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## Reproductive Health

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To: "Island Care Services (islandcare@hotmail.com)" <islandcare@hotmail.com>, "lburch@sisd.org" <lburch@sisd.org>, "nhigson@sisd.org" <nhigson@sisd.org>, "aschwab@sisd.org" <aschwab@sisd.org>, "cbarnes@sisd.org" <cbarnes@sisd.org>

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Dear Heidi, Lauren, Nick, Alan and Colter,

As of October 26, 2016, your school board is required to approve sex education within your schools which includes the instructor and curriculum, literature and materials. Furthermore, schools are required to receive parental permission for students to attend sex education classes. <http://www.akleg.gov/basis/Bill/Detail/29?Root=HB%20156>

Craig Public Health Nursing has provided schools with health education classes in the past which include: puberty, reproductive health, healthy relationships, sexually transmitted infections and birth control options. We would like to continue to offer you these classes. We believe that sex education plays a vital role in providing young people with information they need to protect their health and futures.

We suggest the following courses for your students:

- 5<sup>th</sup> graders: "Just Around the Corner for Girls" and "Just Around the Corner for Boys" 15 minute video on when to expect the onset of puberty, the reproductive system, importance of good hygiene, maintaining health through good nutrition and exercise.
- Puberty and Reproductive Health course for middle school students. One 45 minute class. PowerPoint presentation focusing on anatomy and physiology of both the male and female reproductive systems, conception, menses (for female students), puberty, self-care (hygiene, regular exercise, healthy diet), healthy relationships, risk of sexual activity: unintended pregnancy and sexually transmitted diseases.
- Reproductive Health, Pregnancy Prevention and Sexually Transmitted Disease course for high school students. Three 45 minute classes.
  - Day #1: Take Pre-Test. Brief review of Anatomy and Physiology of the reproductive systems, "Am I Ready? Making Healthy Sexual Decisions" 24 minute video and/or "Me and My 500 Friends. Staying Safe on Social Networks" 20 minute DVD.
  - Day #2 PowerPoint Presentation on STDs.
  - Day #3 PowerPoint Presentation on Contraceptive Methods. Review of materials using Class Jeopardy. Take post-test

Attached are the following:

- Sample parent notification letter that we have used in the past, this can be altered to fit your needs.

- Middle School PowerPoint presentation on puberty and reproductive health. The presentation notes are included on the PowerPoint.
- High School PowerPoint presentation on STDs , Pregnancy Prevention and Jeopardy review.
- Information on HB156 and Alaska Safe Children's Act
- Sexual Health Resources, other recommended resources that can be used

You are welcome to review handouts and videos, just let us know and we can get them to you. In addition, the state of Alaska recently purchased the FLASH curriculum as an additional option for Public Health to use. We have used some lessons/handouts from this curriculum in the past and here is the link if you would like to review the lessons <http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>. We are more than happy to meet with you to answer any questions regarding curriculum or about our backgrounds as nurses and our experiences with health education. We are also willing to revise the attached courses based off of your feedback and what you feel comfortable providing your students.

Thank you,

Colleen Watson, R.N.

Stacey Mank, R.N.

Kara McCoy, R.N.

Public Health Nurse

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#### 7 attachments


 **High School Sex Ed Jeopardy.ppt**  
822K

 **High school STD.pptx**  
3730K

 **Puberty and Reproductive Health Middle School.pptx**  
2836K

 **Sample parent letter for middle school.pdf**  
97K

 **Pregnancy Prevention.pptx**  
1151K

 **HB156.pdf**  
730K

 **Sexual Health Resources.pdf**  
146K