



Marie Peoples, PHD, Chief Health Officer

2625 North King Street  
Flagstaff, AZ 86004

Dear NPA 7<sup>th</sup> Grade Parents and Guardians,

The Teen Outreach Program of the Coconino County Public Health Services District has partnered with NPA to offer the *Wise Guys/Smart Girls* curriculum to all 7<sup>th</sup> grade students this spring. This evidence-based, best practice curriculum uses activities and interactive learning to provide students opportunities to practice social skills that are proven to help in situations that most middle school students will encounter at some point in their lives. The curriculum is designed to help middle school students feel comfortable practicing abstinence and to address and overcome obstacles to this practice. Furthermore, the curriculum helps students understand that good decision making can prevent unplanned and teenage pregnancy, STDs and HIV.

The curriculum consists of 11 sessions that are 50 minutes in length with classes separated by gender.

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

- Goal/life planning.
- Changes in puberty.
- Abstinence.
- Consequences of sex: pregnancy and STD's.
- Responding to peer pressure.
- Refusal and negotiation skills.
- Talking with your parents.

Sydney Tolchinsky, B.S., a Health Educator with Coconino County Public Health Services District with over 10 years of experience with health education and health care, will lead the sessions and will team with a colleague from Health Services as they divide the students into the gender-separated classes.

**There will be a parent meeting on Monday, 12/11/17 at 7:00 PM** in the NPA band room for the 7<sup>th</sup> grade parents. Please enter by the door near the gym. (Side note: There is also a 9<sup>th</sup> grade parent meeting at 6pm.) Ms. Tolchinsky 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. Tolchinsky with questions at 679-7277 or [stolchinsky@coconino.az.gov](mailto:stolchinsky@coconino.az.gov). The course curriculum binder will be present and available for review at the parent meeting.