

## SCHOLAR PRESENTATION DATES (SPRING 2017)

Your child's campus will provide further detail closer to presentation date. Parents who elect to "opt-out" their child from program must be available to pick up their scholar at dismissal on the date of the presentation. Scholars without returned permission forms will not be allowed to enter presentation area.

Monday Presentation Times:

- 5<sup>th</sup> grade 3:45-5:15pm
- 8<sup>th</sup> grade: 4:15-5:45pm

Wednesday Presentation Times:

- 5<sup>th</sup> grade 2:15-3:45pm
- 8<sup>th</sup> grade: 2:45-4:15pm

Date	Grade	Uplift School
Wed. Jan 11	5th	Uplift Pinnacle PS
Wed. Jan 18	8th	Uplift Infinity MS
Mon. Jan 23	8th	Uplift Luna MS
Wed. Jan 25	5th	Uplift Heights PS
Wed. Feb 1	5th	Uplift Williams PS
Mon. Feb 6	8th	Uplift NHP MS
Wed. Feb 8	8th	Uplift Grand MS
Mon. Feb 13	8th	Uplift Summit MS
Wed. Feb 15	5th	Uplift Triumph
Wed. Feb 22	5th	Uplift Mighty PS
Wed. March 1	5th	Uplift Meridian
Mon. March 6	8th	Uplift Peak MS
Wed. March 8	8th	Uplift Mighty MS
Mon. April 3	5th	Uplift Peak PS
Wed. April 5	5th	Uplift Hampton PS
Mon. April 10	5th	Uplift Luna PS
Wed. April 12	8th	Uplift Hampton MS
Wed. April 19	5th	Uplift Summit PS
Wed. April 26	5th	Uplift Infinity PS
Wed. May 3	5th	Uplift NHP PS
Wed. May 17	8th	Uplift Heights MS
Wed. May 24	8th	Uplift Williams MS

## PERMISSION SLIP & "OPT-OUT" FORM

Uplift Education has chosen *Anthem Strong Families* abstinence-based curriculum called REAL Talk. The *Anthem Strong Families* scholar presentation is a 90-minute program on the medical and legal facts regarding teen sexual activity and stresses abstinence as the healthiest choice for teens. This program will be offered in a gender-separate environment (boys and girls in different locations). This curriculum does not address homosexuality or masturbation.

The content of this presentation will be available at each parent preview session, along with the curriculum for your review. You may call Tony Walker, Uplift's Director of Student Support Services at (469) 999-3975 if you have any questions.

**Please complete the appropriate section of the form below and return to the front office of your child's school no later than Monday, December 19, 2016.** A completed OPT-IN form is necessary for your child to participate. **If you prefer that your scholar NOT participate, please complete ONLY the 'opt-out' portion of the form below**

### OPT-IN: I ALLOW MY CHILD TO PARTICIPATE:

*Please complete this section only if you **ALLOW** your child to participate in the Anthem Strong Families presentation.*

I \_\_\_\_\_ give my child \_\_\_\_\_  
(First and Last Name of Parent or Legal Guardian) (First and Last Name of Scholar)

**permission to participate** in the *Anthem Strong Families* presentation hosted at my child's campus this Spring 2017.

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

Student date of birth: \_\_\_\_\_

Student grade: \_\_\_\_\_

Uplift campus: \_\_\_\_\_

Signature of parent/legal guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Parent phone: \_\_\_\_\_ Parent email: \_\_\_\_\_

### OPT-OUT: I DO NOT ALLOW MY CHILD TO PARTICIPATE

*Please complete this section only if you **DO NOT ALLOW** your child to participate in the Anthem Strong Families presentation.*

Following the review of the instructional materials on abstinence sex education, I choose to 'opt-out' my child, \_\_\_\_\_, from participating in the *Anthem Strong Families* presentation. I understand that he/she will not be allowed to enter the presentation area and I must be available to pick my scholar up at dismissal on the date of the presentation this Spring 2017.

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

Student date of birth: \_\_\_\_\_

Student grade: \_\_\_\_\_

Uplift campus: \_\_\_\_\_

Signature of parent/legal guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Parent phone: \_\_\_\_\_ Parent email: \_\_\_\_\_



## REAL Talk – 5<sup>th</sup> Grade CURRICULUM

MAIN TOPIC	SUBTOPICS	GIRLS	BOYS	INSTRUCTIONS
<b>PUBERTY</b>	<ul style="list-style-type: none"> <li>Hygiene and grooming</li> <li>What to expect</li> <li>Hormones</li> </ul>	<ul style="list-style-type: none"> <li>Welcome &amp; Overview (10 minutes)</li> <li>Break into groups and take this Hygiene Quiz Competition (20 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>Welcome &amp; Overview (10 minutes)</li> <li>Break into groups and take the Hygiene Quiz Competition (20 minutes)</li> </ul>	<p>Q: What do you think "THE TALK is about? (Listen to answers)</p> <p>A: We'll see how much you know about this thing called PUBERTY.</p> <p>Break group into teams of 10. Choose a captain. Take quiz. Runner brings answers to front for grading. First team to get 100% wins.</p>
<b>ANATOMY</b>	<ul style="list-style-type: none"> <li>Whole body health and wellbeing (Health is not just physical. It is also emotional, intellectual, and social)</li> <li>Anatomical overview of reproductive organs and functions</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Video:               <ul style="list-style-type: none"> <li>Female Reproductive System</li> <li>Links below (10 Minutes)</li> </ul> </li> <li>Play the Love Yourself Video (5 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Video:               <ul style="list-style-type: none"> <li>Male Reproductive System</li> <li>Links below (10 minutes)</li> </ul> </li> <li>Play the Love Yourself Video (5 minutes)</li> </ul>	<p>Q: What is the REPRODUCTIVE SYSTEM?</p> <ul style="list-style-type: none"> <li>What is it made of?</li> <li>Let's see how it actually works</li> <li>Play the video</li> </ul> <p>Q: What makes you YOU? Is it just your body?</p> <p>A: Body, Mind, Spirit? We get stuck on body? But there's more to us than that. Media is one reason we get stuck.</p>
<b>FRIENDSHIPS</b>	<ul style="list-style-type: none"> <li>Keeping good physical and emotional boundaries</li> </ul>	<ul style="list-style-type: none"> <li>Decision Cards Activity (20 minutes)               <ul style="list-style-type: none"> <li>Each group talks about the possible</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Decision Cards Activity (20 minutes)               <ul style="list-style-type: none"> <li>Each group talks about the</li> </ul> </li> </ul>	<p>When I feel good about me, I don't have to worry about others. I am a leader not a follower. I can love myself.</p> <p>Read the scenarios. Break up into up to 4 groups A, B, C &amp; D. Which would be the best decision?</p>

	<ul style="list-style-type: none"> <li>Behaving safely at parties</li> <li>Knowing and keeping your family's values</li> <li>Good decision making</li> </ul>	<p>consequences of their groups decision</p> <ul style="list-style-type: none"> <li>Closing (5 minutes)</li> </ul>	<p>possible consequences of their groups decision</p> <ul style="list-style-type: none"> <li>Closing (5 minutes)</li> </ul>	
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Male Reproductive System - <https://goo.gl/VmJyXW>

Female Reproductive System - <https://goo.gl/9uajRc>

Love Yourself Video - <https://goo.gl/2ySsTX>

#### Additional Resources for Parents:

- U.S. Department of Health and Human Services "Talk to Your Kids about Sex" - <https://goo.gl/Wlhck5>
  - Center for Effective Parenting "Talking to Children About Sex" - <http://www.parenting-ed.org/handouts/sex.pdf>
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## REAL Talk – 8<sup>th</sup> Grade CURRICULUM

MAIN TOPIC	SUBTOPICS	GIRLS	BOYS	INSTRUCTIONS
<b>IDENTITY</b>	<ul style="list-style-type: none"> <li>Basic needs of the heart</li> <li>Are you enough?</li> <li>Personality strengths and characteristics</li> <li>Media's influence on me</li> </ul>	<ul style="list-style-type: none"> <li>Play the Love Yourself Video (5 minutes)</li> <li>Take 3 minutes to write down 25 good things about me then discuss how easy for difficult that is and the importance of understanding there is more to us than just the physical.</li> <li>Brainstorm with the group what makes me special:               <ul style="list-style-type: none"> <li>Mind</li> <li>Talents</li> <li>Spirit</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Play the Love Yourself Video(5 minutes)</li> <li>Take 3 minutes to write down 25 good things about me then discuss how easy for difficult that is and the importance of understanding there is more to us than just the physical.</li> <li>Brainstorm with the group what makes me special:               <ul style="list-style-type: none"> <li>Mind</li> <li>Talents</li> <li>Spirit</li> </ul> </li> </ul>	<p>Q: What do you think "THE TALK is about? (Listen to answers)</p> <ul style="list-style-type: none"> <li>Play the video</li> </ul> <p>Q: What makes you YOU? Is it just your body?</p> <p>A: Body, Mind, Spirit? We get stuck on body? But there's more to us than that. Media is one reason we get stuck.</p>
<b>ANATOMY</b>	<ul style="list-style-type: none"> <li>Whole body health and wellbeing (Health is not just physical. It is also emotional, intellectual, and social)</li> <li>Anatomical overview of reproductive</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Video:               <ul style="list-style-type: none"> <li>Female Reproductive System</li> <li>Links below (10 Minutes)</li> </ul> </li> <li>Swapping Juices Demonstration</li> <li>Myth vs Fact Game</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Video:               <ul style="list-style-type: none"> <li>Male Reproductive System</li> <li>Links below (10 Minutes)</li> </ul> </li> <li>Swapping Juices Demonstration</li> <li>Myth vs Fact Game</li> </ul>	<p>Q: What is the REPRODUCTIVE SYSTEM?</p> <ul style="list-style-type: none"> <li>What is it made of?</li> <li>Let' s see how it actually works</li> <li>Play the video</li> </ul> <p>Break up into teams and award 1 point for every correct guess of if the prompt is a myth or an actual fact.</p>

	organs and functions			
<b>FRIENDSHIPS &amp; DATING</b>	<ul style="list-style-type: none"> <li>• STD's</li> <li>• Oxytocin – love's crazy glue</li> <li>• Love vs Infatuation</li> <li>• Dating Bill of Rights</li> <li>• Break up skills and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Decision Cards Activity (20 minutes) <ul style="list-style-type: none"> <li>◦ Each group talks about the possible consequences of their groups decision</li> </ul> </li> <li>• Closing (5 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• Decision Cards Activity (20 minutes) <ul style="list-style-type: none"> <li>◦ Each group talks about the possible consequences of their groups decision</li> </ul> </li> <li>• Closing (5 minutes)</li> </ul>	Read the scenarios. Break up into up to 4 groups A, B, C & D. Which would be the best decision?

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Female Reproductive System - <https://goo.gl/9uajRc>

Love Yourself Video - <https://goo.gl/2ySsTX>

#### Additional Resources for Parents:

- U.S. Department of Health and Human Services “Talk to Your Kids about Sex” - <https://goo.gl/Wlhck5>
- Center for Effective Parenting “Talking to Children About Sex” - <http://www.parenting-ed.org/handouts/sex.pdf>