

Cambridge Rindge and Latin School

Health, Wellness, and Physical Education Department

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Notification of Sexuality Education 2022

The Wellness and Physical Education Department is pleased to announce that all 9th grade students enrolled in Wellness classes will be offered a sexual health curriculum titled *Get Real* by Planned Parenthood.

Important to know about the Get Real Curriculum:

- CRLS Health and Wellness teachers have been trained to teach this evidence based, trauma informed, standards based curriculum.
- Teachers focus on removing potentially stigmatizing language, continuously focusing on consent and communication.
- *We believe a child's first teachers are their parents, caregivers, guardians and family members who serve to instill values, beliefs and set expectations about how young people understand their overall Wellness. Teachers encourage students to identify caring adults who can help them access information and clarify personal values.*

Overview of what students will be learning:

Student rights and responsibilities are established and the core concepts of social and emotional learning are the foundation of this curriculum. *Get Real* incorporates five SEL skills of self-awareness, self-management, social awareness, relationship skills, and responsible decision making as key elements in learning how to negotiate relationships. Students also brainstorm influences on ideas about sexuality, and ***identify caring adults who can help them access information and clarify personal values.*** Lessons will cover: *Reproductive Anatomy, Shared Responsibility, Relationships, Gender, Sexual Identity and History, Preventing STIs and Stigma, Protection Methods and Reducing Risks, Negotiating Postponement, Social/Digital Media Literacy, and Reproductive Healthcare Policy.*

If you wish to opt your child out of any portion of this curriculum, please notify your students assigned Wellness teacher in writing. For questions or to learn more about the Get Real curriculum or/and Wellness programming at CRLS contact Mike O'Connell, Lead Teacher for 9-12 Wellness @ mconnell@cpsd.us.

Sincerely,

Jamie McCarthy - K-12 Curriculum Coordinator Health, PE and Wellness

Michael O'Connell - 9-12 Lead Teacher for Wellness