

Dear 7th & 8th Grade Parent/Guardian:

As part of our middle school science instruction, the Poway Unified School District provides a multi-week unit of study in the spring for all 7th grade students on comprehensive sexual health topics including human growth, development and reproduction. All lessons that make up this unit are aligned to the revised requirements in the California Healthy Youth Act and California content standards for both Life Science and Health. However, due to COVID 19 campus closures in the 2019-20 school year, we did not include the unit of study on sexual health as part of distance learning. Therefore, this spring, we will provide comprehensive sexual health instruction to both our current 7th grade students as well as our 8th graders.

This unit of study provides pupils with lessons to:

- Understand abstinence is the only 100% effective protection from pregnancy and sexually transmitted diseases.
- Prepare pupils to establish and maintain committed relationships.
- Promote healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.
- Develop an understanding that sexuality is a normal part of human development.
- Ensure pupils receive integrated, comprehensive, accurate, and unbiased sexual health, pregnancy prevention, and HIV prevention instruction.
- Provide the knowledge and skills to promote healthy behaviors, including understanding of refusal skills, avoiding and responding to sexual harassment and avoiding high risk behaviors.

Students who are learning virtually from home will be provided materials through Zoom. If there are younger children at home, parents may want to take steps to ensure their 7th or 8th grade student is able to access these materials in a location that is separate from younger children and use headphones or earbuds during Zoom sessions on this content.

The instructional materials used for this unit of study will be available for review in the Welcome Center from May 3<sup>rd</sup>– May 14<sup>th</sup> from 8:00am-3:30pm(see lesson topics below). If you do not want your student to participate in this unit, please complete the “Opt-Out Notification” section below and return it to your student’s science teacher by May 17<sup>th</sup>. An alternative assignment will be provided to your student without penalty.

Our teachers are available should you have specific questions about the unit of study. The topics in this unit are ones that our students face or will face in their lifetimes, and we have taken great care in selecting materials and instruction that are age appropriate and will help prepare them. If you have any additional questions, please contact Dr. Chamberlin, assistant principal at [schamberlin@powayusd.com](mailto:schamberlin@powayusd.com)

Sincerely,  
OVMS Administration

OPT-OUT NOTIFICATION  
Comprehensive Sexual Health and HIV/AIDS Prevention

Student Name: \_\_\_\_\_ (please print)

Parent Name: \_\_\_\_\_ (please print)

\_\_\_\_\_ Please exclude my student from this unit of study. I understand my child will be expected to complete other assigned work during this time.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**Positive Prevention Plus**

**Lesson Topics for Middle School**

|   |  |
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| <b>GETTING STARTED</b>  | LESSON 7<br><b>MYTHS and STEREOTYPES ABOUT HIV INFECTION</b> |
| LESSON 1<br><b>UNDERSTANDING CHANGE</b>                         | LESSON 8<br><b>THE HIV/AIDS EPIDEMIC</b>                     |
| LESSON 2<br><b>EXPLORING FRIENDSHIPS</b>                        | LESSON 9<br><b>PREVENTING SEXUALLY TRANSMITTED DISEASES</b>  |
| LESSON 3<br><b>RELATIONAL ABUSE</b>                             | LESSON 10<br><b>RECOGNIZING AND REDUCING RISK</b>            |
| LESSON 4<br><b>HUMAN TRAFFICKING</b>                            | LESSON 11<br><b>MEDIA AND PEER PRESSURE</b>                  |
| LESSON 5<br><b>PREVENTING AN UNPLANNED PREGNANCY</b>            | LESSON 12<br><b>COMMUNITY RESOURCES</b>                      |
| LESSON 6<br><b>TEEN PREGNANCY: CHOICES and RESPONSIBILITIES</b> | LESSON 13<br><b>GOAL-SETTING</b>                             |