MEMORANDUM

To: Parents of Cumberland County Middle School Students

From: Dr. Frank Till, Ed. D., Superintendent

Subject: Healthy Youth Act
“Get Real” Curriculum Grades Six and Seven

This school year your child is enrolled in the health component of Healthful Living Education. In this course, students have the opportunity to learn the prevention of serious health risks for adolescents. Topics covered are poor nutrition, violence prevention, drug/alcohol/tobacco use, lack of fitness, unintended pregnancy, and diseases. The goal of the Healthful Living Education is for young people to have the knowledge and skills to make healthy choices now and later in life.

Statistics show that students who reside in Cumberland County are having sex before the age of 13, have had multiple sexual partners, and aren’t protecting themselves against sexually transmitted disease and HIV/AIDS. Sexual health education lessons are important because we have a responsibility to provide our students with accurate information and communication skills to help make decisions to keep them healthy and safe.

The administration and faculty of Cumberland County Schools recognize parents as the most important sources of information about family life and sexuality and those schools have a role in promoting healthy behavior as well. Cumberland County Schools follows the requirements of the Healthy Youth Act passed by the legislature in 2009. The “Get Real” middle school curriculum consists of 9 lessons each in grades six and seven. It emphasizes social and emotional learning skills such as self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

When it comes to talking with students about sex, our shared goal is to delay sexual activity in school-age youth. We encourage parents to ask their child what he or she is learning in health education class and to make sure their child understands what they believe to be the best ways to lead a healthy life. Conversations they have with their child about sexual health will place the information they are receiving in health class within the context of their family values.

All curricula will be available for preview two weeks prior to instruction. We encourage all parents to stop by their child’s school to preview each lesson of this new curriculum within the next two weeks. If you do not want your child to participate in “Get Real”, simply send a letter stating the lessons you wish your child to be excused from to the Health and Physical Education teacher. The lessons are listed on the next page. Students who opt out will be given an alternative assignment during those class periods. Again if you have any questions about health education, please reach out to your child’s principal and teachers to discuss these questions and concerns.

Fully Accredited School System
GET REAL: COMPREHENSIVE SEX EDUCATION THAT WORKS

GET REAL- GRADE 6
Lesson 6.1 - Creating the Classroom Climate
Lesson 6.2 - Communication and Refusal Skills
Lesson 6.3 - Relationships and Boundaries
Lesson 6.4 - Male Anatomy and Reproduction
Lesson 6.5 - Female Anatomy and Reproduction
Lesson 6.6 - Puberty
Lesson 6.7 - Abstinence
Lesson 6.8 - Decision Making and Values
Lesson 6.9 - Grade 6 Conclusion and Review

GET REAL- GRADE 7
Lesson 7.1 - Creating the Classroom Climate
Lesson 7.2 - Media Literacy and Sexuality
Lesson 7.3 - Sexual Identity
Lesson 7.4 - Creating a Safe School Environment
Lesson 7.5 - Deciding About Sexual Behavior
Lesson 7.6 - Defining and Maintaining Abstinence
Lesson 7.7 - Introduction to Sexually Transmitted Infections
Lesson 7.8 - Introduction to Protection Methods
Lesson 7.9 - Grade 7 Conclusion and Review

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