

My Future-My Choice Notification Letter

February 29, 2024

Dear Parents/Guardians of Lincoln Middle School 6th Grade PE/Health students:

In order to meet Oregon's health education requirements, Lincoln Middle School will be delivering the **My Future-My Choice curriculum (lessons 1-3)** during the final week of the Explore/Health rotation (March 11-13).

To clarify, 6th grade Explore classes are taught on a 6-week rotation. This means your student will receive their Health lessons (including My Future My Choice) only while enrolled in Explore/HEALTH. Before teaching My Future My Choice, your student will receive a hard copy of this letter to take home. We'll include a link to this letter in the Lincoln Log (our school's online newsletter) and will also send a copy to the email address you have on file at LMS.

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.

We receive the most questions and concerns about the "Who Am I?" lesson. This lesson provides information about different terms and what they mean, reviews what intersex is, and encourages respect for all people regardless of their identity. We do not encourage students to choose an identity.

We only use the curriculum provided by My Future, My Choice. This curriculum is South Lane School District Board and Administration approved. We stay on script, and only use the video clips listed in this [link](#).

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://secure.sos.state.or.us/oard/viewSingleRule.action?ruleVrsnRsn=145221>
- 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 Health teacher by March 8, 2024.**

You do not need to return this form if you approve of your child's participation in all lessons.

We understand that some of these topics can be sensitive for students and their families. If you have further questions, please feel free to contact me at (541) 942-3316 or visit the *My Future-My Choice* website to review the full curriculum.

Sincerely,
Heather Devine
LMS Health and PE

Bill Bechen/Principal
Sarah Drew/Assistant Principal

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

MY FUTURE-MY CHOICE

OPT-OUT FORM

Please return this form by the deadline provided if you **DO NOT** want your child to participate in one or more lessons.

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

(print name)

_____ **All Lessons (1-3): My Future-My Choice program.**

OR

I **DO NOT** want my child, _____ to take part in the following lessons:

(print name)

_____ **Lesson 1: Changes** – Learn and identify the physical, emotional and social changes that happen during puberty.

_____ **Lesson 2: Who I am**– Understand gender and the range of ways people identify and express themselves. Learn the basics of sexual orientation.

_____ **Lesson 3: Everybody Deserves Respect and Support** – Understand that all people at school need to be treated with respect.

Parent/Guardian _____ **Date** _____