



November 28, 2018

如需参阅中文翻译, 请往下翻至英文页之后

Dear Parent/Guardian of 8th Grade Student:

Saratoga Union School District (SUSD) will be providing comprehensive sexuality education (CSE) to all 8th grade students in their Physical Education (P.E.) class utilizing the middle school *Positive Prevention Plus* program during this window: January 15 - February 12.

Per the California Healthy Youth Act, instruction must be **medically accurate**, **age-appropriate** and **inclusive of all students**, and must encourage students to communicate with parents, guardians or other trusted adults about human sexuality. The following topics must be taught and/or addressed with middle school students:

- Information about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment.
- Information that abstinence is the only certain way to prevent unintended pregnancy and HIV and other STIs, and information about value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about a student's right to access confidential medical care resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law
- Information about sexual orientation and gender, including the harm of negative gender stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations.

The **attached syllabus** describes the contents of each lesson for the middle school *Positive Prevention Plus* program. Please note that students will be taught these lessons in gender-inclusive classrooms (boys and girls together).

Parents are highly encouraged to attend one of the ***Positive Prevention Plus* parent curriculum review sessions** offered on Wednesday, December 5 or Tuesday, December 11 for an overview of the lessons as well as valuable tips on how to effectively support and talk with your student about puberty and sexual health -- please see [FLYER](#) for more information and register for a session using this online link: <http://bit.ly/cserspsusd2018-19>. Please note that parents may also examine written instructional materials during school hours at the school's front office or our district office starting on Thursday, December 6.

State law allows parents/guardians to remove (opt-out) their student from this instruction.

**Parents/guardians may opt-out of selected lessons or the entire program by writing a letter to the school principal by Thursday, December 20, 2018.** If you would like your student to be excused from specific lessons, please list the **lesson name(s)** on your written request (refer to the attached syllabus).

***Please note that if a parent/guardian opts their student out of selected lessons, there is a chance that topic may come up again during one of the following lessons through student or classroom discussions.*** Students that do not participate will work independently on alternate activities in a separate classroom.

If you have any questions, please direct them to your school site principal. For further information and resources, please visit the SUSD website at <https://www.saratogausd.org/cse>.

***SAVE THE DATE! Jan 10th 7:00-8:30 pm:*** We are excited to bring Ivy Chen, lecturer at San Francisco State University and media spokesperson on sexuality health education on TV, radio, and newspaper, to SUSD for a special parent event! You won't want to miss it! More details to come!

**Positive Prevention Plus**  
**Comprehensive Sexuality Education**  
**Middle School Syllabus**

<u>Lesson Name</u>	<u>Contents</u>
0. Getting Started	Getting Started Lesson: <i>(This lesson is required if student participates in any of the CSE lessons.)</i> -Creating Safe Space for Discussing Potentially Embarrassing Topics -Group Agreements & Pre-assessment -Assessing Data on the Sexual Health of Teens
1. Understanding Change	- Sexual Development of Human Body (Female and Male) - Gender and Sexual Orientation
2. Exploring Friendships	-Friendships -Liking vs. Loving -Planning a Safe & Healthy Activity
3. Bullying and Abuse	-Bullying -Sexual Harassment -Protecting Yourself: Consent, Internet Safety
4. Human Trafficking	-Human Trafficking -Sex Trafficking -Resources and Services
5. Preventing an Unplanned Pregnancy	-Family Planning -Contraception and Community Services -Abstinence
6. Teen Pregnancy: Choices and Responsibilities	-Prenatal Care and Parenting -Additional Alternatives (Safe Surrender, Adoption, Abortion) -Making Healthy Decisions
7 & 8. Myths and Stereotypes about HIV Infection and The HIV/AIDS Epidemic	-HIV/AIDS Overview -HIV Transmission/Treatment/Prevention -Persons Infected or Affected by HIV/AIDS -Being compassionate
9. Preventing Sexually Transmitted Infections	-Overview of Sexually Transmitted Infections (STIs) -STI Testing
10. Recognizing and Reducing Risks	-Universal Precautions -Latex Condoms -Abstinence
11. Media and Peer Pressures	-Media and Peer Pressures -Assertive Skills Practice -Personal Escape Plans
12. HIV/STI Testing and Community Resources	-How viruses are spread -HIV/STI Testing and Community Resources
13. Goal-Setting	-The Path to Personal Goals -Settings Goals for the Future -Post-assessment



2018年11月28日

亲爱的Saratoga联合学区八年级学生家长/监护人：

Saratoga联合学区(SUSD)将在下列期间，采用*Positive Prevention Plus*的中学课程教材，在体育课时间为所有八年级学生教授全面式性教育(CSE)：2019年1月15日 - 2月12日。

根据加州健康青年法案，授课内容必须是**医学上准确的、适合年龄的、并且涵盖所有学生的**，而且必须**鼓励学生沟通**，与父母、监护人或其他值得信赖的成年人讨论关于人类性行为的议题。下面的主题必须教授给中学生和/或与中学生讨论：

- 有关艾滋病毒和其他性传播感染(STIs)之信息，包括病毒传播，美国食品药品监督管理局FDA核准的预防艾滋病毒HIV性传播感染STIs的方法及治疗方式
- 讨论信息关于：禁欲是防止意外怀孕、艾滋病毒HIV和其他性传播感染STIs的唯一确定的方式，以及延后性行为的价值
- 讨论有关艾滋病毒HIV和艾滋病AIDS之社会观点
- 有关学生有权利获得性保健与生育保健的保密医疗照顾资源的信息
- 有关怀孕的信息，包括FDA核准的预防方法，怀孕的结果，产前护理和新生儿安全弃养法律
- 关于性取向和性别的信息，包括负面的性别刻板观念的伤害
- 关于健康伴侣关系和避免不健康的行为与状况之信息

**附上的教学大纲**描述了中学*Positive Prevention Plus*课程每一章节课的内容。请注意，学生将在性别包容的教室上这些课（男孩和女孩一起上课）。

我们极力鼓励家长参加12月5日星期三或者12月11日星期二举行的***Positive Prevention Plus* 课程家长审阅会议**，以获取课程概述以及重要的提点，比如，如何有效支持您的学生、与您的学生讨论青春期和性健康 -- 请参阅此**中文传单**获取更多信息，并使用此链接 <http://bit.ly/cserspsusd2018-19> 报名参加会议。请注意，自12月6日星期四起，家长也可以在上课时间在学校的办公室前台或我们的学区办公室查看书面教学材料。

州法律允许家长/监护人从这项授课中删除（选择退出）他们的学生。**家长/监护人可以在2018年12月20日之前写信给学校校长，选择让您的学生退出选定的某几节课程或者整个课程。**如果您希望您的学生免除某些特定章节的课程，请在您的书面请求中列出**课程章节名称**（请参阅附页的教学大纲）。

**请注意，如果家长/监护人选择让他们的学生退出选定的课程，该课主题还是有可能在后续的课程之中经由其他学生或课堂讨论再次被提出。**不参与上课的学生将在另一单独的教室独立完成替代的活动。

如果您还有其他问题，请不吝赐教您的学校校长。有关更多信息和资源，请参阅SUSD网站 (<https://www.saratogausd.org/cse>)。

**保留此日期！2019年1月10日晚间7:00-8:30** - 我们非常高兴能请来旧金山州立大学的讲师，电视、广播和报纸上的性健康教育媒体发言人，Ivy Chen，到SUSD参与一项特别的家长活动！你绝对不想错过！更多细节即将公布！

## Positive Prevention Plus 全面式性教育 中学教学大纲

章节名称	内容
0. 入门	入门课 (如果学生参加了任何一章节的CSE课程, 则必须参加本节课) - 为讨论潜在的尴尬话题创造安全空间 - 小组协议和前评估(Pre-assessment) - 评估青少年性健康的数据
1. 了解变化	- 人类身体的性发育(女性和男性) - 性别和性取向
2. 探索友谊	- 友谊 - 喜欢与爱 - 计划安全和健康的活动
3. 欺凌与虐待	- 欺凌 - 性骚扰 - 保护你自己：同意，网络安全
4. 人口贩卖	- 人口贩卖 - 性贩卖 - 资源与服务
5. 预防意外怀孕	- 家庭计划 - 避孕和社区服务 - 禁欲
6. 青少年怀孕：选择与责任	- 产前护理和育儿 - 其他的选择(安全弃养 Safe Surrender、收养、堕胎) - 做健康的决定
7. 及 8. 迷思和刻板印象： 艾滋病病毒感染(HIV Infection) 与HIV/AIDS 流行病	- 艾滋病毒HIV/艾滋病AIDS概观 - 艾滋病毒 HIV 传染/治疗/预防 - 艾滋病毒HIV/AIDS感染者或受其影响的人 - 做到富有同情心
9. 预防STIs性传播感染	- 性传播感染STIs概观 - 性传播感染STI检测
10. 辨认与降低风险	- 通用预防措施 - 乳胶安全套(保险套) - 禁欲
11. 媒体和同侪压力	- 媒体和同侪压力 - 练习自信果决的技巧 - 个人脱身计划
12. HIV/STI检测和社区资源	- 病毒如何传播 - 艾滋病毒HIV/性传播感染STI检测和社区资源

### 13. 目标设定

- 通往个人目标的路径
- 为未来设定目标
- 后评估(post-assessment)