

Dear Parents of Peters Township High School Students,

As part of the high school physical 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 9<sup>th</sup> grade Personal Wellness course, as well as through regular school classes (not to exceed 2 times) for grades 10-12.

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. This year, Dr. Mary Jo Podgurski, who had previously worked with the district through the Washington Hospital Teen Outreach program, trained several of our physical education teachers, so that we can implement this program into our own PTSD health 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.

The Real Talk sessions have the following main points:

- 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

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. Please complete the bottom of this slip and return it to your child's principal no later than **October 1<sup>st</sup>** 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, Kristen Caponi, and Betsy Gunther

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## **PTHS Real Talk Exclusion Form**

(Return **by October 1<sup>st</sup>** only if you DO NOT want your son/daughter to attend Real Talk classes).

I, \_\_\_\_\_, DO NOT give permission for my  
Parent Name

son/daughter, \_\_\_\_\_, to attend the  
Student Name

Real Talk classes at PTHS.

**Comments:**

Parent's Signature: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_