



Cumberland County Schools

SUSAN B. WILLIAMS, CHAIR
CARRIE SUTTON, VICE CHAIR
ALICIA S. CHISOLM
MACKY HALL

P.O. Box 2357
Fayetteville, North Carolina 28302
910-678-2300

JAMES MCLAUCHLIN
JUDY MOSGRAVE
RUDY TATUM
DONNA VANN
GREGORY WEST

DR. FRANK TILL
SUPERINTENDENT

2016-2017 School Year

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