ONLY RETURN IF STUDENT IS OPTING OUT

TULSA PUBLIC SCHOOLS

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Dear Parents and Guardians:

In support of the Tulsa Public Schools District School Board's regulations, **Tulsa Health Department/Youth Services of Tulsa** will be providing the *Positive Prevention PLUS* curriculum to **all 9th grade students enrolled in either BRIDGE or Physical Education/ROTC.** This 12-lesson, evidence-based program provides students with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted infections (STIs), the Human Immunodeficiency Virus (HIV), and unplanned pregnancy. This curriculum has been thoroughly reviewed by the U.S. Department of Health and Human Services. All lessons are medically accurate, age-appropriate, and inclusive of all students. The curriculum will be taught by trained educators from **Tulsa Health Department or Youth Services of Tulsa.**

Positive Prevention PLUS High School covers the following information:

- Adolescent growth and development
- Goal setting for future plans
- Anatomy, human reproduction
- Abstinence, the only certain way to prevent unplanned pregnancy, and STI's, like HIV
- Local resources such as the Tulsa Health Department, Community Health Connection, and other area health centers that provide reproductive health care
- Recognizing and reducing the risk of unplanned pregnancy, and transmission of STIs, like HIV
- Social views on HIV and AIDS, Myths and Stereotypes about HIV Infection
- How HIV and other STIs are transmitted, approved methods to prevent HIV and STI's, such as abstinence and condoms
- How HIV and other STIs are treated
- How pregnancy occurs, including prevention methods
- Healthy relationships and avoiding unhealthy behaviors and situations

The goal of *Positive Prevention PLUS!* is to empower teens to make choices that will reduce their risk of an unplanned pregnancy or becoming infected with HIV and other STIs.

Student participation is voluntary and confidential. Whether or not the student participates in the *Positive Prevention PLUS!* High school curriculum, is the choice of their parent or guardian. Your student's course grade will not be affected if they do not wish to participate in the program. You can elect to remove your child from this program at any time.

Students will be surveyed to evaluate the effectiveness of the program and asked questions about abstinence, consent, sexual intent, contraceptive use, goal setting, recognizing healthy and unhealthy relationships, comfortability with subject matter and to gather demographic information. The copy of the survey can be reviewed at parent preview night. The program evaluation survey is ANONYMOUS. Any reports from the survey responses will be in summary. Reports and surveys will not identify program participants. Guardians do have the option to opt their student out of the surveys, while still participating in the program.

The school will host a Parent Preview Night where you will receive a curriculum overview of the *Positive Prevention PLUS!* Curriculum.

Please check with your school Positive Prevention PLUS site coordinator for the date of your individual schools parent preview night.

If you are unable to attend Parent Preview Night, scan the QR code for more information:

If you have other questions please contact the Positive Prevention PLUS site coordinator at your school site.

If you would **NOT** like your child to participate either in the program or in the program surveys, please check one of the boxes below, sign, and return this form.

☐ My student, _____, **CANNOT** participate in the program surveys, but **CAN** participate in the program.
(Print Student Name)

☐ My student, _____, **CANNOT** participate in the program.
(Print Student Name)

_____ _____ _____
Parent/Guardian Signature Date Student ID Number

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Positive Prevention *Plus*: High School Curriculum Overview

The Positive Prevention *Plus* ("P3") High School curriculum is a high-quality, evidence-based sexual health education curriculum. Final, peer-reviewed findings published in 2016 demonstrate a statistically-significant delay in the onset of sexual activity, plus statistically-significant increases in student-parent communication around sexual health issues. The curriculum includes 12 lessons to be delivered over a specific implementation scheduled based on individual school needs. The curriculum strongly encourages parental involvement. Certain worksheets may be sent home with students to encourage student-parent discussion of sexual health topics.

- **Getting Started: Class Ground Rules and Teen Sexual Health**
  - Students will: complete a self-assessment of pre-existing knowledge (pre-test) related to interpersonal relationships and sexual health; identify and follow class guidelines for appropriate behavior; identify facts about teen sexual health.

- **Lesson 1: Life Planning**
  - Students will: identify their personal life plans and goals; visualize themselves achieving their life plans and goals; identify several steps they need to take now to reach their goals.

- **Lesson 2: Gender and Sexual Orientation**
  - In compliance with Executive Order 14168, this lesson is not implemented for the 2025-2026 school year.

- **Lesson 3: Healthy Relationships**
  - Students will: identify three components of love; identify eight types of intimacy; identify non-sexual ways to achieve intimacy; identify the qualities of a healthy relationship; assess their own relationship skills.

- **Lesson 4: Relationship Abuse**
  - Students will: explain why consent is an important aspect of healthy relationships; describe effective ways to communicate personal boundaries and consent; commit to end inappropriate sexual behavior in self and others; identify risky sex-related behaviors such as sex trafficking, sexting, and meeting strangers online; demonstrate a variety of ways to protect themselves; identify how to respond to inappropriate sexual behaviors.

- **Lesson 5: Human Trafficking**
  - Students will: define human trafficking, including sex trafficking; describe how common human trafficking is in the U.S.; identify populations that are vulnerable to human trafficking; identify the warning signs of human trafficking; identify resources for reporting and escaping human trafficking.

- **Lesson 6: Preventing an Unplanned Pregnancy**
  - Students will: identify reasons for planning a family; describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and sexually transmitted infections; identify sexual abstinence as the only certain way to prevent unintended pregnancy or sexually transmitted infections; identify community family planning and contraceptive services; identify the benefits of delaying or abstaining from sex; identify the critical steps in making the decision to whether become sexually active.

- **Lesson 7: Teen Pregnancy : Choices & Responsibilities**
  - This lesson is not taught in Tulsa area schools.

- **Lesson 8: HIV/AIDS Epidemic**
  - Students will: describe the HIV/AIDS epidemic; identify the fluids and body openings for HIV transmission; identify behaviors that will and will not put a person at risk for HIV transmission; describe how ART, PrEP, PEP, are used in the prevention and treatment of an HIV infection; Identify myths or stereotypes regarding persons infected with HIV; describe the impact of HIV/AIDS on individuals and their family life; express concern for persons infected with HIV.

- Lesson 9: Preventing Sexually Transmitted Infections (STIs)
    - Students will: identify and describe common STIs and their symptoms; describe the ways that STIs can be transmitted; identify community resources for STI testing and treatment.

- Lesson 10: Protection and Communication
    - Students will: identify abstinence as the only 100% effective method to avoid an unplanned pregnancy, HIV, and STIs; identify the success and failure rate of latex condoms in preventing pregnancy and the spread of HIV/STIs; describe the proper use of a latex condom; demonstrate condom negotiation skills. This lesson includes a condom demonstration.

- Lesson 11: Media and Peer Pressure
    - Students will: identify pressures from peers, media, or society to engage in high-risk behaviors; recognize that not all students participate in high-risk behaviors; demonstrate skills to refuse/avoid the pressure to engage in high-risk behaviors.

- Lesson 12: Accessing Community Resources
    - Students will: describe how an HIV infection can spread through a population; identify resources for HIV/STI testing, counseling, and information.

- Lesson 13: Steps to Success
    - Students will: identify behaviors and choices that move them closer to, or further away from, their life plans and goals; specify several next steps they need to take toward accomplishing their life plans and goals; create and sign a Personal Contract affirming their commitment to avoiding HIV/STI infection or an unplanned pregnancy; assess what they learned throughout the curriculum; complete a self-assessment(s) of current knowledge (post-test) related to interpersonal relationships and sexual health.