



July 8, 2024

The My Future-My Choice curriculum recently underwent a required SRAE medical accuracy review. The following changes were recommended by the medical accuracy review board and by our MFMC Team.

Please take note of the following edits to specified pages when teaching the curriculum. Current language should be changed to match the highlighted text as shown below. All other lessons were approved as written.

Lesson 1 - Changes:

Note: Several changes occur in the text of the lesson as well as in the vocabulary worksheet and the definition cards. There are sections below outlining all of those changes by category.

Lesson 1 Text:

Page 21, paragraph 4, sentence 2:

“Before puberty starts, bodies don’t generally have breasts.”

→ “Before puberty starts, bodies don’t generally have **visible** breasts.”

Page 25, bullet 3, sentence 2 (also defined on page 53, number 23, vocabulary worksheet key, and definition card number 14):

“Ovaries often produce the hormones estrogen and progesterone.”

→ “Ovaries often produce the hormones **estrogen, progesterone, and testosterone.**”

Page 25, Definition of “Ovulation” (also defined on page 53, number 27, vocabulary worksheet key, and definition card number 15):

“When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized it can implant in the uterus, which leads to pregnancy.

→ “When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized **by a sperm cell** it can implant in the uterus, which leads to pregnancy.

Page 29, Definition of “Seminal vesicles” (also defined on page 55, number 13, vocabulary worksheet key, and definition card number 26):

“A pair of glands found at the base of the bladder that secretes part of the fluid that makes up sperm.”

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→ “A pair of glands found at the base of the bladder that secretes part of the fluid that makes up **semen**.”

Page 29, Definition for “Ejaculation” (also defined on page 55, number 11, vocabulary worksheet key, and definition card number 7):

“A sudden discharge of fluid that comes out of the penis. It is often associated with strong sexual feelings.”

→ “A sudden discharge of fluid **called semen** that comes out of the penis. It is often associated with strong sexual feelings.”

Page 30, paragraph 2, sentence 1:

“It is important to know that when someone goes through puberty and they start making eggs or sperm, they become able to reproduce”

→ “It is important to know that when someone goes through puberty **their body will likely either start making sperm or their body will start releasing eggs from the ovaries. This means that their body may become able to reproduce. Some people's bodies don't have ovaries or testes, so their body might not produce sperm or release eggs. And some people who do have testicles or ovaries won't be able to reproduce for different reasons. If someone has questions about their body, a trusted adult or a doctor could help provide answers.**”

Page 31, paragraph 1, sentence 2:

“Pregnancy can occur when a sperm cell meets an egg cell inside a uterus.”

→ “Pregnancy can occur when a sperm cell meets an egg cell inside **the fallopian tubes**.”

Lesson 1 Vocabulary Worksheet

Page 53, Number 23 vocabulary worksheet key, second sentence in the definition of “Ovaries”

“Ovaries often produce the hormones estrogen and progesterone.”

→ “Ovaries often produce the hormones **estrogen, progesterone, and testosterone**.”

Page 53, Number 27 vocabulary worksheet key, Definition of “Ovulation”

“When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized it can implant in the uterus, which leads to pregnancy.

→ “When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized **by a sperm cell** it can implant in the uterus, which leads to pregnancy.

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Page 55, Number 11 vocabulary worksheet key, Definition for “Ejaculation”

“A sudden discharge of fluid that comes out of the penis. It is often associated with strong sexual feelings.”

→ “A sudden discharge of fluid **called semen** that comes out of the penis. It is often associated with strong sexual feelings.”

Page 55, Number 13 vocabulary worksheet key, Definition of “Seminal vesicles”

“A pair of glands found at the base of the bladder that secretes part of the fluid that makes up sperm.”

→ “A pair of glands found at the base of the bladder that secretes part of the fluid that makes up **semen.**”

Lesson 1 Vocabulary Cards

Vocabulary Card definitions, page 7 of the vocab cards, Definition for “Ejaculation”

“A sudden discharge of fluid that comes out of the penis. It is often associated with strong sexual feelings.”

→ “A sudden discharge of fluid **called semen** that comes out of the penis. It is often associated with strong sexual feelings.”

Vocabulary Card definitions, page 14 of the vocab cards, second sentence in the definition of “Ovaries”

“Ovaries often produce the hormones estrogen and progesterone.”

→ “Ovaries often produce the hormones **estrogen, progesterone, and testosterone.**”

Vocabulary Card definitions, page 15 of the vocab cards, Definition of “Ovulation”

“When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized it can implant in the uterus, which leads to pregnancy.

→ “When the ovaries release an egg or ovum it travels through the fallopian tubes and into the uterus. If the egg is fertilized **by a sperm cell** it can implant in the uterus, which leads to pregnancy.

Vocabulary Card definitions, page 26 of the vocab cards, Definition of “Seminal vesicles”

“A pair of glands found at the base of the bladder that secretes part of the fluid that makes up sperm.”

→ “A pair of glands found at the base of the bladder that secretes part of the fluid that makes up **semen.**”

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Lesson 9 - Recognizing and Reducing Risks:

Note: There are changes needed in both the text of the lesson as well as in the Teacher Guide. There are sections below outlining all of those changes by category.

Lesson 9 Text:

Page 19, paragraph 6, sentence 1:

“Although some STIs may have symptoms, most STIs have no symptoms at all.”

→ “Although some STIs may have symptoms, **many** STIs have no symptoms at all.”

Page 20, paragraph 2, sentence 1:

“One common STI that, if left untreated, can lead to cancer is the human papillomavirus (HPV). There is a vaccine to prevent HPV called Gardasil. It is recommended for people your age.”

→ “One common STI that, if **ignored**, can **cause** cancer is the human papillomavirus (HPV). There is a vaccine to prevent **many cancer-causing strains** of HPV called Gardasil. It is recommended for people your age.”

Page 20, paragraph 3, sentence 1:

“If a person has a partner who is HIV positive (HIV+), they can take a daily medication called PrEP (pre-exposure prophylaxis) to reduce their risk.”

→ “If a person has a partner who is HIV positive (HIV+), **they can use a medication called PrEP (pre-exposure prophylaxis) to reduce their risk. PrEP can be taken as a daily pill or as an injection the doctor gives you.**”

Page 27, paragraph 3:

“These methods also require a prescription from a doctor. A few of these can last for years at a time. Some hormonal methods include the pill, the patch, a shot and some intrauterine devices (IUDs).”

→ “**Most of these methods require a prescription from a doctor. People can buy one type of contraceptive pill called ‘Opill’ from a pharmacy without a prescription.** A few of these methods can last for years at a time. Some hormonal methods include the pill, the patch, a shot, **an implant**, and some intrauterine devices (IUDs). **Implants and IUDs need to be inserted into the body by a doctor.**”

Page 28, paragraph 1:

“Emergency contraception, is often called Plan B. It is medicine taken after unprotected vaginal sex to prevent pregnancy. The sooner it is taken after vaginal sex, the more effective it is. However, it doesn’t protect against STIs. It is important to note that emergency contraception

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like Plan B is not effective in people who weigh over 170lbs. The most effective form of emergency contraception for people who weigh over 170lbs is the copper IUD.”

→ “Emergency contraception is used to prevent pregnancy after someone has unprotected vaginal sex, which means having sex without using barriers or contraceptives. There are two types of emergency contraception: pills and intrauterine devices (IUDs).”

“Emergency contraception pills are medicine that prevents pregnancy after unprotected vaginal sex. People can get both types from a doctor or a clinic, and people can buy one of the pills from a pharmacy without a prescription – you just ask the pharmacist for it. The two types work differently for people with different sized bodies. Someone can ask a trusted medical professional which medication will work best for them.”

“Another option for emergency contraceptive is getting an IUD from a doctor or clinic. IUDs are the most effective method of emergency contraceptive.”

Note for teacher: Both copper and hormonal IUDs can be used for emergency contraception.

Lesson 9 Teacher Guide:

Page 54, first full paragraph, sentence 1:

“To lower the risk of HIV infection, a person can take a daily medication called PrEP (pre-exposure prophylaxis).”

→ “To lower the risk of HIV infection, a person can use medication called PrEP (pre-exposure prophylaxis). This medication is available as either a daily or an injection given every 2 months by a medical provider.”

Page 55, paragraph 3, sentence 3:

“The CDC recommends this vaccine for everyone age 11-26. The CDC says the vaccine is most effective before a person becomes sexually active. However, the vaccine can be administered to anyone age 9-26. It can prevent four strains of HPV. Two strains of HPV cause 90 percent of genital warts. The other two strains cause 75 percent of cervical cancer cases. This vaccine is given in two doses for people 11-14 and three doses for 15-26 (<https://www.cdc.gov/hpv/hcp/schedules-recommendations.html>) over a six-month time span.”

→ “The CDC recommends this vaccine for everyone age 9-26. The CDC says the vaccine is most effective before a person becomes sexually active. It can prevent nine strains of HPV. This vaccine is given in two or three doses for people 9-14 and three doses for 15-45 (<https://www.cdc.gov/vaccines/vpd/hpv/hcp/recommendations.html>) over a six-month time span.”

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