



Marie Peoples, PHD, Chief Health Officer

2625 North King Street
Flagstaff, AZ 86004

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.

Trained facilitator will be Sydney Tolchinsky, B.S., Health Educator with Coconino County Public Health Services District who has over 10 years of experience with health education and health care.

There will be a parent meeting on Monday, 12/11/17 at 6:00 PM in the NPA band room for the 9th grade parents. Please enter by the door near the gym. (Side note: There is also a 7th grade parent meeting at 7pm.) 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. The course curriculum binder is also available for review at the NPA main lobby reception desk during normal school hours.