



“The Cedarburg School District Human Growth and Development curriculum will support the family’s role as primary educator, reflect the values of the community, and encourage students to develop healthy behaviors based on responsible decision making.”

HG&D Position Statement

The Cedarburg School District encourages abstinence as the best way to promote emotional health, positive social relationships, and a healthy understanding of sexuality.

Goals

- To promote respect for self and others as a fundamental basis for decision-making about human growth and development.
- To promote respect for parental values and encourage communication between students and their parents/guardians or other trusted responsible adults.
- To provide accurate, current, and comprehensive information about human sexuality, growth and development.
- To address questions and concerns about personal sexual development and feelings.
- To develop an understanding that sexuality is an integral component of one’s physical, psychological, social, and emotional development.
- To promote the development of a positive personal standard of behavior based on family, religious, educational, and interpersonal experiences.

Dear Parents/Guardians of 8th Grade Students,

The Cedarburg School District will be using the same Human Growth and Development (HG&D) materials and curriculum adopted by the district in 2012-13 for grades 7th, 8th and 9th. We believe that we have found an approach to HG&D instruction that will provide our parents with wonderful options and prepare all of our students for healthy lives during middle school, high school and beyond.

For all of our 8th grade students, this Human Growth and Development curriculum is taught as a portion of Physical Education class. As always, at a parent’s request, a student may be exempted from Human Growth and Development instruction per State Statute 118.019. Exempting a student from instruction will have no impact on a student’s course credit. Students whose parents and/or guardians elect not to have their son or daughter receive these instructions will be assigned an alternative academic learning activity that addresses our health education standards.

Our goal is always to ensure transparency and provide accurate and factual information for parents regarding instruction. Please review the attached information regarding our Human Growth and Development Curriculum, choose one of the options, and complete the online registration form.

There are two options:

1. You wish your son/daughter to receive Human Growth and Development instruction.
2. You wish your son/daughter to be exempted from all Human Growth and Development instruction.

If you have questions regarding instructional activities or wish to see materials, please consult the guidance office.

Cedarburg School District Mission Statement

The mission of the Cedarburg School District is to provide an exemplary education that challenges students in a nurturing environment to become lifelong learners, to be responsible members of a global community and to achieve their goals and dreams.

Grade Eight – **Choosing the Best Path** (An Abstinence-Focused Curriculum)

Creative and engaging, these 8 sessions keep middle-schoolers involved. Videos that open each lesson lead naturally to discussion. In each 50-minute segment, they learn the facts about risks and consequences of sex before marriage, as well as the benefits of choosing healthy relationships. Step by step, students develop the skills, character, and commitment to remain abstinent until marriage. Topics include:

- **Sex: Everyone’s Talking About It**
Teens hear what others say about sex, discover the overlooked emotional consequences of sexual activity, and learn the importance of self-respect.
- **The Risks of STDs and HIV/AIDS**
Often believing “It can’t happen to me,” students hear from teens who have STDs and AIDS. They study the most common STDs, how STDs are spread, and the need for compassion.
- **Teen Pregnancy and “Safe Sex”?**
Teen parents share the lost dreams of youth and highlight the importance of responsibility.
- **Pressures to be Sexually Active**
Students identify and discuss four major pressures, including alcohol use and abuse, which contribute to teens’ sexual activity, and they learn the role of respect in overcoming these pressures.
- **Choosing the Best Path**
After hearing teens, married couples and sports and entertainment personalities present the case for abstinence, teens are encouraged to make their own commitment to the healthy choice: abstinence until marriage.
- **Set It! The Need for Boundaries**
In a fun activity, students see what guys and girls look for in a relationship, while learning about infatuation and love. Teens realize that self-discipline helps them set personal boundaries.
- **Say It! The Need to Speak Up**
After learning the skills of saying “NO”, students put them into practice, finding out that it often takes courage.
- **Show It! The Need to Be Assertive**
Four role-plays provide practical ways for teens to test their newly acquired skills as they recognize the need for perseverance.