

## 8<sup>th</sup> Grade Health Education

Dear Parent/Guardian:

Each year in our Health Education classes, we teach according to the district health education standards. Special attention is given to the six youth health risk behaviors and how they affect school age youth. These are listed on the back of this letter.

The next unit we will be teaching is titled "Growth and Development: Understanding Sexuality." As health educators we want to support students in making healthy choices and reinforce your parenting efforts.

The LPS health education curriculum stresses abstinence from sexual activity and other health risk behaviors, such as the use of alcohol, tobacco and other drugs. However, the LPS curriculum goes beyond the abstinence-only message and provides students with age-appropriate information regarding the prevention of sexually transmitted diseases, including HIV/AIDS, and unintended pregnancies.

The sexuality education objectives encourage students to practice abstinence from sex. Lessons in 8<sup>th</sup> grade include the following topics: puberty, male and female reproductive organs, conception, pregnancy, childbirth, abstinence, birth control, life cycle stages, death, and dying. The message throughout this unit supports our school district's philosophy that abstinence from sex is the expected standard for teens.

In order to effectively present the topics in this unit, I have scheduled the following resource speakers and videos on the dates listed. Please contact me if you would like more information or wish to preview any of the videos.

<b>Speaker Information</b>			
<b>Date</b>	<b>Name</b>	<b>Affiliation</b>	<b>Topic</b>
<b>Video Information</b>			
<b>Date</b>	<b>Video Title</b>	<b>Summary</b>	

Lincoln Public Schools policy states that "alternative learning activities will be provided if the student and/or the student's parents object to a controversial issue being studied." Please address questions to me or to the district health education curriculum specialist, Marybell Avery at 436-1812.

Sincerely,

8<sup>th</sup> Grade Health Education Teacher (name) \_\_\_\_\_

School phone number: \_\_\_\_\_