

Parent Open Forum

10th grade Health course
including Sexual Education

25 May 2010

Agenda

- Structure of course - Mr Bloomfield
- Sexual Education statement – Mr Belter
- Parental review/Opt-out – Mr Bloomfield
- ETR overview – Mr Rovn

Structure of Course

- 10th grade year
- Semester versus trimester
- 2/3 days
- Health and Physical Education

Sexual Education statement (draft)

At Nova Classical Academy, 10th grade health class includes the topic of human sexuality. We recognize that this is an important, yet sensitive topic for our students. Our goal is to present facts to our students and provide them with knowledge of sexuality, including human anatomy, reproduction, human development, and birth. Per state law, we will also include information on STDs (STIs), HIV, and prevention of sexually transmitted diseases. Additionally, we will present facts about birth control: what the various methods are, how they work, rates of effectiveness, and side effects. These topics will all be presented in a factual, respectful, and unbiased way, so as not to infringe upon your family's values. In keeping with our motto "we learn not for school but for life" and our virtue education model, we will present and uphold sexual abstinence as the virtuous choice now and have information for responsible choices as adults. We will make all the classroom materials available to you in advance. The philosophy at Nova is that parents are the primary educators of their children; therefore, we would encourage that you use this time also to open the doors of communication with your child and impart your family's values on this important subject.

Parental Curriculum Review/Opt-out

- MN statute 120B.20
- Accountability committee framing a policy
- Issues
 - State and Federal vs school standards
 - Parent rights and responsibilities
 - Clear procedure
- Update at June Board meeting



Health Education Program



Developed by ETR Associates
a nonprofit organization

The Program

- Lays foundation for healthy behaviors
- Supports academic achievement
- *HealthSmart* students learn to:
 - Make responsible health choices with confidence
 - Be self-directed in their health actions
 - Apply personal and social skills to enhance health
 - Advocate for and support healthy choices of others

Program Focus

- Risky behaviors of youth identified by CDC
- *National Health Education Standards*
- Characteristics of effective health education programs
- Developmental characteristics of children and adolescents
- Cultural strengths of students and families
- Behavioral and educational theory
- Personal, social and health skills

Outcomes for Students

■ Enables students to:

- Be tobacco and alcohol free
- Establish healthy eating patterns
- Be more active and increase physical activity
- Act in ways to stay safe from violence and injury
- Resolve conflicts peacefully
- Manage stress and seek help for troublesome feelings
- Practice abstinence and prevent HIV, STD and pregnancy
- Protect themselves from disease
- Act in ways that respect their bodies and their futures

Outcomes for Teachers & Schools

- Helps teachers and schools:
 - Teach essential health and social skills
 - Shape healthy peer norms
 - Meet the *National Health Education Standards*
 - Support students from varied cultural backgrounds
 - Maximize lesson effectiveness
 - Prepare all students to learn and succeed

Outcomes for Families

■ Helps families:

- Partner with schools to support their children's healthy development
- Build a value for healthy behaviors
- Improve communication and clarify expectations
- Support their children's healthy choices

Overview

- For students in 9th or 10th grade
- Designed to be used as a comprehensive program in 1 semester
- Total of 78 activities
- Includes 7 subject unit that can also be used as stand-alone programs





High School

7 Subject Units

- Abstinence and Sexual Health 11 activities
- Emotional and Mental Health 12 activities
- HIV, STD and Pregnancy Prevention 12 activities
- Improving Health Behaviors 4 activities
- Nutrition and Physical Activity 13 activities
- Tobacco, Alcohol and Other Drug Prevention 13 activities
- Violence and Injury Prevention 13 activities

Subject units address priority areas set by the CDC.

What You Get

- Family materials for each unit
- *Teacher Guide* for each unit
 - *Includes Transparencies and Blackline Masters*
- *HealthSmart Actions Student Workbook* for each unit
- 8 *Health Facts Books* that provide concise background information on health areas covered in the units

Addition Information about Comprehensive Curriculum and Abstinence Only



We recommend basing Nova's course in *ETR HealthSmart*, an abstinence-based curriculum which presents research-based facts and also provides support for teaching students abstinence skills.

ETR Health Smart Positives – As recommended to the Curriculum Committee

- Role Play situations/scenarios are excellent and beneficial.
- Goal setting: related to other areas of health.
- Refusal skills: positive self-talk.
- Most lessons have beginning discussion questions to start a dialogue with the class.
- Reading level is more intellectually rigorous.

Health Smart Positives - Continued

- Helps the parents be involved in their child's sexuality. And support good decision-making skills.
- Not a big text book or heavy text book for each unit.

Issues found with the ETR – As recommended to the Curriculum Committee

- How to fit 78 total activities in a total of 56 days of class time?
- Some lessons are not appropriate, i.e., condom negotiation and use.
- Move the Nutrition and Activity to the Physical Education Course in 10th Grade.
- Reproductive lesson done with a KWL chart.
- Their advocacy lessons push students to talk outside of the classroom with younger students, or put up posters and students work in rooms.

Great leading discussion questions.

- The curriculum guides me to ask students to define the term sexuality and discuss. Leads right into a seminar type of methodology, which is in line with the School of Rhetoric.
- Involves lots of writing assignments like “Write out ten benefits for being abstinent.” I would not go to posting the results, but having them write it in a journal.
- In addition I would provide a private question box for students to ask questions without raising their hand.

Great leading questions from the ETR Teachers manual.

- What is something you lose if you don't remain abstinent?
- What is one strategy a person can use to support a choice to be abstinent?
- What are some positive outcomes of remaining abstinent?
- Whom could you go to get help in maintaining your abstinence commitment?

Media Influence

“Has it ever struck you as odd, or unfortunate, that today, when the proportion of literacy throughout Western Europe is higher than it has ever been, people should have become susceptible to the influence of advertisement and mass propaganda to an extent hitherto unheard of and unimagined?”

-Dorothy Sayers, “The Lost Tools of Learning”

Media Influence

- One really good lesson is on the influence media plays in teen age lives, and how often they are exposed to it.
- Pages 18-19 (students work book) students report and define the media influence, observe what is being said, identify what is missing, analyze how it could influence teens, and conclude how much this influences teens.