

Learning Outside the Classroom 1



Dear Parent, Guardian or Trusted Adult,

As part of the My Future-My Choice program review the Tip Sheet for Parents, Caregivers, and Youth: Supporting Conversations about Tough Topics handout. This will provide you with strategies to approach Learning Outside the Classroom assignments and conversations. Please work with your student to complete the following worksheet assignment.

Today in class we talked about some of the physical, emotional, and social changes that occur during puberty and how these changes can sometimes affect how we feel about ourselves and others. We also learned about the reproductive systems. If possible, please take time before the next class to have a conversation about your different experiences and knowledge using the following points:

1. List five physical changes and three social or emotional changes that youth experience during puberty.
2. Discuss what you think are the best aspects of puberty.
3. Discuss what you think are the most challenging aspects of puberty.
4. List five strategies for managing some of the challenging parts of puberty.

Learning Outside the Classroom 2



Dear Parent, Guardian or Trusted Adult,

As part of the My Future-My Choice program, please work with your student to complete the following worksheet assignment.

Today in class we talked about sexual identity including gender and sexual orientation. We also talked about gender roles and how society expects boys and girls or men and women to look and act.

1. (Student) What do the media tell us about female gender roles?
2. (Student) What do the media tell us about male gender roles?
3. (Parent, guardian or trusted adult) Did you learn about gender and gender identity when you were growing up? If so, what did you learn?
4. (Both) Where do most people get their beliefs and attitudes about sexuality?

Learning Outside the Classroom 5



Dear Parent, Guardian or Trusted Adult,

Please work with your student to complete the following worksheet assignment. These concepts are part of the My Future-My Choice program.

Today in class we talked about the many messages teens get about relationships and sex, including from the media. Please take some time this week to answer the following questions with your student.

1. (Parent, guardian or trusted adult) What messages about sex do I want to give my student? Why?

2. (Student) Whose views do I think about before I make decisions about sex or relationships?

3. (Both) How does technology affect messages about sex and relationships?

Learning Outside the Classroom 6



Dear Parent, Guardian or Trusted Adult,

Please work with your student to complete the following worksheet assignment. These concepts are part of the My Future-My Choice program.

Today in class we talked about pressures we all feel in our daily lives, peer pressure being one of the most powerful. Please take some time this week to talk with your student about how peer pressure has affected you in your adult life.

1. (Parent, guardian or trusted adult) How do you handle peer pressure in your adult life?

2. (Parent, guardian or trusted adult) When you were younger, how did you handle peer pressure?

3. (Both) How does both positive and negative peer pressure from your friends influence you?

4. (Both) Have you ever used positive peer pressure to help someone you care about make a good decision? How?

5. (Student) How do you deal with people who pressure you?

Learning Outside the Classroom 7

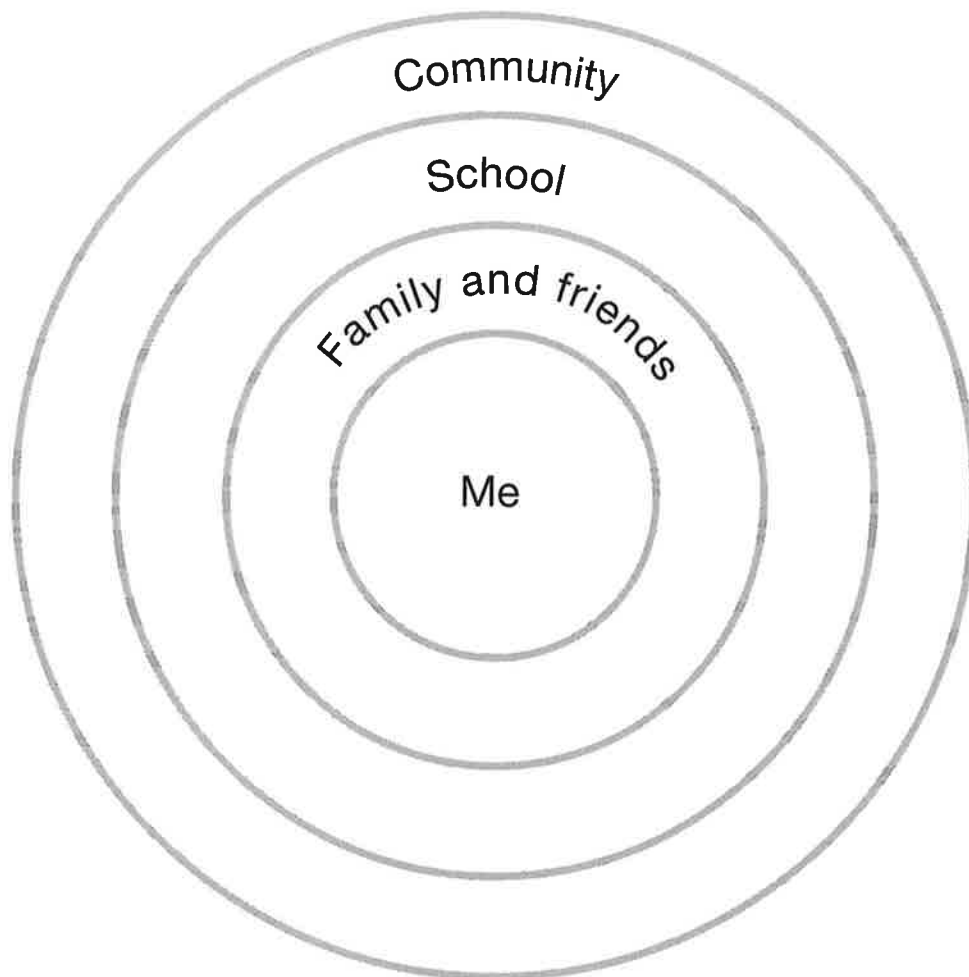


Dear Parent, Guardian or Trusted Adult,

Please work with your student to complete the following worksheet assignment. These concepts are part of the My Future-My Choice program.

Today in class we talked about what makes relationships healthy or unhealthy. We discussed talking with a trusted adult if a student needed help with an unhealthy relationship.

In each circle surrounding “Me,” write the names of the trusted adults who you could go to about a friendship or relationship problem, or some other problem.



If I wanted to talk with someone about a friendship or relationship problem I was having, two people from my circles of trust I would likely go to are:

Learning Outside the Classroom 8



Dear Parent, Guardian or Trusted Adult,

Please work with your student to complete the following worksheet assignment. These concepts are part of the My Future-My Choice program.

Today in class we talked about making healthy decisions. We also talked about communicating those decisions clearly to other people. Have your student explain, in their own words, what assertive communication is.

1. (Student) What are some pressure lines you have heard from friends, classmates, teammates, etc., to get people to do things?

A. _____

B. _____

C. _____

2. Pick one of the pressure lines above. Work with a parent, guardian or trusted adult to come up with three possible assertive answers to one of those lines. Make sure that the answers help you to resist that pressure.

1. _____

2. _____

3. _____

Learning Outside the Classroom 9



Dear Parent, Guardian or Trusted Adult,

Please work with your student to complete the following worksheet assignment. These concepts are part of the My Future-My Choice program.

Today in class we talked about the potential risks of some sexual behaviors. This included unintended pregnancy. It also included the transmission of sexually transmitted infections (STIs). We looked at how to reduce these risks by not engaging in certain behaviors. We looked at other methods of protection, as well. Please take some time to answer the following questions and go over the answers together.

1. Please circle each statement true (T) or false (F).

(See answers in the Answer Key after completion.)

- | | | |
|--|---|---|
| a. A person will always know if they have an STI because they will have symptoms. | T | F |
| b. The longer a person waits to engage in risky sexual behaviors, the less likely they are to get an STI. Also, they are less likely to have or cause an unintended pregnancy. | T | F |
| c. There are multiple ways to protect yourself against STIs and pregnancy. | T | F |
| d. All STIs have a cure. | T | F |
| e. There is a vaccine for the human papillomavirus (HPV) STI. It is recommended for people your student's age. | T | F |

2. Make a list of five healthy and enjoyable activities a person in a relationship could do. These are things that do not involve sexual involvement:

1. _____
2. _____
3. _____
4. _____
5. _____