

Dear Parent/Guardian,

As you know, the **My Future-My Choice** program is coming to your child's school and will be taught in ten separate lessons by trained teen leaders and adult instructors. We have developed this overview to give you ideas for discussing each lesson with your child.

We hope **My Future-My Choice** will help your child learn to make healthy decisions based on your family's values and beliefs.

Talking to your child about sex can be challenging. Your child wants to hear from you. Nearly nine out of 10 (88 percent) teens say it would be easier to avoid early sexual activity and teen pregnancy if they were able to have more open, honest conversations about these topics with their parents.* Don't worry if it's not perfect. The important thing is that you are having a discussion.

YOU DO MAKE A DIFFERENCE!
TALK TO YOUR CHILD TODAY.

**America's Adults and Teens Sound Off About Teen Pregnancy: An Annual Survey. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2004.*

THREE-STEP ASSERTIVE SKILL

STEP ONE:

- Say: **NO**
- Keep repeating: **NO**

STEP TWO:

- Reverse the pressure
- State how the pressure makes you feel
- Ask: "Why do you keep pressuring me after I've said **NO**?"

STEP THREE:

- Refuse to discuss the matter any further
- Suggest doing something else
- Walk away if necessary

For additional information contact:



This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats. E-mail sandra.j.harms@state.or.us, or call 503-945-6098 (voice) or 503-945-5896 (TTY) to arrange for the alternative format that will work best for you.

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DHS: CHILDREN, ADULTS AND FAMILIES DIVISION

PARENT/GUARDIAN BROCHURE



My Future-My Choice™
A sexual health curriculum for teens

 **DHS** | Independent. Healthy. Safe.

MY FUTURE-MY CHOICE CURRICULUM

Dear Parent/Guardian,

We hope this program helps you talk with your child about making healthy choices and postponing sexual involvement. We encourage you to discuss this important topic in your child's life in a manner that reflects your values. Here is an overview of the **My Future-My Choice** lessons.

PEER LED

- LESSON ONE — Looking into the future:** Determine the differences between short-, mid- and long-term goals and how they affect one's future.
- LESSON TWO — The advantages of postponing sexual involvement:** Develop the conclusion that postponing sexual involvement is a healthy choice for young people.
- LESSON THREE — Social pressures:** Develop awareness that the images or messages about sexual behavior in the media are not necessarily accurate or the best models to copy.
- LESSON FOUR — Peer pressure:** Develop awareness about peer pressure and understand the importance of setting limits.
- LESSON FIVE — Learning assertive techniques:** Learn assertive techniques to resist pressure to become sexually involved before young people are ready.

ADULT LED

- LESSON SIX — Changes:** Understand the stages of puberty for both males and females, and the related vocabulary.
- LESSON SEVEN — Recognizing the risks:** Recognize the possible short- and long-term consequences of becoming sexually active at a young age. Identify methods of protection including abstinence, disease reduction measures and contraception.
- LESSON EIGHT — Communication and refusal skills:** Understand the importance of effective communication and practice communication skills to refuse pressure.
- LESSON NINE — Taking responsibility:** Recognize healthy and unhealthy traits in a relationship and the responsibility for making healthy choices in our relationships.
- LESSON TEN — Reinforcing skills:** Peer leaders return to review and reinforce previous learning.