

Dear Parent/Guardian,

As your partners in education, the Lansing School District Board of Education has approved a unit in the Michigan Model for Health called *Healthy Sexuality for 7<sup>th</sup> Grade*. These lessons were selected after careful scrutiny by parents, teachers, students, clergy, and medical personnel from our community. The unit will be taught beginning the week of **Apr 26th** in your child's health class.

Your child will have the opportunity to learn the following:

- How to set goals;
- Effective communication with family/trusted adults about sexual decisions and potential consequences;
- Personal limits and how to communicate them to peers;
- Information and prevention tips on Sexually Transmitted Infections;
- Methods for reducing STIs and/or pregnancy (Abstinence, condoms, etc.);
- How to identify, avoid, and/or escape risky sexual situations;
- Reliable sources of information and resources; and
- Emotional, social, health, financial, and legal consequences of sexual activity.

This unit will give your child information and opportunities to build health skills that will prevent STIs and pregnancy, however, we need your help! You are your child's first and most important teacher. During these lessons, your child will be encouraged to talk to you and about these topics through homework assignments. By working together, schools and families can effectively equip children to develop healthy habits and avoid health risks.

Please read attached materials for more information on the unit or the "opt-out" request form. You may make an appointment to review the unit materials or observe the class being taught, if you wish. You may have your child excused from any of the lessons without penalty if you choose. Students excused will be given an alternative health assignment of equal grade value.

Please contact Mike Rebec, Pregnancy Prevention Coordinator at [michael.rebec@lansingschools.net](mailto:michael.rebec@lansingschools.net) or (517) 755-5478 or Susan Wheeler, Director of Health and Wellness, at [susan.wheeler@lansingschools.net](mailto:susan.wheeler@lansingschools.net) if you have any questions or concerns. You may also visit the District Website under the *Parents/School Health Resources/Sexuality Education* tab for additional information.

Sincerely,

*Susan Wheeler*

Susan Wheeler, R.N., Ph.D.  
Director of Health and Wellness

*Mike Rebec*

Michael Rebec  
Health and Sex Education Coordinator