December 19, 2014

Dear Parents,

Health education is an important curriculum area and topics such as safety, physical activity, nutrition, mental and emotional health, drug education and healthy relationships. It is now time to shift our focus in health class to the human growth and development unit. We have already covered a unit on relationships, helping students to identify healthy and unhealthy characteristics of relationships. An emphasis in this unit was also good communication, values and decision making.

Sexual health lessons provide adolescent students with medically accurate information and communication skills to help them make decisions that can keep them healthy and safe. Our goal is to delay sexual activity in school-age youth.

Here is the rough plan for each day during the sexuality unit:

Monday, January 5: Class will discuss and take notes on where they receive information about sex and identify whether it’s a high quality or low quality source. We will also learn about values and attitudes about sex.

Tuesday, January 6: Review of both male and female human reproduction systems.

Wednesday, January 7: Abstinence. What is abstinence? How do you use abstinence? Students will identify what abstinence means to them, how to communicate it, and how to maintain it. Consequences of not waiting will be addressed.

Thursday, January 8: Sexually Transmitted Infections (STIs). Students will learn what STI’s are, what they look like, and how they are treated.

Friday, January 9: Contraception. We will discuss “high risk” and “low risk” contraception because there is no such thing as “no risk” contraception. This will be covered in a simple form: 1. Name of Contraception 2. How it is used 3. Percent of effectiveness. Abortion will NOT be covered in any way during this unit unless a student asks a question. Students will also be drilled about the only method that is 100% effective: abstinence.

I will try my best to stay on course from day to day with each lesson. However, this can be difficult at times if questions arise or interruptions occur. If you have any questions, please call me at the school at 715-595-4241 or email me at [wysoama@lakeholcombe.k12.wi.us](mailto:wysoama@lakeholcombe.k12.wi.us)

Sincerely,

Amanda Wysocki

Health and Family & Consumer Sciences teacher

Lake Holcombe Schools