

**My Future-My Choice** is a sexual health education curriculum for middle school students. It teaches about puberty, respecting others, communicating personal boundaries, sexuality and healthy relationships. Your adolescent's school will provide these lessons to meet Oregon's health education requirements.

This brochure tells you what topics My Future-My Choice will cover so you and your child can talk about them. You can also discuss the handouts that your child brings home after each lesson.

**87%** of teens say it would be easier to avoid early sexual activity and teen pregnancy if they could have more open, honest talks about these topics with their parents.\*

Your adolescent can benefit from talking to a trusted adult in their life. Don't worry if these conversations are not perfect. The important thing is you are available to talk with your child in a way that is open-minded, supportive, and helpful.

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

**Talk to your adolescent about sexual health and relationships early and often!**  
**You can make an impact!**

My Future-My Choice covers healthy decision-making using the

**Three-Step Decision Model:**

**Step 1:** Slow down

**Step 2:** Think through your options

**Step 3:** Decide and reflect

View the full My Future-My Choice curriculum at

**[www.oregon.gov/DHS/CHILDREN/MFMC/Pages/Curriculum.aspx](http://www.oregon.gov/DHS/CHILDREN/MFMC/Pages/Curriculum.aspx)**

View the Oregon Health Education Standards at **[www.oregon.gov/ode/educator-resources/standards/health/Pages/default.aspx](http://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. Contact the Department of Human Services, My Future-My Choice Program at 503-945-5600. We accept all relay calls or you can dial 711.



Information for  
**Parents**  
and  
**Guardians**

**My Future-My Choice**<sup>TM</sup>  
A sexual health curriculum  
for adolescents



# My Future-My Choice curriculum

We hope this program helps you talk with your adolescent about healthy relationships, puberty and healthy decision-making in a way that reflects and supports your values. Here are the My Future-My Choice lessons:

Lesson  
**1**

## **Changes** — *Adult led*

Learn and identify the physical, emotional and social changes that happen during puberty.

Lesson  
**2**

## **Who I am** — *Adult led*

Understand gender and the range of ways people identify and express themselves. Learn the basics of sexual orientation.

Lesson  
**3**

## **Everybody deserves respect and support** — *Adult led*

Understand that all people at school need to be treated with respect.

Lesson  
**4**

## **Advantages of postponing sexual involvement** — *Teen led*

Learn how to define consensual sexual involvement. Know the benefits of waiting to have sex, including reaching personal goals.

Lesson  
**5**

## **Media and other influences** — *Teen led*

Identify pressures that could affect the decision to have sex, including media influence.

Lesson  
**6**

## **Handling peer pressure and setting boundaries** — *Teen led*

Identify positive and negative peer pressure. Learn to communicate assertively and understand why setting and respecting personal boundaries is important.

Lesson  
**7**

## **Healthy and unhealthy relationships** — *Teen led*

Understand what makes relationships healthy and unhealthy. Learn that trusted adults can provide support to an adolescent's relationships.

Lesson  
**8**

## **Making healthy decisions** — *Teen led*

Learn about the Three-Step Decision Making Model that helps students make thoughtful, healthy decisions.

Lesson  
**9**

## **Recognizing and reducing the risks** — *Adult led*

Learn different ways to reduce risks and stay safer.

Lesson  
**10**

## **Consent** — *Adult led*

Learn how to ensure you have consent in a relationship and discuss how to handle rejection.

This program is designed to be partly delivered by trained high school Teen Leaders. Teen Leaders are supported by trained classroom teachers. Not all schools involve Teen Leaders in lesson delivery.