Human Health and Sexual Education Seminar

Teens are faced with incredible pressures to be sexually active. Being aware of these challenges and pressures as well as the resulting physical, emotional, mental and social consequences of such activity, MNCS has chosen to implement sex education as part of our health education curriculum.

This letter is to inform you that MNCS is offering a Human Health and Sexual Education Seminar. This seminar is for any MNCS student in grades 7-8.

The class runs from March 9, 2020 to April 15, 2020. Classes will meet at 1pm on Mondays and Wednesdays each week with most class sessions lasting between 1 and 2 hours. Students fully completing all portions of the class will earn 0.15 credits.

The general content of the class is summarized below. The focus of these topics will be for students to be able to identify and explain responsible personal health practices and behaviors. These are practices and behaviors that will maintain or improve health, and to avoid or reduce health risks, to self and others (MN and National Health Standards).

A variety of activities, visiting community expert speakers, research projects, reading assignments, discussions, and videos will be used to cover the class topics. This program may include homework component to be completed by students and parents collaboratively. We encourage you to discuss with your student the information shared in class.

- Effective and assertive communication
- Healthy relationships (responsibilities and expectations)
- Male and female reproductive systems
- Abstinence
- Consent
- STI’s and prevention
- Birth Control

Parents and guardians may view the materials for each session two school days prior to the class. For example, the materials for a Tuesday class may be viewed the previous Friday. We welcome any parent/guardian input. Feel free to contact us if you have any questions.

All students must have parental consent prior to participating in the sex education curriculum. Please complete and return the permission slip to Nichole Kotasek asap.

Sincerely,

Nichole Kotasek
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Please sign and return this student permission to form to MNCS asap

Human Health and Sexual Education Seminar
Permission to Participate

- The class will run from March 9, 2020 to April 13, 2020.
- Classes will meet on Mondays and Wednesdays each week at 1pm.

I give permission for my student, ____________________________, to participate in the MNCS Human Health and Sexual Education Seminar from March 9, 2020 to April 13, 2020.

Parent Name: ________________________________

Parent Signature: ________________________________

Date: ________________________________