

Dear Parents,

I would like to invite you to a meeting to explain a new program in human sexuality and fertility awareness for our adolescents. The meeting will be held on **October 16, 2016 at 7pm at SCHS cafe** and will be conducted by myself. This new, *voluntary* program will be offered to those students who wish to participate and have parental permission. I would like this initial meeting to involve the parents only. A student meeting will be held within the next week.

Our goal is to support your effort in directing your sons and daughters in their search to fully develop their sexuality in a responsible and caring manner. To do this we intend to examine what constitutes quality communication within the family, respect for life, psychosexual differences between men and women, and fertility awareness.

This program, called TeenSTAR, teaches adolescent fertility within the framework of values. The values includes respect for the individual and that sexual self-giving receives its full meaning only within marriage. The program also teaches that respect for fertility is best served through the knowledge and philosophy drawn from modern natural family planning methods. We hope that you will use this opportunity to reinforce the values and expectations about sexuality which you have communicated to your child.

Young men and women for the most part will be taught separately. The Young Women will be asked to keep a special chart of their fertility signs. They will not only learn to interpret their charts, but will discuss their feelings, especially the feelings that change by learning about themselves and the values that impinge on their changing perceptions. Similarly Young Men will be asked to observe their feelings and discuss what their feelings mean in the context of the curriculum. When each has learned about him/herself, we may consider teaching some of the classes together, to allow for wider discussion. Because of the sensitive nature of the topic and the need for standardization of data for the worldwide TeenSTAR program, we will not be able to offer the Young Men program this year as we do not have a TeenSTAR male instructor. I would still encourage the parents of our Young men to come and learn about the program. I hope that by next year we will be able to offer several classes for our Young Women and Young Men.

In order to gauge the effectiveness of the program, some objective measurements are necessary. An initial questionnaire and evaluative survey will be administered, and repeated after one year. All information and discussion material will be handled with professional confidentiality and will be collated anonymously into a final professional report.

I will be happy to respond personally to any questions you may have before and after the meeting.

Sincerely,
Tina Reichley
TeenSTAR Instructor
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