

My Future-My Choice Notification Letter

Dear Parents/Guardians:

Fern Ridge Middle School will be delivering the *My Future-My Choice* curriculum in the **7th and 8th GRADE HERE** to meet Oregon's health education requirements. *My Future-My Choice* is a skills-based, comprehensive, age-appropriate, and medically accurate sexual health education program. It was created to help middle school students recognize the pressures and consequences of early sexual involvement. It also encourages students to make healthy choices for themselves. Students 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 that age-appropriate, comprehensive sexual health education be taught once a year in middle school.

- For the complete Oregon Administrative Rule OAR 581-022-1440 visit:
<https://www.oregon.gov/ode/rules-and-policies/StateRules/Pages/OAR-Rule-581-022-1440.aspx>
- Oregon Revised Statute ORS 336.455 for comprehensive sexuality education in Oregon public schools, can be found here: <https://www.oregonlaws.org/ors/336.455>
- The updated Oregon Health Education Standards can be found 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 put a check by that lesson and return the attached form to your child's classroom teacher by January 2nd.** *You do not need to return this form if you approve of your child's participation in all lessons.* If you have any questions, please feel free to contact **Your Child's Science Teacher at 541-935-8230** or visit the *My Future-My Choice* website to review the full curriculum:
<http://www.oregon.gov/DHS/CHILDREN/MFMC/Pages/Curriculum.aspx>

Sincerely,

Olivia Johnson
FRMS Principal

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

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: **Changes** – Learn and identify the physical, emotional and social changes that happen during puberty. (Sixth Grade)
- ☐ Lesson 2: **Who I am**– Understand gender and the range of ways people identify and express themselves. Learn the basics of sexual orientation. (Sixth Grade)
- ☐ Lesson 3: **Everybody Deserves Respect and Support** – Understand that all people at school need to be treated with respect. (Sixth Grade)
- ☐ Lesson 4: **Advantages of Postponing Sexual Involvement** – Learn how to define consensual sexual involvement. Know the benefits of waiting to have sex, including reaching personal goals. (Sixth Grade)
- ☐ Lesson 5: **Media and Other Influences** – Identify pressures that could affect the decision to have sex, including media influence. (Seventh Grade)
- ☐ Lesson 6: **Handling Peer Pressure and Setting Boundaries** - Identify positive and negative peer pressure. Learn to communicate assertively and understand why setting and respecting personal boundaries is important. (Seventh Grade)
- ☐ Lesson 7: **Healthy and Unhealthy Relationships** – Understand what makes relationships healthy and unhealthy. Learn that trusted adults can provide support to an adolescent's relationships. (Seventh Grade)
- ☐ Lesson 8: **Making SMART Decisions** – Learn about the SMART Decisions Model that helps students make thoughtful, healthy decisions. Practice how to avoid negative consequences. (Eighth Grade)
- ☐ Lesson 9: **Recognizing and Reducing the Risks** – Practice identifying risky sexual behavior. Learn how to reduce risk. (Eighth Grade)
- ☐ Lesson 10: **Consent** – Learn how to ensure you have consent in a relationship and discuss how to handle rejection. (Eighth Grade)

Parent/Guardian _____ Date _____