



INSPIRE. INNOVATE. SUCCEED.

March 16, 2018

Dear Parents/Guardians of Mountain View Middle School 7th grade students:

Newberg School District will be delivering the *My Future-My Choice* curriculum in the 7th grade in order to align with state requirements. *My Future-My Choice* is a skills-based, comprehensive, age-appropriate, and medically accurate sexual health education program. *My Future-My Choice* is designed to help students recognize the pressures and the consequences of early sexual involvement and encourages students to make healthy choices for themselves. Students also learn about puberty, healthy relationships, assertive communication, healthy decision making, and consent.

The Oregon Health Education Standards (revised December 2016) and House Bill 2509 requires age-appropriate, comprehensive sexual health education be taught once a year in middle school. A complete version of Oregon Administrative Rule OAR 581-022-1440 and Oregon Revised Statute ORS 336.455 for comprehensive sexuality education in Oregon public schools, can be accessed at:
<http://www.ode.state.or.us/search>.

The updated Oregon Health Education Standards can be accessed here:
<http://www.oregon.gov/ode/educator-resources/standards/health/Pages/default.aspx>

We hope that you will encourage your child to participate. However, your child's participation is voluntary. If you do not want your child to participate in specific *My Future-My Choice* lessons, please return the attached form to your child's classroom teacher by Friday, March 23rd. You do not need to return this form if you approve of your child's participation. If you have any questions, please feel free to contact 503-554-4500 or visit the *My Future-My Choice* website to review the full curriculum <http://www.oregon.gov/DHS/CHILDREN/MFMC/Pages/Curriculum.aspx>

Sincerely,


Terry McElligott
Principal


Linda Converse
Teacher

(Please see opt-out form on the other side of this letter)

MOUNTAIN VIEW MIDDLE SCHOOL

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MY FUTURE-MY CHOICE OPT-OUT FORM

Please return this form if you do not want your child to participate in one or more lessons by the deadline given.

I **DO NOT** WANT my child, _____, to participate in:

_____ All Lessons: *My Future-My Choice* program.

OR (select only the lessons you **DO NOT** want your child to take part of)

_____ Lesson 1: **Looking into the future** Determine the differences between short-, mid- and long-term goals and how they affect one's future.

_____ Lesson 2: **Advantages of Postponing Sexual Involvement** – Helps students learn and understand the definition of consensual sexual involvement and the benefits of postponing sexual involvement including achieving personal goals.

_____ Lesson 3: **Social Pressure** – Helps students identify internal and external pressures that could impact their sexual decisions, including media influence.

_____ Lesson 4: **Peer Pressure** – Develop awareness about peer pressure and understand the importance of setting limits.

_____ Lesson 5: **Learning assertive techniques** Learn assertive techniques to resist pressure to become sexually involved before young people are ready.

_____ Lesson 6: **Changes** Understand the stages of puberty for both males and females, and the related vocabulary.

_____ Lesson 7: **Recognizing the risks** Recognize the possible short- and long-term consequences of becoming sexually active at a young age. Identify methods of protection including abstinence, disease reduction measures and contraception.

_____ Lesson 8: **Communication and refusal skills** Understand the importance of effective communication and practice communication skills to refuse pressure.

_____ Lesson 9: **Taking responsibility** Recognize healthy and unhealthy traits in a relationship and the responsibility for making healthy choices in our relationships.

_____ Lesson 10: **Reinforcing skills** Review and reinforce previous learning.

Parent/Guardian _____ Date _____