

# To Parents & Guardians: Introducing FLASH

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Dear Families,

Your student will soon begin their sexual health unit in our class. We will be teaching the FLASH curriculum. FLASH is a medically accurate, age-appropriate comprehensive sexual health education curriculum. The goals of the curriculum are to prevent teen pregnancy, STDs and sexual violence, and to increase family communication about sexual health related topics such as dating, sex and abstinence.

FLASH builds skills to support young people in remaining abstinent, as well as teaching about other methods of disease and pregnancy prevention. It promotes respectful communication, and builds skills for healthy relationships. FLASH also contains family homework assignments in which students talk with a family member about the topics covered in class via a prescribed set of questions. Students receive credit for speaking with an adult, but are never required to discuss the content of their conversations.

FLASH provides a protocol for teachers when answering student questions about values that includes referring student back to families to learn their specific values. As a result, students may come home with questions about the values and expectations you have for them regarding these topics. We hope this will provide a meaningful opportunity for you to talk about these important topics together. A list of the Middle School FLASH lessons is provided below. If you have any questions or would like to preview a lesson, please don't hesitate to contact me.

- Lesson 1: Reproductive System and Pregnancy
- Lesson 2: Sexual Orientation and Gender Identity
- Lesson 3: Rules of Dating
- Lesson 4: Saying No
- Lesson 5: Preventing STDs
- Lesson 6: Condoms to Prevent HIV and Other STDs
- Lesson 7: Birth Control Methods