



Opt-Out Letter & Parent Invite

2017-18 School Year

Dear Parents,

Pine Tree Independent School District is pleased to announce the implementation of a family centered, values-based risk avoidance program, ESTEEM. This is a 10 lesson course which helps to improve students' awareness of and tendency toward making healthy decisions. The more students are aware of dangers and consequences of risky behaviors, the more prepared they will be to avoid such situations.

ESTEEM is a peer-reviewed curriculum which teaches the same core topics to students 5th through 9th grade while appropriately increasing the maturity level of the content each year.

Topics include:

Lesson 1: Goal setting for improved academic outcomes / Career planning

Lesson 2: How to navigate positive and negative media influences

*Lesson 3: Puberty and human development/True cost of teen pregnancy/Fatherhood (This chapter contains diagrams and explanation of the female and male reproductive organs)

*Lesson 4: Explanation of the major STD's / Benefits of waiting / Character counts (This chapter provides **detailed** information on Sexually Transmitted Diseases (STDs))

Lesson 5: Legal consequences of cyberbullying, sexting/Child support/Family & criminal laws

Lesson 6: Dangers of drug, alcohol, and tobacco use/Brain development

Lesson 7: Peer pressure and refusal skills/Bullying/Depression, suicide, and self-harm

Lesson 8: Communication skills/Problem solving steps/Emotional intelligence/Time-out steps

Lesson 9: Friendships/Gangs & cliques/Dating standards/Breaking-up/abstinence/Abuse

Lesson 10: Reviewing goals/Self-discipline/Having a growth mindset/Commitment & marriage

*The lessons may include the following terms: wet dreams, ejaculation, erection, penis, scrotum, testicles, vagina, semen, fallopian tubes, ovaries, uterus, cervix, vaginal discharge, pregnancy, and menstruation.

Teachers who have been trained at your child's campus will be delivering the program over the next few weeks. Parental involvement in education is an integral part of student success. Please be watching for your child to bring home parent worksheets to continue these important conversations at home. ESTEEM workbooks will be available for review at your child's campus. See the schedule below for specific dates, times, and locations. For more information visit: www.EsteemJourney.com

Pine Tree Middle School Curriculum Night- October 23, 2017, from 5:30 p.m.-7:00 p.m. outside the Library

For additional information, please call the campus principal or assistant principal.

We at this campus, along with the school board, believe this to be an outstanding program for our youth. However, if you **DO NOT** want your child to participate, please sign and return to your student's campus by **October 27, 2017**.

_____ **No, I DO NOT** want my child to participate in the ESTEEM Program during the 2017-18 school year.

Child's Name (printed): _____

Parent/Guardian Signature: _____

Parent/Guardian Phone Number: _____