

## HEALTH EDUCATION PERMISSION SLIP

**PLEASE SIGN AND RETURN THE SLIP BELOW SO WE KNOW THAT ALL PARENTS HAVE BEEN INFORMED. THE SIGNED FORM SHOULD BE SENT BACK IN OR RETURNED ON FIRST DAY OF SCHOOL.**

Dear Middle School Parents,

Research indicates that adolescents make healthier life style choices when they are exposed to accurate information about their physical, emotional and sexual development. Throughout the year, the TSA middle school program hopes to provide students with the knowledge and skills necessary to make healthy and appropriate choices regarding their relationships and their sexual behavior. Time will be set aside throughout the school year to discuss issues of human intimacy and sexuality. In addition, discussions having to do with sex may come up within the context of the regular classroom material.

The goals of discussions are as follows:

- To address the physical and interpersonal concerns of puberty-aged children.
- To stress the potential serious consequences of casual sex.
- To identify and deter high risk behaviors and cut down on experimentation.
- To help students get comfortable sharing their concerns and questions about sex.
- To offer students models of healthy, age appropriate relationships.
- To give students reliable age appropriate information on sex, sexually transmitted disease and birth control.
- To urge students to talk to their parents/guardians and other trusted adults
- To provide students the tools to resist the influence of peer pressure and media pressure.

Here is some additional information:

- Pam Ward and Andrew Lane will be leading a majority of sex related discussions. They have attended workshops on sexuality education for the middle school student.
- Our policy is to honestly and openly answer all questions that are brought up by students. Students will be encouraged to anonymously write down questions regarding sex. Questions will be submitted ahead of time so there is time to prepare well thought out and accurate answers. All questions will be answered in a way that provides students with complete and accurate information and includes a discussion of healthy, age appropriate choices.
- At times students will be separated by age or gender. The seventh grade curriculum for sex education differs in depth and scope from the eighth grade curriculum.
- During our human development unit, students will probably view a short film that shows a woman giving birth.
- During discussions of sexually transmitted diseases we talk about HIV/AIDS contraction and prevention. Although abstinence will be presented as the only 100% effective means of prevention, there will also be discussions about safe sex and condom use. Masturbation, homosexuality and oral sex may also come up in discussions (and possibly at other times during the school year). These topics usually come up in response to questions and it is not our intention to be going into great detail on these matters in a middle school classroom. **(see back)**

- A person with HIV may come in to talk to the students.
- We will inform students that different methods of birth control are available and we will discuss how people gain access to birth control. Although we do not plan to discuss birth control methods in detail, questions regarding birth control will be answered frankly. Depending on the maturity level and questions coming from the students, they may be shown a condom (some groups seem ready for this...some do not.) Discussions will include inherent risks of birth control use and will stress abstinence as the safest and most appropriate method of birth control for a young person.
- The topic of abortion comes up in our Human Rights Unit. All sides of the abortion issue will be equally presented.

The TSA health curriculum also includes information about illegal substances and alcohol. Once again the goal of including this information in our curriculum is prevention. We provide students with information about the drugs, their effects on the body, the law, and the risks involved with drug use. We engage students in discussions that allow them to ask questions, voice opinions and discuss controversies.

We will pass on any other information we think you should be aware of as the school year progresses. In the meantime, please call Pam Ward if you have questions or concerns.

Thank you,  
The Middle School Staff

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Student's name: \_\_\_\_\_

I have read the above letter and regarding the health curriculum at TSA and agree that my student may participate.

Signed: \_\_\_\_\_

I have concerns, please call me.

Signed: \_\_\_\_\_ Phone: \_\_\_\_\_