

March 6, 2018

Dear Parents/Guardians,

I am writing to inform you of a unit that is going to be taught in 8th grade Wellness. The unit is called “Best Practices in STD/HIV and Pregnancy Prevention” with the main emphasis on **abstinence**. This curriculum was co-authored by Maine Family Planning and the Maine Department of Education. Best Practices has been used in hundreds of health classes across Maine to teach teens about healthy sexuality. This unit contains a variety of interactive methods that give teens the knowledge, attitudes, and skills they need to make sexually responsible decisions. I am very aware that the topic of human sexuality is a sensitive and controversial one. I will take great care to conduct classes with heightened sensitivity for the well-being and comfort of each student.

The unit will focus on helping each student gain the knowledge and communication skills needed to prevent pregnancy and the transmission of STDs and HIV/AIDS. Abstinence will be given as the safest choice for the student, but accurate information about other protection methods will also be provided. There is information on the teen brain and sexual decision making. There will be a short video included in the unit. If you would like to view the video, it is available on our Whittier Middle School website underneath the Wellness tab. The lesson summaries for this curriculum are also available to view.

Some of these lessons will be co-taught with our school counselor, Bonnie Robbins. If you have any questions or concerns, or would like to meet to discuss this curriculum further, please contact Kim Yorkey or Bonnie Robbins.

If you do NOT want your child to participate in any, or all of this unit, please let one of us know as soon as possible.

Sincerely,

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