

Insert Date

Dear Parent/Guardian:

The Kyrene eighth grade “Choosing the Best Life” 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 eighth 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.

- **Essential Needs, Communication Skills, Relationships:** Students learn about essential human needs: self, school & community and learn about characteristics of healthy, unhealthy and dangerous relationships. Students learn refusal skills.
- **Puberty, Anatomy and Physiology:** Students learn reproductive terminology and anatomy plus emotional lability; including depression and suicide. Students learn how to access resources for support.
- **Sex, STDs (STIs) and Honesty:** STDs (STIs) can lead to serious health consequences. Sexually active teens are at risk to contract an STD (STI).
- **Pregnancy:** Students learn about basic fetal development, consequences of teen pregnancy and parental responsibilities
- **Legal Issues/Sexual Abuse:** Explanation of age of consent, misdemeanors, felonies and their consequences.
- **Health Risk Behaviors Avoidance/Reduction:** Students learn about health risk behaviors that lead to problems in adulthood.

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,
Eighth Grade Team

LEARNING. LEADING. ACHIEVING.

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Choosing the Best Life Overview

The instructors will be following detailed 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 Part 1

- Recognize how behavior is influenced by attitudes, beliefs, and feelings about self and others.
- Recognize the benefits of abstinence from sexual intercourse.
- Recognize physical and emotional consequences associated with early 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.

Objectives Covered in Part 2

- Discuss different types of personal relationships (healthy and unhealthy).
- Recognize the importance of self-discipline and assertive communication in helping an individual enforce his/her decision about sexual limits.
- Recognize that the only 100% sure way to avoid pregnancy is abstinence from sexual intercourse and/or genital contact.
- Recognize that the growth and development of a baby in utero may be influenced by the mothers, 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 herself and 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.
- Review Arizona law relating to sexual contact with a minor.

Objectives Covered in Part 3

- Identify and define the terms HIV and AIDS.
- Define STIs (Sexually Transmitted Infections).
- Explain how HIV destroys the immune system.
- Realize that you can't always tell by a person's appearance if they are infected with 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. An infected mother could pass HIV to her unborn 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 i.e. Gonorrhea, Chlamydia, Syphilis, HPV, HSV, Trichomoniasis.
- Understand and explain the short term and long-term implications of common STIs.

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- Identify precautions that should be taken to avoid the transmission of HIV: i.e. Never touch another person's blood, medical syringes or needles.
- 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 sexual contact can be a health risk behavior.

Objectives covered Part 4

- Recognize the importance of self-discipline and assertive communication in helping an individual enforce his/her decision about sexual limits.
- Recognize the benefits of abstinence from sexual intercourse.
- Recognize physical and emotional consequences associated with early sexual intercourse.

Objectives covered in Part 5

- 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 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.
- Review refusal skills in real life situations involving high-risk behaviors.
- Identify alternative ways to show affection (e.g., nonphysical, hugging, hand holding).

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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, "Choosing the Best Life" which includes information on HIV/AIDS and STIs.

_____ My child **may not** participate in the four lessons of the Abstinence Education Program, "Choosing the Best Life" 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: _____