

HIGH SCHOOL WELLNESS: Topics, Learning Activities and Materials

In accordance with the requirements of the State of Oregon, the West Linn-Wilsonville School District School Board has adopted a Comprehensive Sexuality Education Program. Topics covered in Comprehensive Sexuality Education are based on the strands with standards related to prevention of control of disease, promotion of mental, social, and emotional health, promotion of sexual health, and violence and suicide prevention. The text used by students and the source of content for the standards and topics taught is *Comprehensive Health*, published by Goodheart-Willcox.

The 2016 Health Standards that are addressed in wellness courses are listed below, followed by a table that shows the topics, key class activities, and materials used. The numbers reference the standards. Materials used for instruction are available at your child's school; copyright guidelines prevent us from making proprietary materials from publishers available online.

The Comprehensive Sexuality Education Plan for the West Linn-Wilsonville School District will be reviewed every two years. This plan describes the topics taught at each grade level, the materials used, and the key class activities. Parents and guardians will be invited to look at materials and provide input about curriculum and instruction as part of the process for reviewing the plan. Families will receive notification through school emails reminding them of the opportunity to review curriculum materials.

Although Comprehensive Sexuality Education Programs are designed to assist and support parents and guardians as they educate their children, some parents/guardians may choose to have their children participate in an individualized learning experience as an alternative to instruction of certain standards and have their children opt out of specific lessons. If you exercise your option to substitute your child's learning experience for any part of the Comprehensive Sexuality Education program, your child will spend that time outside the classroom, with supervision, working with other health curriculum topics. Your child's grade or course credit will not be affected if you exercise this option.

Please contact your child's Wellness teacher if you have questions or concerns. You may also complete the opt-out form below and have your child return it to school or email it as an attachment to your child's health teacher. We look forward to working with you to provide learning about health for your child.

Sincerely,

Brynn Gunderson
West Linn High School Health/PE Department



**West Linn-Wilsonville Health/Wellness Curriculum – High School
Wellness 1 & 2**

Follow the link to view the Oregon State health standards

<https://www.oregon.gov/ode/educator-resources/standards/health/Documents/2016ORHEStandards.pdf>

Grade Level	Topic	Key Class Activities and Materials	Oregon Health/Wellness Standard
9-10	Reproductive System Anatomy	Reproductive Diagrams and Labeling Teacher Presentation, Questioning, and Explanation Reproductive Structures and Function Compare/Contrast Male/Female (Venn) Importance of Self-Exams	1.12.13 1.12.5 1.12.20 1.12.15 3.12.5 7.12.7 8.12.10
9-10	Pregnancy	Teacher Presentation, Questioning, and Explanation Pregnancy Simulation Stages of Develop	1.12.35 1.12.31 1.12.32 1.12.40 1.12.41 2.12.21 3.12.6
9-10	Identity	Vocabulary Matchup Gender Stereotypes Ted Talk Gender Vocabulary Stories of Young People- ETR Understanding Differences & Empathy	1.12.16 1.12.18 2.12.7 3.12.7 4.12.5 7.12.4 1.12.34
9-10	Healthy Relationships	Relationship Scenario Discussions Healthy, Unhealthy, and Abusive Qualities Loveisrespect.org	1.12.22 1.12.26 2.12.10 2.12.16 2.12.20 3.12.8 4.12.4 4.12.6 4.12.8

		<p>Letter to a Friend</p> <p>Relationship Slideshow</p>	<p>4.12.10</p> <p>4.12.11</p> <p>4.12.12</p> <p>5.12.10</p> <p>7.12.9</p> <p>7.12.11</p> <p>8.12.6</p> <p>8.12.7</p> <p>1.12.23</p>
9-10	Consent	<p>Consent Scenario Discussion</p> <p>TEA Video</p> <p>Resource Officer- Sexual Violence and Laws</p> <p>Communication- Verbal/Non-Verbal</p>	<p>1.12.36</p> <p>1.12.28</p> <p>1.12.37</p> <p>2.12.18</p> <p>2.12.19</p> <p>4.12.8</p> <p>5.12.12</p> <p>7.12.6</p> <p>7.12.10</p> <p>1.12.24</p> <p>1.12.25</p> <p>1.12.26</p> <p>1.12.27</p> <p>1.12.30</p> <p>1.12.42</p> <p>3.12.9</p> <p>4.12.1</p> <p>4.12.6</p>
9-10	STDs and HIV	<p>Healthy Teen Survey Data</p> <p>CDC Scavenger Hunt (prevalence, signs/symptoms, prevention, treatment, access to healthcare, resources)</p> <p>STD Compare/Contrast</p> <p>STD Brochure</p> <p>Abby's Story (STD Advocate)</p>	<p>1.12.19</p> <p>1.12.21</p> <p>1.12.33</p> <p>3.12.11</p> <p>4.12.9</p> <p>7.12.5</p> <p>1.12.5</p> <p>8.12.9</p> <p>5.12.2</p> <p>1.12.10</p> <p>1.12.31</p> <p>1.12.32</p>
9-10	Abstinence and Birth Control	<p>Refusal Skills/Communication</p> <p>Birth Control Kit & Lecture</p> <p>Steps of Proper Condom Use</p>	<p>1.12.31</p> <p>1.12.32</p> <p>3.12.12</p> <p>4.12.7</p> <p>5.12.8</p> <p>1.12.14</p>

		Birth Control Fact Sheets Emergency Contraception	1.12.38 2.12.15 6.12.6 6.12.7 7.12.8
9-10	Communication and Decision Making	Communication Tips DECIDE Process Help a Friend Letter	4.12.5 4.12.6 5.12.9 4.12.7 5.12.10 4.12.8 6.12.9
9-10	Online Safety	Online Safety Tips Social Media Do's and Don'ts Social Media Project	1.12.29 4.12.10 7.12.11

**West Linn-Wilsonville School District
Wellness Opt-Out Form**

If your child will participate in this health instruction, you do NOT need to return this form. If you do NOT want your child to receive instruction in any of these standards, please fill out the form below and return it to your child's teacher. Your child will be given an individualized assignment in place of the instruction. Your child's grade and course credit will not be affected by the choice to do the individualized assignment.

If you are returning this form to exercise your right to substitute your child's experience from classroom instruction to an individualized experience, please sign below.

Wellness Alternative Assignment (Opt-Out) Form

STUDENT NAME _____ **Grade Level** _____

The lesson(s)/topic(s) that I am requesting my child opt out of and receive an alternative assignment for include:

PARENT/GUARDIAN NAME (Please print) _____

PHONE NUMBER: _____ **EMAIL ADDRESS** _____

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____