



# Choosing the Best

## *Sexual Education at Willard Middle School*

Dear Parent(s) or Guardian,

**Choosing The Best** is a national leader in abstinence centered sexual risk avoidance programs. Their website gives the following description of the program:

"*Choosing the Best* offers a "sexual risk avoidance" (SRA) approach that promotes sexual delay as the best and healthiest choice for teens, while also teaching about goal-setting, decision-making, healthy relationships, sexual violence prevention, refusal skills, and character building. *Choosing the Best* educates students about the significant risks associated with teen sex, including pregnancy, STDs, and potential negative emotional consequences. *Choosing the Best* also emphasizes the benefits of sexual delay, empowering students to make an informed choice about their sexual behavior."

We use *Choosing the Best Path* and *Choosing the Best Life* lessons for 7th and 8th grade students. The curriculum alternates years so that during their 2 years at WMS they will experience both sets of lessons. Topics included are:

- Developing Healthy Relationships
- Avoiding STDs and HIV/AIDS
- Preventing Teen Pregnancy
- Dealing with and Resisting Pressure
- Choosing the Best Path/Life (delaying sexual activity)
- Setting Boundaries and Limits
- Speaking Up
- Being Assertive
- Preventing Sexual Violence

Students are encouraged to ask questions as there is an enormous amount of misinformation available to them and this is a great opportunity to get clarification. Our goal is for students to feel that it is okay to talk about their bodies, sex, and relationships so that we can encourage a healthy, factual, and informed perspective that keeps students physically and emotionally safe. This curriculum will be delivered by WMS health teachers February 6th-10th, 2023.

Return the second page of this letter to the WMS counseling center only if you **DO NOT** want your child to participate in the *Choosing the Best* curriculum for the 2022-2023 school year. Students can bring the signature page in or you can email it to [lisaschanbacher@willardschools.net](mailto:lisaschanbacher@willardschools.net).

Sincerely,

WMS Counseling & Health Departments



**Willard Middle School**

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**Willard**MiddleSchool

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I, \_\_\_\_\_, **DO NOT** give permission for my child,  
(print parent/guardian name)

\_\_\_\_\_, to participate in the Choosing the Best curriculum.  
(print student name)

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**Parent/Guardian Signature**