

Dear Parent,

Empower, a division of Parkgate Health Services, Inc. will be presenting an Optimal Health/Sexual Risk Avoidance educational curriculum to the students at Tupelo Middle School. This program promotes "sexual risk avoidance" (SRA) while also teaching students about goal setting, decision making, healthy relationships, refusal skills, and character building. The 7 classroom sessions are to be held on February 6, 7, 13, 14, 20, 21, and 27.

The content of the program is based on **Choosing the Best** curriculum and will greatly benefit your child. It is intended to help him/her avoid high risk behaviors and prepare for a brighter future. It is endorsed by the CDC (Centers for Disease Control) and the Mississippi Department of Education. The program has also been positively received by students. Each student will receive a workbook that they will be able to bring home at the end of the 7 lessons.

Copies of the materials are available for viewing in the school office or at Parkgate Pregnancy Clinic.

We are also excited to offer a parent education seminar before we start teaching in February. We will present **Empowering Parents: A sexual risk avoidance plan to help your teen make healthy choices** on Tuesday, January 16 from 5:30pm-6:30pm in the cafeteria. This is an informal gathering where parents can learn more about our curriculum and prepare to have conversations with their students as they are learning.

Please call Jennifer Love, **Empower** Coordinator at (205)492-5229 for any questions or concerns.

Please cut, sign and return:

\_\_\_\_\_ I desire that my child NOT attend this seminar even though the \_\_\_\_\_ content is a school requirement of the Mississippi Department of Education.

Parent signature \_\_\_\_\_

Date \_\_\_\_\_