

Dear Parents of Peters Township High School Students,

As part of the high school health education curriculum, we will be presenting a program which addresses the issues surrounding teenage sexuality. These Real Talk classes (formerly known as the Teen Outreach Program) will be presented to your son/daughter through the 9th grade Personal Wellness course (4 lessons/days) and the 10th grade Physical Education classes (4 lessons/days).

The Peters Township School District has always considered the parent to be the primary educator in the area of sexuality. We need your support to reach young people with information on the dangers of early sexual involvement. We understand that the information presented in a class on sexuality is sensitive.

The Real Talk program attempts to reach young people in an informal, relaxed fashion utilizing trained professionals. Our health and P.E. staff has been trained through the Washington Hospital Teen Outreach program so that we can implement this program into our own PTSD health and physical education curriculum. The goal is to continue to provide PTHS students this learning opportunity in a respectful and safe environment, where the topics and lessons are delivered by highly-qualified and caring PTSD teachers.

Students are permitted to have questions answered in the Real Talk classes. Students will be given the opportunity to ask questions anonymously which will then be answered in a professional manner based on the approved district curriculum.

Each of the four sessions in each grade level will emphasize the following general topics throughout...

- Postponing sexual involvement through refusal skills and resistance to peer pressure is the foundation of this program.
- Practicing abstinence will be stressed. Prevention, or contraception, will also be presented. Special care will be taken to avoid 'mixed messages'.
- Removing myths and misconceptions about sexuality, pregnancy, sexually transmitted infections, and HIV/AIDS.
- Making sense out of the confusing messages our society gives young people about sexuality.
- Providing skill building exercises to promote:
 - Increased communication between parent and child
 - Increased self-awareness and self-confidence to empower young people to deal with peer pressures
 - Refusal skills, decision making skills, and problem solving skills

Daily Lesson Breakdown by topic:

9th Grade Real Talk Curriculum taught in 9th grade Health	
Day 1	Discuss various myths & facts (on given cards) related to sex/sexuality
Day 2	Discuss various myths & facts (on given cards) related to sex/sexuality
Day 3	Mixed Messages Part 1: Students participate in group discussion about messages received on sex/ sexuality from different perspectives/sources (community/faith based organizations, family, friends, and media)
Day 4	Consequences of “sexting”, facebook, twitter, cyberbullying. In groups students will discuss different forms of media & how they can be affected by them through scenarios on cards.

*Semester 1: Real Talk days are tentatively planned for December 17-20 *Subject to change*

10th Grade Real Talk Curriculum taught in 10th grade Physical Education (Semester Class)	
Day 1	Mixed Messages Part 2: Students participate in group discussion about messages received on sex/ sexuality from different perspectives/sources (community/faith based organizations, family, friends, and media)
Day 2	Sexually Transmitted Infections (STI's): Definitions, methods of transmission, symptoms, lasting effects, and statistics.
Day 3	Prevention of STI transmission and pregnancy: Contraception types defined. Small group discussion where students match appropriate contraceptives to given situations.
Day 4	Question and Answer Session: Open forum where students can ask questions or have previous questions answered. Answers will be based on facts and curriculum. Questions not related to the curriculum will be advised to be asked of family or family physician.

*Semester 1 : Real Talk days are tentatively planned for December 17-20 *Subject to change*

*Semester 2: Real Talk days are tentatively planned for April 22-25, *Subject to change*

The structure of the program will also include the following:

- Students will receive specific direction on what will be covered in the class prior to attending the session, along with established expectations for behavior.
- There will be disciplinary consequences for students who misbehave.

Young people have responded to these teaching methods with enthusiasm; we are pleased that your son/daughter will be able to participate in the Real Talk Program this year.

As a parent/guardian, you are the first educator in your child's life. If you **DO NOT** want your son/daughter to attend these Real Talk classes, you must sign him/her out of these classes.

NEW THIS YEAR: You now have the option of opting out of specific lessons/days. Please complete the bottom of this slip and return it to your child's principal no later than **October 1st** of this school year to **“Opt Out” of this program.**

If you have any questions please contact your child's assistant principal or physical education teacher.

Sincerely,

Karen Corbin, Brian Farrell, John Vavala, and Kayla Ferguson

PTHS Real Talk Exclusion Form

(Return to Mr. Lesnett in the PTHS main office only if you DO NOT want your son/daughter to attend Real Talk classes by **October 1st**).

I, _____, DO NOT give permission for my
Parent Name

son/daughter, _____, to attend the
Student Name

following Real Talk classes at PTHS for grade _____....
Student Grade

Check all that apply....

- ☐ I am opting my child out of all 4 lessons/days this school year.
- ☐ I am opting my child out of Day/Lesson 1
- ☐ I am opting my child out of Day/Lesson 2
- ☐ I am opting my child out of Day/Lesson 3
- ☐ I am opting my child out of Day/Lesson 4

Comments:

Parent's Signature: _____

Daytime Phone Number: _____

Date: _____