**City School District of the City of Niagara Falls**

630 - 66th Street ♦ Niagara Falls, NY 14304

(716) 286-4211 ♦ Fax (716) 286-4283

Dear Parent/Guardian:

**The City School District of the City of Niagara Falls** will offer an abstinence plus based health program called *Be Proud! Be Responsible!* (BPBR) to all 9th grade students. The program will be delivered in-person during study hall throughout the course of the school year, beginning in October.

This program promotes a positive approach to sexual health by providing youth with knowledge and critical thinking skills to make healthy sexual decisions. We recognize parents/guardians are the primary educators of their children and will encourage students to share with their parents/guardians what we discuss in these classes. Personal information will not be shared by staff or facilitators.

**It is understood that permission has been granted for your child to participate in the program with the following understandings (unless you decide to OPT-OUT your child):**

***Your teen will be learning about…***

* Puberty and the sexual reproductive systems
* Healthy relationships
* Facts about reproduction and preventing unintended pregnancy
* Facts about sexually transmitted infections (STI), including HIV and AIDS
* Communication and refusal skills
* Getting help with decisions related to sexual health
* Information about contraceptive options
* Information about sexual assault, consent and establishing healthy boundaries.

If you ***DO NOT*** want your child to participate in this program or specific modules of the program, you may withdraw your child from the program. If you do not want your child to participate, please submit a written request to Emily Sacco, School Social Worker at Niagara Falls High School via email to esacco@nfschools.net. Your child will be placed in an appropriate alternative setting if they opt-out of the program.

We have attached information about the curriculum to this letter. Additional information can be accessed through the following webpage: <https://www.etr.org/ebi/programs/be-proud-be-responsible/>

We look forward to working with you and your child to prepare for a healthy, successful future.

Sincerely,

Mark Laurrie

Superintendent of Schools

Niagara Falls City School District

**Updated High School Sexual Health Curriculum**

**Presented by Planned Parenthood**

**Reproductive Anatomy:**

* Students will learn about reproductive and sexual anatomy and develop a better understanding of their bodies

**The Adolescent Brain:**

* Students will learn about the changes that are occurring in their bodies and in their emotions

**Be Proud! Be Responsible: An evidence-based curriculum approved through New York State’s Department of Health.**

Module 1:

* Increase participant's comfort about participating in the program
* Increase participant’s knowledge about transmission and prevention of HIV
* Increase participant’s confidence about making proud and responsible decisions about protecting themselves and their community from HIV
* Examine attitudes and beliefs about HIV risk behaviors

Module 2:

* The goal of this module is to increase participant’s knowledge about HIV infection, transmission, causes and prevention

Module 3:

* Increase participant's perceived vulnerability to HIV infection.
* Increase participant’s knowledge about which behaviors place them at various levels of risk for HIV infection and other sexually transmitted diseases
* Increase participant's understanding of their responsibility for safer sexual behavior

Module 4:

* Increase participant's perceived vulnerability to HIV
* Examine attitudes and beliefs about HIV, AIDS and safer sex
* Confront stereotypes about who becomes infected with HIV and learn more about how people can and cannot become infected
* Reinforce knowledge about HIV and AIDS

Module 5:

* Increase participant's understanding of barriers to condom use and increase their strategies for reducing those barriers
* Increase participant’s skills and knowledge on how to use condoms effectively and correctly
* Increase pride and responsibility in knowing how to use condoms correctly

Module 6:

* Increase participants’ communication and negotiation skills and enhance their ability to resist situations that place them at risk for contracting an STD or unintended pregnancy
* Increase a sense of pride and responsibility in demonstrating negotiation and refusal skills

Module 7:

* Reviewing and discussing the various forms of birth control methods will enhance participant’s knowledge and empower them to make informed choices.

**Healthy Relationships:**

* Youth will build empathy, increase communication skills and learn to identify sexual harassment and bullying

**Consent:**

* Students will learn the definitions of sexual assault and understand the laws in New York State and will build the skills to set boundaries and respect boundaries with their partner.

***Be Proud! Be Responsible!***

Summary Sheet

**What is *Be Proud! Be Responsible?***

The *Be Proud! Be Responsible!* program *(BPBR)* gives teens the **information, skills** and **confidence** to reduce their risk of HIV. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using latex condoms if they choose to have sex.

**Does *BPBR* encourage young people to have sex?**

No, *BPBR* does *not* encourage sexual activity. It stresses that delaying sex until a later age is the best way to avoid HIV and other STDs. It encourages young people to build healthy relationships so they can talk with a partner about the decision to abstain or practice safer sex. It provides information about how to prevent HIV and other STDs to help young people avoid these risks if and when they choose to have sex.

The curriculum modules in the fourth edition include:

*BPBR* uses interactive activities such as DVDs, games, brainstorming, roleplaying, skill building and small-group discussions to engage youth and make learning fun.

*BPBR* aims to:

* Help young people make proud and responsible decisions about their sexual behaviors.
* Change behaviors that put teens at risk for HIV and other STDs.
* Delay the initiation of sex among sexually inexperienced youth.
* Reduce unprotected sex among sexually active youth.
* Module 1: Introduction to HIV and AIDS
* Module 2: Building Knowledge About HIV
* Module 3: Understanding Vulnerability to HIV Infection
* Module 4: Attitudes and Beliefs About HIV, AIDS and Safer Sex
* Module 5: Building Condom Use Skills
* Module 6: Building Negotiation and Refusal Skills

**Why use *BPBR*?**

*BPBR* is on the Office of Adolescent Health’s list of approved evidence-based teen pregnancy prevention programs. Since 2009, the U.S. Department of Health and Human Services (HHS) has led a review of the teen pregnancy prevention research to help identify programs with evidence of effectiveness in reducing teen pregnancy, sexually transmitted infections (STIs), and associated sexual risk behaviors.

The main purpose of the Teen Pregnancy Prevention (TPP) Evidence Review is to assess programs for demonstrated positive impacts on sexual risk behavior and sexual health outcomes. Programs on the list have been shown to be effective in changing young people’s sexual behaviors.

© ETR. *Be Proud! Be Responsible!* Fifth Edition.

**Supplemental PPCWNY Education Programming**

**(to be taught in conjunction with Be Proud! Be Responsible!)**

**Anatomy**

* Lesson covers basic sexual & reproductive anatomy for AFAB (assigned female at birth) and AMAB (assigned male at birth) individuals. This includes external and internal anatomy as well as a discussion on intersex individuals.

**Birth Control (BC) Methods**

* Lesson covers an in-depth overview of barrier BC methods (i.e. inner condoms, outer condoms, dental dams), behavioral BC methods (i.e. abstinence and withdrawal method), and hormonal BC methods (i.e. pill, patch, shot, ring, implant, IUD, emergency contraception). Overview will also include reasons for using BC, BC’s relationship to the reproductive anatomy and systems, effectiveness, usage, and possible side effects.

**Consent/Healthy Relationships**

* Lesson covers consent vs. coercion, *Consent is Tea* video, and ways that teens can establish affirmative consent and boundaries (negotiation and refusal skills from Be Proud! Be Responsible! Module 6 will be referenced).