

3/5/18

To Whom It May Concern:

Hello there! I just wanted to touch base with you to let you know the topics that we will be discussing in health class in the weeks to come with your 8th grade student. Topics that we will be addressing are: decision making, healthy/unhealthy relationships, teen pregnancy, and STD/STIs.

This may be a great time for you as a parent to check in with your kids on these topics. Every year I ask the question "How many of you feel comfortable talking to your parents about these topics?" Usually very few students raise their hands. That being said, knowing that the topics are being discussed at school, might create an opportunity to start a conversation and home.

I will cover these standards through a variety of teaching methods including: dvds, guest speakers, textbook, discussion, role plays, online resources, presentations, and mechanical baby dolls. If you have any concerns or more questions please contact me.

Sincerely,

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The following are the state standards that we will cover:

- HE.1.8.17 Explain the human sexual and reproductive systems including body parts and their functions.
- HE.1.8.18 Assess personal health care practices that prevent the spread of communicable and noncommunicable diseases.
- HE.1.8.19 Explain how sexual abstinence relates to pregnancy prevention.
- HE.1.8.20 Explain how HIV and STDs can be spread through sexual contact with someone who has HIV/STD.
- HE.1.8.21 Explain the health care practices related to physical changes during puberty.
- HE.1.8.22 Explain the differences biological sex, sexual orientation, and gender identity and expression.
- HE.1.8.23 Explain the physical, social, cognitive and emotional changes of adolescence.
- HE.1.8.24 Explain gender roles, gender identity and sexual orientation across cultures.
- HE.1.8.26 Explain sexual intercourse and its relationship to human reproduction.
- HE.1.8.27 Compare and contrast the characteristics of healthy and unhealthy relationships.
- HE.1.8.28 Explain why everyone has the right to say who touches their body and how.
- HE.1.8.29 Discuss the range of ways people express affection within various types of relationships.
- HE.1.8.31 Describe the advantages and disadvantages of communicating, within relationships, using technology and social media.
- HE.1.8.34 Discuss how to build and maintain healthy family, peer, and dating relationships.
- HE.1.8.36 Explain various methods of contraception, including abstinence, condoms, and emergency contraception.
- HE.1.8.38 Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception.

HE.1.8.39 Explain the differences between the myths and facts of how STDs are transmitted and not transmitted.

HE.1.8.40 Explain ways to prevent HIV and other STDs.

HE.1.8.41 List the reasons why it is important to get tested for HIV and other STDs when people are sexually active.

HE.1.8.44 Discuss consent as a freely given yes.

HE.1.8.45 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.

HE.1.8.46 Discuss that no one has the right to touch anyone else without giving and receiving consent.

HE.1.8.49 Identify physical, emotional, and social effects of sexual activity.

HE.2.8.20 Assess factors that may influence condom use and other safer sex decisions.

HE.2.8.21 Analyze how family and friends can influence one's decisions within a healthy intimate relationship.

HE.2.8.22 Assess external influences and societal messages that impact attitudes about sexual, dating, and domestic violence.

HE.2.8.23 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity.

HE.2.8.24 Assess influences that may have an impact on deciding whether or when to engage in sexual behaviors.

HE.2.8.25 Analyze how our values impact our sexual health-related decisions.

HE.2.8.26 Assess internal and external influences on decisions about pregnancy options and parenthood.

HE.3.8.7 Access sources of medically-accurate information about human sexual and reproductive anatomy.

HE.3.8.8 Access medically accurate sources of information about puberty, development and sexuality.

HE.3.8.9 Access accurate information about healthy sexuality, including sexual orientation and gender identity.

HE.3.8.10 Access information and sources of support for healthy and unhealthy relationships.

HE.3.8.14 Access medically-accurate information about STDs and HIV transmission and prevention.

HE.3.8.15 Access medically-accurate resources that provide assistance around sexual health, pregnancy, and emergency contraception.

HE.3.8.16 Access medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care.

HE.4.8.5 Demonstrate how to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations.

HE.4.8.6 Demonstrate communication skills that foster healthy intimate relationships.

HE.4.8.9 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices.

HE.4.8.10 Demonstrate effective communication skills to ensure affirmative consent in all sexual relationships.

HE.4.8.11 Demonstrate skills to communicate with a partner about STD and HIV prevention, testing and disclosure of status.

HE.5.8.9 Apply the decision-making process to enhance or establish healthy relationships.

HE.5.8.10 Assess a decision making process to make healthy choices around sexual health.

HE.6.8.10 Establish a personal goal to not have sex until you're ready.

HE.6.8.11 Establish a personal goal to use protection when sexually active.

HE.6.8.12 Discuss a personal goal to be treated with dignity and respect.

HE.6.8.13 Develop a plan to eliminate or reduce risk for STDs, including HIV.

HE.7.8.10 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, gender expression, and sexual orientation.

HE.7.8.14 Analyze the criteria for evaluating the health of a relationship.

HE.7.8.15 Assess ways to treat your partner with dignity and respect.

HE.7.8.16 Demonstrate effective ways to communicate personal boundaries and respect the boundaries of your partners when using technology and social media in a relationship.

HE.8.8.8 Advocate for personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C.

HE.8.8.9 Advocate for informed personal decision-making around sexual activity as it relates to pregnancy, reproduction, and preventing STD/STI's.