



THE STATE  
of **ALASKA**  
GOVERNOR BILL WALKER

## Department of Health and Social Services

DIVISION OF PUBLIC HEALTH  
Craig Public Health Center

PO Box 130  
1800 Craig Klawock Highway  
Craig, Alaska 99921  
Main: 907.826.3433  
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Dear Parent or Guardian,

I am scheduled as a guest speaker in \_\_\_\_\_ health class on \_\_\_\_\_. I will be speaking with the boys on one day and the girls on the other. The topic of discussion will be puberty and reproductive health. This discussion will include: what body changes are happening at this point in their lives, anatomy and physiology of both the female and male reproductive systems, self-care (hygiene, importance of healthy diet, etc.), healthy relationships, risks of decision to be sexually active (pregnancy, STDs).

This health lesson will provide students with medically accurate information about their bodies that can help keep them healthy and safe. Our shared goal is to delay sexual activity in school-age youth. This discussion is given with respect that students and their families have a range of beliefs, cultures and customs and those family values are core, essential guidelines in your child's life.

If you would like your child to be excused from this discussion, please inform \_\_\_\_\_. If you have questions about the content that will be discussed, you are welcome to contact me at Craig Public Health at 826-3433. You are also welcome to join us in the classroom. I have given this health class several times in the past and have always had positive interactions with students and positive feedback.

As in all areas, parents and guardians are a child's most influential teachers. I encourage you to ask your child what they learned from this class.

Thank you,

Stacey Mank R.N.

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