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## 2011-2012

Dear Year One P.E. Parents:

Health Education is a requirement in the San Dieguito Union High School District. This year, the health education component of Year One P.E. will be completed online (through PLATO) with a unit timeline established by your student's teacher. The curriculum includes discussion of issues that are key to healthy adolescent development. This letter serves as the notification required by the State Education Code to inform you of the growth, development, sexuality content, and HIV/AIDS instruction in this course.

We are confident that the Family Life Education unit as part of the Year One P.E. curriculum is of optimal content and caliber. The topics of the online (PLATO) portion of this class fall under the following units: Family Planning Strategies, Benefits of Healthy Sexual Practices, and Peer Pressure and Sexual Activity. Students will analyze the detrimental physical, psychological, and social effects of HIV/AIDS as well as receive information on the prevention, causes, symptoms, transmission, and treatment of HIV/AIDS and other sexually transmitted diseases. They will also learn that abstinence is the only 100% effective method of preventing the transmission of HIV/AIDS and other STD's.

As part of this curriculum, students may have an occasional guest speaker. If a guest speaker is scheduled in the Family Life Education unit, parents will be notified of the speaker and the speaker's affiliation to outside organizations. The following organizations have been used in the past, and may also be used this year: American Red Cross, and the Women's Resource Center.

CCA's parental preview of teaching material for our Family Life Education unit was held in the fall for the 2011/2012 Year 1 PE students. If you have any questions, please contact Assistant Principal Elise Davies.

We encourage and appreciate your support, and look forward to your student's participation in this course. If any, or all, of the Family Life unit is not acceptable for your student, you may contact your student's teacher to opt out.

Sincerely,

Brian Köhn  
Principal, Canyon Crest Academy

Jason Shanahan  
P.E. Department Chair