

Dear Parent:

As part of your child's health education in Year 1 PE, we will be incorporating outside sources to reinforce the content and topics covered in class. The following is a list of selected guest speakers and movies we will incorporate in the Year 1 PE class this year, depending on time and availability.

Sharp Hospital "Sharp-On-Survival Program"

Representatives from Sharp Hospital will be conducting an "Injury Prevention Program" with our students. Students will learn the potential physical consequences of some of the choices they will be faced with throughout their high school years and beyond. Students will learn about brain and spinal cord injuries and hear personal testimonials from actual people that have suffered spinal cord injuries as a direct result of the choices they have made in their life.

Women's Resource Center

The Women's Resource Center presentation covers topics such as Teen Relationship Violence (TRV), Sexual Assault (SA), Date Rape, and Sexual Harassment. During the presentation, students will learn the "red flags" of abusive relationships, how to recognize unhealthy relationships, the basics of sexual assault and date rape, and what sexual harassment is. Students will also watch a video of real teens telling about their violent relationships.

Sunset High School (SDUHSD) Student Presenters

A select group of students that have shown success at sobriety and other personal challenges share their experiences with our classes. Many students have described this presentation as one of the most informative of their high school experience.

Vista Community Clinic

Project HACER is an information and education program whose goal is to reduce unintended pregnancy among youth ages 12-19 by providing comprehensive reproductive health education in school and community settings. The education given by Project HACER emphasizes abstinence as the only failsafe method for both pregnancy and disease prevention, and provides accurate information regarding healthy relationships, communication, contraceptives, sexually transmitted infections, and HIV. The curriculum fully complies with SB-71, which mandates medically accurate information be taught regarding reproductive health including contraception and sexually transmitted infections. This program has been successfully used to teach health education students at other schools in our district in recent years.

Officer Jane Jacobsen (San Diego Police Dept.)

Officer Jacobsen will be conducting an interactive discussion with our students on the effects of alcohol and drug abuse, with an emphasis on teen use and abuse in San Diego County. She will also discuss with students the implications and dangers of drinking and driving through the use of the “Every Fifteen Minutes” video. The “Every Fifteen Minutes” video was put together at Torrey Pines High School and demonstrates the real life dangers and consequences of drinking and driving. Officer Jacobsen will also cover laws pertaining to relationships under 18 years old (while sharing various statistics gathered from around San Diego County), along with discussing the topics of sexual harassment and sexual assault with our students.

Special Agents of the California Dept. of Justice for the Bureau of Narcotics Enforcement

Special Agents John Woo, Brian Perry, Jose Barretto, and Geanie Franco will provide further drug awareness to our students and discuss comprehensive narcotics and pharmaceutical drugs and the negative effects and consequences that are associated with them.

San Diego Fire Department

Representatives of the San Diego Fire Department will discuss basic First-Aid and CPR with our students. They will also be discussing their occupation and the risks involved, as well as the qualifications of attaining a career in their field.

Ennis Jackson

Ennis has been a nationally registered Paramedic for sixteen years and has been in the Emergency Medical Field for over 25 years. He has provided his services to high schools and colleges for 10 years. Ennis is a veteran Paramedic, who with the help of PowerPoint uses still pictures, real stories, poems, music, and videos to reach all of the students that attend his presentations. Ennis' motivational speech shows students that their perception of themselves as being indestructible can sometimes be what gets them into trouble. Through his use of graphic evidence of injuries from vehicle collisions, trauma, burns, etc., Ennis has touched the hearts of many teenagers through both the laughter and the tears that come about when he presents. Ennis brings the truth to students (through pictures and videos—holding nothing back) about the potential consequences that exist with the decisions that they as young adults are forced to make.

What makes his program so powerful is the way that Ennis presents it. As a paramedic, Ennis has responded to countless vehicle collisions involving drugs and alcohol, domestic violence, drug overdoses, etc. His true stories are heart felt and sometimes very close to home. Ennis will also answer questions regarding First Aid, careers in EMS, and other related topics and career fields. More information can be found at enniscjackson.com.

Ernie

Ernie is trained by the Red Cross to deliver HIV/AIDS prevention education as mandated by California's Educational Code. As a person living with AIDS, his story adds emotion to facts regarding methods of transmission, strategies to reduce the risk of HIV, and social and public health issues related to HIV/AIDS.

Lynn Larkin Flanagan –Breast Cancer Survivor

Since her cancer diagnosis, Lynn has organized numerous seminars for the community about the early detection of breast cancer. She started a support group of breast cancer survivors who thrive in our community and she speaks regularly to high school students about early detection through the Just for Teens Program. In 2006, she received the Breastlink Spirit Award. In the fall of 2008, CancerCare in NYC named her Donor of the Year for a program on triple negative breast cancer which she organized. It reached 1,100 participants worldwide. Lynn passionately promises she will not stop her outreach to the community until women no longer die from breast cancer.

Life's Greatest Miracle

Nova's movie, a PBS Special, shows how a team of researchers makes the most of high-tech instruments to take a peek into the nine-month evolution of life. This movie tells the “inside-the-womb” story of human life from conception to birth using the latest technological advances in microscopy and medical imaging. “Life’s Greatest Miracle” does end with the actual birth of a child.

Super Size Me (Educational Version)

In Super Size Me, filmmaker Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a “McDonald’s only” diet for thirty days straight. This movie dives into corporate responsibility, nutritional education, school lunch programs, and how we as a nation are eating ourselves to death.

Every 15 Minutes

“Every 15 Minutes” was a drinking-and-driving awareness program done at Torrey Pines High School. A video featuring several Torrey Pines students, teachers, and parents was produced to provide all TPHS students with a first-hand, seemingly real life scenario of what can happen to the people you know and care about when drinking and driving are mixed. Graphic in some areas, the video is intended leave a lasting impression of the negative consequences associated with drinking and driving.