse and /or genital contact.
- Recognize that sexual intercourse and/or genital contact can be a health risk behavior.

**Objectives covered in Lesson 3 Benefits of Waiting, Sexual Abuse and Legal Issues**

- Recognize the benefits of abstinence from sexual intercourse.
- Recognize that having sexual thoughts, feelings, desires, and physiological responses is a healthy normal part of living and growing for males and females.
- Recognize that an individual determines his/her own behavior even in the face of strong emotions, peer pressure, sexual arousal, and the need for security/affection.
- Describe how external factors such as movies, videos, TV, advertisement, music, and literature affect sexual attitudes and behaviors.
- Recognize the implications of Arizona law relating to the sexual conduct of minors as it relates to self and others.
- Recognize sexual abuse.
- Recognize resources for reporting sexual abuse.
- Review refusal skills in real life situations involving high-risk behaviors.
- Recognize the importance of having personal and sexual boundaries/limits.
- Recognize the importance of communicating personal and sexual boundaries/limits.
- Define rape; including date rape and recognize the short term and long-term consequences of rape.
- Recognize how alcohol and drug use and misuse can impair judgment and affect behavior related to sexual activity.
- Understand personal dating safety.

**Objectives for Lesson 4 Refusal Skills**

- Recognize the importance of self-discipline and assertive communication in helping an individual enforce his/her decision about sexual limits.
- Recognize that having sexual thoughts, feelings, desires, and physiological responses is a healthy normal part of living and growing for males and females.
- Recognize the importance of communicating personal and sexual boundaries/limits.
- Recognize that an individual determines his/her own behavior even in the face of strong emotions, peer pressure, sexual arousal, and the need for security/affection.
- Review refusal skills in real life situations involving high-risk behaviors.

**Kyrene School District  
Seventh Grade  
Worth the Wait Overview**

Please return to your teacher before **(insert date)**

**ALL STUDENTS are required to turn in a Permission Slip.**

**Please check the option of your choice:**

\_\_\_\_\_ My child **may** participate in all four lessons of the Abstinence Education Program, “Worth the Wait” which includes information on HIV/AIDS and STIs.

\_\_\_\_\_ My child **may not** participate in the four lessons of the Abstinence Education Program, “Worth the Wait” which includes information on HIV/AIDS and STIs. Alternative lessons from the Kyrene Health Curriculum will be provided for your child.

**Student:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**Signature of Parent/Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_