



*“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 CHS Health 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.

Human Growth and Development curriculum is taught as a portion of Health class. As always, at a parent’s request, a student may be exempted from the entire Human Growth and Development Curriculum 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.

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### **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 Nine – **Choosing the Best Journey** (An Abstinence-Focused Curriculum)

Covering topics that are highly relevant to lower high school teens, this eight-lesson curriculum powerfully communicates the value of committing to abstinence. Videos that open each lesson lead naturally to discussion. Each 50-minute segment balances information about healthy choices with activities and role-plays that help guys and girls practice saying “NO.” Topics include:

- **Setting Goals**  
Teens learn the importance of having goals, including three steps to setting goals, as well as how the consequences of teen sexual behavior can keep them from reaching their goals.
- **Making the BEST Decisions**  
Engaging in-class activities illustrate that making good decisions requires a thoughtful process and that there are three main barriers to making good decisions. Teens learn startling statistics about alcohol that demonstrate how alcohol impairs good decision-making, including a discussion about date rape.
- **Avoiding Pregnancy**  
A powerful video introduces students to the consequences of teen pregnancy and a creative in-class activity helps teens realize the financial impact of being a teen parent. Students learn that only abstinence can completely eliminate the possibility of a teenage pregnancy.
- **Avoiding STDs**  
Compelling and up-to-date information is provided about the most common STDs, including what they are, how they are transmitted, and why teens are particularly susceptible to getting STDs. Real-life teens and young adults share their life-changing consequences of getting an STD, including HIV. The lesson concludes with teens learning why “safe sex” does not completely eliminate their chance of getting an STD.
- **Developing the BEST relationships**  
This fascinating lesson presents teens with five steps to help build the best relationships, including how to avoid common relational traps. Teens learn that being the right person is important to having the best relationships and the lesson includes an exercise on building self-esteem.
- **Choosing Abstinence Until Marriage**  
Teens learn about the negative emotional effects of sex before marriage and how abstinence provides freedom: freedom from physical and emotional risks and the freedom to pursue dreams and personal goals. After evaluating the options for themselves, students are given the opportunity to commit to abstinence until marriage. Finally, students learn that compatibility, character, and commitment are all important elements of the best relationships.
- **Overcoming the Pressure**  
The lesson opens by addressing the pressures in the media and from peers to be sexually active, including a discussion on the problem of pornography. Teens learn the importance of self-discipline and setting sexual boundaries as a way to overcome these pressures.
- **Being Assertive**  
Teens learn and practice, via role plays, specific assertiveness skills to overcome sexual pressures, including the very effective “Set It, Say It, Show It” and “Yes-No-Yes” techniques.

### **Supplements:**

1. Contraception instruction in Lesson 3 CTB will include information adapted from the CDC website [www.cdc.gov](http://www.cdc.gov)
2. “Contraception Worksheet”
3. Supplementing STD instruction in Lesson 4 CTB. Glencoe Chapter 24, lessons 1 and 2 Powerpoint for STDs, Glencoe Chapter 24, Lessons 3 and 4 Powerpoint for HIV / AIDs
4. New as of 2012-13, Chapter 16 Lessons 2 and 3 Powerpoint information on Reproductive Systems
5. New as of 2012-13, Chapter 17 Lesson 1 Powerpoint information on Prenatal Development and Care
6. Pam Stenzel’s video “SEX Still Has a Price Tag” (updated version) after Lesson 4 and before Lesson 5
7. CTB page 54 “other stuff” to include review of fully stated legal definition of intercourse
8. Lesson 2 Date Rape definition shall be from page 238, Chapter 9 in the current health text