For Parents and Guardians

8th Grade Curriculum

My Future-My Choice (MFMC) is a sexual health program for middle school students. It teaches about puberty, respect, boundaries, sexuality and healthy relationships. MFMC serves to help prevent violence, child abuse and human trafficking.

Your student's school teaches these lessons to meet Oregon's health education requirements. This brochure lays out all of the lesson topics. You can learn more about these lessons on the MFMC website: **www.oregon.gov/odhs/my-future-my-choice/Pages/default.aspx**.

You are a key part of your student's health education. We encourage you to keep talking about these topics with your student at home. You can also go over handouts your child may bring home after some lessons.

Your child can benefit from talking to a Trusted Adult in their life. Don't worry if these talks are not perfect. That is OK. The important thing is to talk with your child in a way that is supportive and doesn't judge.

In fact, 87% of teens say it would be easier to wait to have sex if they could talk openly with their parents. The same teens say those honest talks could help avoid teen pregnancy.*

Talk to your child about sexual health and relationships early and often! You can help!

We hope this program helps you talk with your child about relationships, puberty and healthy decisions.

* America's Adults and Teens Sound Off About Teen Pregnancy: An Annual Survey. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2014.

Here are some of the key concepts:

Lesson 1 Setting the Stage

Introduce the topic of sexual health. Set groups agreements. Define sexuality and sexual health.

Lesson 2 Who Am I?

Discuss parts of identity. Examples are culture, family, hobbies and religion. Learn how identity connects to self-image. Define positive and negative self-image. Identify Trusted Adults who can support dealing with negative self-image.

Lesson 3 Myself Within Community

Learn that bodies have historically been valued differently based on markers like race, gender and disability. Understand how this harms individuals and communities. Explore the concept of reproductive injustice through short articles on historical events.

Lesson 4 What is Sex

Describe the parts of sexuality. Learn how these impact the lives of teens. Define sexual intercourse. Learn that vaginal sex with a penis creates risk of pregnancy. Think about the outcomes of sex. Learn ways to get support from Trusted Adults.

Lesson 5 My Identity and Me

Define sex assigned at birth, gender and sexual orientation. Give examples of gender roles. Learn how Trusted Adults can help with pressures around gender or sexuality.

Lesson 6 Reproduction and Reproductive Health

Describe signs of pregnancy. Define medical accuracy. Learn where to get accurate information about pregnancy. Discuss ways to make a family.

Lesson 7 **Abstinence**

Define abstinence. Explore how people may define it. Learn about boundaries and how to set them.

Lesson 8 **Consent**

Define authentic consent. Learn how it differs from general consent. Learn the basics of consent laws in Oregon. Practice how to know when authentic consent is present.

Lesson 9 **Intimate Relationship Basics**

Define intimate relationships. Explore their benefits and challenges. Talk about what makes an ideal relationship. Discuss trust, respect, communication and kindness.

Lesson 10 **Dating and Relating**

Learn different communication styles. Explain how each style affects a relationship. Practice ways to be assertive.

Lesson 11 **Pregnancy Prevention**

Learn about contraceptives and condoms. Talk about how to access them. Discuss how each method can prevent pregnancy. Identify how different methods will work best for different needs or health concerns. Point to abstinence as the only 100% effective method.

Lesson 12 **HIV and STI Basics**

Learn basic facts about sexually transmitted infections (STIs) including HIV. Talk about ways to prevent STIs. Learn how stigmas make it harder for people to care for their health. Explore how this leads to the spread of STIs.

Lesson 13 **Power and Control in Relationships**

Define power and control. Explore abuse of power. Point out Trusted Adults and other resources who can help.

Lesson 14 **Sexual Images in the Media**

Define types of sexually explicit material (SEM). This includes shows, ads and pornography. Learn how SEM impacts our ideas about relationships sex. Find ways to use social media safely.

Lesson 15 **Sexual Values and Goal Setting**

Define sexual values. Explain how they help us make choices. Define values like respect, safety, family and education. List goals students would like to achieve.

View the full My Future-My Choice curriculum at:
www.oregon.gov/odhs/my-future-my-choice/Pages/default.aspx

View the updated Oregon Health Education Standards at: **www.oregon.gov/ode/educator-resources/standards/health/Pages/default.aspx**

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact My Future-My Choice Program at **MFMCprogram@odhs.oregon.gov** or 503-945-5600 (voice/text). We accept all relay calls.

OREGON DEPARTMENT OF **Human Services**
Self-Sufficiency Programs

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