

**Dear Family or Caring Adult,**

Your child is embarking on the SPS Sexual Health curriculum in the coming days. At 8th grade this course lasts approximately 15 days and is delivered through CCLR (College, Career Life Readiness). The intention is to provide accurate, timely and age-appropriate information for students and to support important conversations at home. This letter tells about the topics being taught and suggests how you can help your student think, choose and act in healthy ways.

Your Teen is Learning About

Day 1: Overview of Standards and Classroom Expectations

Day 2: Healthy Relationships

Day 3: Consent

Day 4: Communication and Decision Making

Day 5: Unhealthy Relationships/Dating Violence

Day 6: Anatomy and Reproduction

Day 7-8: Media Literacy

Day 9: Identity and Gender

Day 10: Abstinence

Day 11: Contraception

Day 12: STDs

Day 13: HIV/AIDS

Day 14: Washington State Law

Day 15: Assessment

You Can Help

SPS recognizes and supports parents and other trusted caregivers as the primary sexuality educator of their children. The teen years and changes of puberty can bring lots of questions and concerns for both parents and their kids. Good communication between parents and children help families share their values and enable young people to make healthier, safer and wiser decisions.

Some Things to Ask Yourself

- Does your teen know your views and values around sexuality?
- Have you sent clear messages about abstinence and protecting sexual health?
- Have you talked about how alcohol and other drug use affects risky sexual activities?
- Have you talked to your teen about your expectations for their future?

Sincerely,