



Dear NPA 9th Grade Parents and Guardians,

The Teen Outreach Program of the Coconino County Public Health Services District has partnered with NPA to offer the *Reducing the Risk* curriculum to all 9th grade students. This evidence based, best practice curriculum uses activities and role playing to provide students opportunities to practice social skills that are proven to help in situations that most teenagers encounter. The major focus of *Reducing the Risk* is the development of attitudes and skills that will help teens have healthy relationships, refrain from having sex, prevent unintended pregnancy, prevent the transmission of sexually transmitted infections (STIs) and promote communication skills. The students will also reflect upon their lifetime goals and how these goals are impacted by their decisions.

The program meets numerous Arizona Health Education standards. It is medically accurate and consists of 16 sessions of 50 minutes in length.

The following is a list of the topics that will be addressed:

- Reproductive anatomy.
- Refusal and delay skills.
- Avoiding high risk situations.
- Knowing about, getting and using protection.
- Preventing HIV and other STD's
- Sticking with abstinence and protection.
- Making a reproductive life plan.
- Talking with your parents.

The trained facilitator will be Tracey Penny, B.S., a Health Educator with Coconino County Public Health Services District with over 20 years of experience with health education and health care. Accompanying her will be Ami Lindemann, an NAU Psychology and Biology student who is interning with Ms. Penny at the county health department.

There will be a parent meeting on Wednesday, 1/8/14 at 7:00 PM in the NPA multipurpose room. Ms. Penny will give a short overview of the course and will be available to answer any questions or concerns that you may have. You are encouraged to attend, but if you are unable to attend, you may email or phone Ms. Penny with questions (tpenny@coconino.az.gov, 679-7277).

PERMISSION SLIP ON PAGE 2 →

***Reducing the Risk* PROGRAM
PARENT/GUARDIAN INFORMATION**

Northland Preparatory
Academy

Toni Keberlein, Principal
Steve Danner, Guidance Counselor
Phone: (928) 214-8776

Coconino County
Public Health Services
District

Tracey Penny
Phone: (928) 679-7277; Email: tpenny@coconino.az.gov
Sharon Grasso
Phone: (928) 679-7287

Your teen has been invited to participate in a 16 session course through Northland Preparatory Academy and Coconino County Public Health Services District. The *Reducing the Risk* curriculum teaches health education topics related to responsible decision-making behavior.

The major focus of *Reducing the Risk* is the development of attitudes and skills that will help teens have healthy relationships, refrain from having sex, prevent unintended pregnancy, prevent the transmission of sexually transmitted infections (STIs) and promote communication skills.

If you have any questions about the program or wish to preview the curriculum, please ask the program staff or call one of the numbers listed at the top of this form. **You must complete the bottom half of this form in order for your teen to participate.**

IF YOU WANT YOUR TEEN TO PARTICIPATE IN THIS CLASS, PLEASE COMPLETE THE SECTION BELOW AND RETURN THE FORM TO NPA'S MAIN LOBBY RECEPTION DESK OR FAX IT TO 214-8778. Submit by 1/10/14, please.

I ALLOW MY TEEN TO PARTICIPATE IN THE *Reducing the Risk* EDUCATION CLASS.

Child's name (please print)

Parent/Guardian name (please print)

Parent/Guardian signature

Date