

Dear Parents and Guardians,

It has been a great year so far and I have had a pleasure of getting to know and guide our students. I have been able to provide meaningful information to our students about multiple topics. The skills they have learned and acquired will be useful to them for their whole life. The next topic my health curriculum will cover is comprehensive sexuality education. I will be providing our students with skills about communication, decision making, and refusal skills in relation to sexuality.

The curriculum being used provides the message of a comprehensive sexuality education. This means that our curriculum looks at all aspects of human sexuality with a foundation of abstinence being the best choice, but information will be given to students so they can make the best choice for them. It is important to relay this message to our students because the Center for Disease Control states, “28.7% of high school students are sexually active” (CDC, 2017). Of those high school students who are sexually active, “46.2% do not use condoms every time they have sexual intercourse” (CDC, 2017). It is important students learn about how to make decisions and communicate effectively about their sexuality.

Throughout this unit of the curriculum I hope that you will join us and participate. During this unit on sexuality I will be sending home activities with our students for you to complete together. These activities can help start a conversation with your student about sexuality. Support from parents and guardians during this curriculum is essential for our students to be able to feel comfortable talking about this topic to a trusted adult. Studies have been shown that, “youth whose parents are open, responsive, comfortable, and confident in discussions about sex and related issues participate less often in sexual risk behavior” (Lagina & Whittaker, Pg. 2). Short conversations about your views on sexuality will help your student open up to start talking about sexuality with you. The provided activities will help start these conversations between you and your student.

I send this with the best interest of providing our students with information and resources regarding sexuality. I hope that you will support your student and the curriculum of sexuality. If you have any questions, concerns, or comments please reach out to me.

Amber Lewandowski  
Health Education Teacher  
[lewandowskiam@my.easternct.edu](mailto:lewandowskiam@my.easternct.edu)

#### Reference List

Centers for Disease Control and Prevention. (2017). *Youth Risk Behavior Survey*. Retrieved from <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf>

Lagina, N., Whittaker, A. (2010). Parent Child Communication. *Advocates for Youth*, Page 2. Retrieved from <https://www.advocatesforyouth.org/wpcontent/uploads/storage//advfy/documents/parent%20child%20communication%202010.pdf>