



Dear parents,

My name is Trina, and I am a staff representative of Vida Medical Clinic and Support Services in Appleton, a registered nurse with 35 years of experience, and a certified Sexual Risk Avoidance Specialist (SRAS). Vida has been providing sexual risk avoidance education in the Fox Valley for 10 years. I would like to personally thank you for the opportunity to speak to your children about their optimal reproductive health and wellbeing.

As a parent, I understand firsthand the responsibility to ensure children are getting the best education possible about how to achieve their optimal reproductive health. When my four children were students and had an opportunity to attend a similar presentation, I declined; I did not feel I was given enough information about the content of the talk to make an informed decision for my children. Therefore, I am taking this opportunity to give you the information that I lacked.

Our presentation has five main objectives:

1. Help students to understand and embrace their **inherent value**. Our youth are facing so many external negative forces that have them questioning their self-worth. At the heart of everything we do, we want your students to leave knowing their value is intrinsic and unchanging.
2. Provide medically accurate **education on sexual risk avoidance**. We have been invited to your child's school to present information about abstinence, sexually transmitted infections, and pregnancy. Our curriculum is in alignment with recommendations made by Wisconsin State Statute 118.019. We also include the most current statistics provided by the CDC and local county public health departments.
3. Discuss **consent and boundaries**. Students will receive information about consent and setting healthy boundaries. We also discuss that love and intimacy are possible without sex.
4. Discuss **relationship goal setting**. We discuss the qualities of healthy relationships such as honesty, respect, loyalty, trust, and humility, and pose questions about what they may want from a partner and how to communicate those expectations. We also discuss what students may want from life and what goals they hope to achieve in the years to come.
5. Finally, we emphasize **community building**. While much of the content we discuss is taboo, we want to put emphasis on the fact that this information and any choices made by a young person should not be met with shame. Furthermore, we encourage them to seek support when needed, whether that be by talking to you-their parents, teachers, coaches, or other trusted adults. We also let them know that if they ever need help, there are resources within their communities to serve as a safety net, including Vida's own services.

I am honored to give this information to students, and I hope you will allow me to do the same for your child(ren). The curriculum I use comes from *Relationships Under Construction*, a program designed to be compliant with State statutes mandating a sexual risk avoidance curriculum.

If you have further questions about our presentation or Vida's services, I encourage you to visit our website at www.vidamedicalclinic.org. Our school education program can be found under the "Community Outreach" tab. You are also welcome to come any time for a tour of our center.

Thank you,

Trina, RN, SRAS
Outreach Supervisor