

Once again, hello!

I hope this email finds you well and gives you some useful information about your student's Healthy Living course for the remainder of the semester. Throughout the past three weeks, we have analyzed some key nutritional choices in the lives of the students and have tried to find ways to improve them to be healthier.

Our next and final unit is one of the most important topics we can talk about with our youth today. We will be spending the next 3-4 weeks talking about Human Sexuality. Throughout the unit we will be covering topics such as; what to look for in a spouse, the sequence of dating, male and female anatomy, positive and negative reasons to have a sexual relationship in high school (many more negative than positive), methods of birth control, having courageous conversations regarding birth control/pregnancy/and STD's, as well as teaching about the risks of sex (STD's and pregnancy). We will also be having guest speakers come from Cornerstone to talk about abusive vs healthy relationships, as well as a speaker from Bloomington Public Health to talk about the maturation process through puberty into adulthood.

We would like you to know that our stance in this process is a stance with abstinence. We are focused on teaching that a sex-free relationship during adolescence strengthens the six components of health that we have been talking about all semester. We also understand that some students are engaging in these choices, and to keep them safe and educated we are focused on teaching proper birth control methods as well as teaching them the risks and potential outcomes of engaging in sex.

As I have stated in previous emails, we cannot do this alone! Please engage in these conversations with your children. Talk with them about these topics and ask what they think of them, how they feel about these topics, if they are confused about anything, and then be there to help them through the daily struggle of being a teenager!

If you have any questions about the upcoming unit please do not hesitate to ask me. Thank you for your support, have a wonderful holiday season.

Sincerely,

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Other topics in the unit:

- Healthy and unhealthy relationships
- STD/STI
- Anatomy
- Birth control and contraception
- Life planning