For Parents and Guardians

6th 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.

The National Children's Alliance pre-approved MFMC as a program that helps prevent child abuse. MFMC teaches students how they can build healthy relationships with themselves, peers and others in their communities.

Your student's school teaches these lessons to meet Oregon's health education requirements. You can learn more about these lessons on the MFMC website.

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

Changes
Learn the medical names and basics of reproductive body parts. Find a medically accurate source of information on puberty and reproduction.

Lesson 2

Puberty and Caring for Our Bodies
Learn about the physical, emotional, and social changes of puberty. Describe menstrual symptoms. Learn about menstrual products. Learn ways to maintain personal hygiene.

Lesson 3

Pregnancy and Reproduction
Learn the signs, symptoms and stages of pregnancy. Explain how pregnancy happens. Know what options exist for unintended pregnancy.

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

Lesson 4

SOGIE Basics

Learn concepts related to gender and sexuality. Learn words for different types of sexual orientations. Think about Trusted Adults as sources for answers about this topic.

Lesson 5

Everyone Deserves Respect and Support

Explain the benefits of showing respect to all people. Demonstrate how to show respect to people with different identities or beliefs. Learn about resources for help when bullying happens.

Lesson 6

Advantages of Postponing Sexual Involvement

Define the terms sexual intercourse and abstinence. Explain things a person should consider before they choose to have sex. Learn about short-term and long-term goals. Explore how sexual activity can impact the ability to achieve our goals.

Lesson 7

Media and Other Influences

Describe the way media influences how teens think about the world around them. Compare messages teens may get about sex from different sources. (These can come from parents, friends, the media and teachers.) Learn ways to use social media more safely.

Lesson 8

Handling Peer Pressure and Setting Boundaries

Define and spot examples of personal boundaries. Demonstrate how to be assertive in scenarios about peer pressure.

Lesson 9

Consent

Define consent. Discuss how to set personal boundaries. Explain how someone can know if another person gives consent. Learn how to handle rejection in healthy ways.

Lesson 10

Healthy and Unhealthy Relationships

Compare traits of a healthy relationship and an unhealthy one. Describe types of relationship abuse. Practice ways to talk with a Trusted Adult if a friendship or dating relationship feels unhealthy or abusive.

Lesson 11

Recognizing and Reducing Risks

Learn what sexually transmitted infections (STIs) are. Learn how they spread between people. Name ways to prevent pregnancy and STIs. This includes abstinence and condoms.

Lesson 12

Finding Support in Your Community

Learn why someone might need sexual health services even if they are not sexually active. Examples are menstrual pain or urinary tract infections. Practice how to talk with a parent or guardian about going to the doctor to get these services.

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

100-837454_6b DHS 0082 (09/2025)