

# PARENT ACTIVE CONSENT & EXCLUSION REQUEST FORM

## Positive Prevention PLUS: Sexual Health Education for Special Populations - East Lansing Version and Videos & Books Materials for Secondary Special Education Sexual Health Instruction Grades 6+

Dear Parent:

We will be using Positive Prevention PLUS: Sexual Health Education for Special Populations as revised for use by East Lansing and videos & books to learn about the changes and responsibilities associated with puberty and how to keep oneself healthy. As a parent, you have right to excuse your child from sexual health education without penalty. To learn more about sexual health and HIV/AIDS education for East Lansing Public Schools, go to the ELPS website, click on PARENTS, then click on the HEALTH link.

You may preview the curriculum and materials on the parent preview night on [ask school for date & time] or by contacting your child's teacher or school's principal.

You may view the lessons being taught if you wish. To do so, please contact your school's principal. The East Lansing Board of Education Visitation Policy will be followed.

Please complete the form below and return it to your child's main teacher by [ask school for date].

### Exclusion Request – Positive Prevention PLUS

1. If you want your **child to be excused from all of the puberty lessons this year**, please:

\_\_\_\_\_ Initial this blank.

2. If you want your **child to be excused from all of the puberty lessons this year and all sex education each year hereafter**, please:

\_\_\_\_\_ Initial this blank.\*

**\*Note:** If you have excused your child this year and future years, you must notify the principal in writing if you want your child included in any sex education in the future.

### Active Consent – Positive Prevention PLUS

**Active Consent:** If you want your **child to participate in puberty lessons this year**, please:

\_\_\_\_\_ Initial this blank and complete this form.

**Check the lesson topics below that you want your child to learn.** Please note that some of the topics are grade level specific.

\_\_\_\_\_ Physical Changes During Puberty Including Reproductive Anatomy

\_\_\_\_\_ Personal Hygiene Associated with Puberty

\_\_\_\_\_ Public and Private Behaviors

\_\_\_\_ Friendship

\_\_\_\_ Bullying

Sexual

Relationships:

\_\_\_\_ **Grades 6+** Identifies examples of sexual contact, the age of consent in Michigan, and that abstinence is the only 100% method to avoid sexually transmitted infections and unplanned pregnancy.

\_\_\_\_ **Grades 9-12+** Includes all of the above. Identifies sexual contact as private, appropriate sexual partners, and laws related to sexual behavior of young people.

\_\_\_\_ Sexual Aggression

Pregnancy Prevention:

\_\_\_\_ **Grades 6+** Identifies that abstinence is the only 100% method to avoid sexually transmitted infections and unplanned pregnancy.

\_\_\_\_ **Grades 9-12+** Includes the above. Identifies reasons for family planning, methods of contraception, resources for sexual health care, and the Safe Surrender law.

\_\_\_\_ **Optional Lesson Grades 9-12+** Describe the steps in condom use.

HIV/STI Prevention:

\_\_\_\_ **Grades 6+** Identifies that abstinence is the only 100% method to avoid sexually transmitted infections and unplanned pregnancy.

\_\_\_\_ **Grades 8-12+** Includes the above. Identifies how HIV and other STIs are transmitted, risky situations, ways to reduce or eliminate HIV/STI transmission (including use of condoms), and making a commitment to preventing HIV/STI transmission.

\_\_\_\_ Being Understanding and Supportive of Someone Living with HIV or AIDS

Making Healthy Choices:

\_\_\_\_ **Grades 6+** Describe steps in making healthy decisions and commit to staying healthy.

\_\_\_\_ **Grades 8-12+** Includes the above. Identifies how HIV/STI testing and resources.

## **Active Consent – Videos & Books Listed Below**

**Active Consent:** If you want your child to learn about puberty using some or all of the videos and books listed below, please:

\_\_\_\_\_ Initial this blank and complete this form.

**Directions:** Put a check mark next to materials that you give approval for use with your child.

Please note the approved grade level for each material.

### **Videos:**

\_\_\_\_\_ **Video: “*Puberty for Boys: Amazing Changes Inside and Out*” Discovery Education - Approved Grades 6+**

This 21-minute video uses many boys and young men to tell about the changes of puberty. They share questions, experiences, and feelings. The male and female reproductive systems are described. The video reassures young men that their feelings are normal and encourage them to get help if they need it.

\_\_\_\_\_ **Video: “*Puberty for Girls: Amazing Changes Inside and Out*” Discovery Education - Approved Grades 6+**

This video describes puberty for females from the perspective of several girls, young women, and female experts. The male and female reproductive systems are described. There is a brief discussion about body image and unhealthy eating patterns. Health messages are delivered in a way that encourages girls to be proud that they are female.

\_\_\_\_\_ **Video: “*Reproduction and Development*” 2010 Visual Learning Discovery Education - Approved Grades 6+**

Investigates the processes involved in human reproduction and development. The program discusses the male and female reproductive systems, the female reproductive cycle, the process of fertilization, and the early stages of human development.

### **Books:**

\_\_\_\_\_ **Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism - Unit 4 “Growth and Development” & Unit 5 “Menstruation” Approved for Grades 4+**

By: Mary J. Wrobel

**(Taking Care of Myself - continued)**

**NOTE:** Unit 4 “Growth and Development” & Unit 5 “Menstruation” are approved as part of the sexual health curriculum. Other units of this book may be used outside of the sexual health curriculum as a part of general health lessons. Below is the publisher’s description of the book.

Puberty can be especially tough when young people have autism or other special needs. Through simple stories similar to Carol Gray's *Social Skills Training*, author Mary Wrobel teaches caregivers exactly what to say and not say and shows how you can create helpful stories of your own. Mary addresses hygiene, modesty, body growth and development, menstruation, touching, personal safety, and more. Young students can benefit from self-care skills such as using the toilet, brushing teeth, and washing hands. Parents and teachers should begin teaching these necessary skills as early as possible, even from ages 3-5. The ultimate goal is to maximize the child's potential for independence and lifelong social success.

\_\_\_\_\_ **Taking Care of Myself2: for Teenagers and Young Adults with ASD – Unit 6 “Sex and Sexual Relationships” Approved for Grades 9+**

By: Mary J. Wrobel

**NOTE:** Unit 6 “Sex and Sexual Relationships” is approved as part of the sexual health curriculum. Other units of this book may be used outside of the sexual health curriculum as a part of general health lessons. Below is the publisher’s description of the book

Written for teenagers and young adults with Autism Spectrum Disorders (ASD), this instructional book is also for parents, instructors, and therapists to help teens on the autism spectrum. The information is written in an easy-to-understand manner with simple how-to lists. This book is geared for use in an instructional or home setting for any teenager or young adult with ASD. Topics covered include: dressing for different events, feeling anxious in social situations, public versus private behaviors, staying healthy, anxiety, depression, and feeling suicidal, social media issues, sexual harassment, finding and keeping friends (including a boyfriend or girlfriend), safe and responsible sex, and deciding to have sex with a partner, and more.

**Updated: Sept 2022**

## **\_\_\_\_\_ The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know! - Approved Grades 6+**

By: David Hartman (Author), Margaret Anne Suggs (Illustrator)

The Growing Up Guide for Girls is a one-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence.

The pre-teen and teenage years are a bumpy time when bodies change, emotions are high, and peers are developing at different paces. Using simple, literal language and delightful color illustrations, this book explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away! It gives cool tips on what makes a real friend, what it means to have a crush on somebody, and how to stay safe online. Most importantly, it explains that everybody is beautiful and unique and encourages young girls with autism to celebrate difference!

Perfect preparation for the teenage years for girls aged 9-14.

## **\_\_\_\_\_ The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know! - Approved Grades 6+**

By: David Hartman (Author), Margaret Anne Suggs (Illustrator)

The Growing Up Book for Boys explains the facts behind the growth spurts, body changes and mood swings of adolescence for boys aged 9-14 on the autism spectrum.

The pre-teen and teenage years are a confusing time when bodies start acting with a will of their own, friendships change, and crushes start to develop. Using direct literal language and cool color illustrations, this book tells boys all they need to know about growing hair in new places, shaving, wet dreams and unexpected erections. It's full of great advice on what makes a real friend, how to keep spots away, and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages young boys with autism to celebrate difference!

## **\_\_\_\_\_ The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition – Approved Grades 4+**

By: Valorie Schaefer (Author), Josee Masse (Illustrator)

This book about the changes in the female body is for girls ages 8 and up. It features tips, how-tos, and facts from the experts. Girls will find age-appropriate answers to questions about their changing bodies, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

## **\_\_\_\_\_ The Care and Keeping of You 2: The Body Book for Older Girls – Approved Grades 6+**

By: Cara Natterson (Author), Josee Masse (Illustrator)

This thoughtful advice book will guide the reader through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, growing female bodies, peer pressure, personal care, and more. Written by Dr. Cara Natterson for girls 10 and up, The Care & Keeping of You 2 follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

## **\_\_\_\_\_ A Smart Girl's Guide: Boys: Surviving Crushes, Staying True to Yourself, and other (love) stuff (Smart Girl's Guides) – Approved Grades 6+**

By: Nancy Holyoke (Author), Elisa Chavarri (Illustrator)

This book--now with updated content and illustrations--offers girls straight talk on what to do when it seems like everyone's wondering "who likes who?" It includes sensitive, insightful, honest advice from girls and boys on being friends, going out, breaking up, and just being themselves. Plus, it includes tips and quizzes that lend valuable perspective on the beginning and ending of relationships.

## **\_\_\_\_\_ Guy Stuff: The Body Book for Boys Paperback – Approved Grades 6+**

By: Cara Natterson (Author), Micah Player (Illustrator)

This book will provide the reader with the answers that will help take care of boy bodies better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between. With tips, how-tos, and facts from a real pediatrician, it's the perfect book to help you learn about boy body's changes.

## **Supportive Materials**

### **\_\_\_\_\_ Human Anatomical Body Model**

This model gives students a 3 dimensional visual of the human body structures and organ systems.

### **\_\_\_\_\_ Communication Tools**

Social Stories of the content may be created using the program Board Maker, WORD, Power Point, and similar publishing programs. These publishing programs give teachers, including speech and language teachers the capability to write short stories with controlled language and pictures to support the language. These stories are useful to students in comprehending the ideas and concepts in the curriculum.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*\*Return this completed form to your child's teacher or principal.\*\*\***