

November 2011

Dear Parent or Guardian,

Each public school district in Texas is required to deliver academic instruction within the guidelines of the Texas Essential Knowledge and Skills (TEKS). Additionally, each public school district in Texas is required to have a School Health Advisory Committee (SHAC), comprised primarily of parents, to review the District's Comprehensive Health Education Plan and make recommendations regarding its content and instructional programs. The Lake Travis ISD School Health Advisory Committee, in doing this work, has recommended to the Board of Trustees, and the Board has approved the following three options related to the LTISD Health Education curriculum:

### **1. Abstinence-Only Education:**

Includes: discussions of values, character building, and, in some cases, refusal skills.

- Promotes abstinence from sex until marriage.
- Teaches that abstinence from sexual intercourse until marriage is the only 100% safe way to avoid pregnancy and sexually transmitted infections.
- If condom/contraception use is discussed, discusses only failure rates.

**Program = Austin Life Guard:** The classroom curriculum presented at LTHS will be a 3 class period abstinence-based sex education program. Austin Life Guard covers aspects of teen sexual health including: sexually transmitted diseases, pregnancy, contraceptive failure rates, boundaries in dating, and relationship building skills. Their approach emphasizes character and healthy relationship development.

**Austin Life Guard Curriculum** is available to be viewed in the LTHS Library.

[www.austinflifeguard.com](http://www.austinflifeguard.com)

### **2. Abstinence-Plus Contraception Education:**

Emphasizes: the benefits of abstinence and postponement of sexual activity while also teaching about contraception and disease-prevention methods to reduce risks when sexually active.

- Promotes abstinence and postponement from sex.
- Teaches about contraception and condom use as a means to reduce sexually transmitted infections and pregnancy.
- Acknowledges many teenagers will become sexually active at some point.

- Provides knowledge **now** to reduce risks in the future.

**Program = Big Decisions:** The classroom curriculum presented at LTHS will be comprised of 3 class periods covering condensed abstinence-plus contraception sex education. All aspects of teen sexual health, including sexually transmitted diseases, pregnancy, contraceptives, boundaries in dating and relationship skills are presented in a comprehensive, medically accurate, age appropriate manner.

**Big Decisions Curriculum** is available on-line at no charge: [www.bigdecisions.org](http://www.bigdecisions.org)

### **3. The option to “opt out” of either of the above**

Both Austin LifeGuard and Big Decision instructors will present a parent workshop on **Tuesday, December 13, 2011 at 6:00 p.m.** in the Lake Travis High School Lecture Hall (Room E207).

Austin LifeGuard will present from 6-7 p.m. and Big Decisions will present from 7-8 p.m. **You MUST CALL AHEAD to 533-6041, to RSVP by DECEMBER 9<sup>th</sup> in order to have the minimum number of 10 present; otherwise, neither program will be able to present that evening.**

You and your student need to decide which of the three options is most appropriate for your family. Please complete the attached Parent Permission Form and return to your child’s health teacher by **Thursday, December 15<sup>th</sup>** (before the holiday break) since the human sexuality guest speakers will begin teaching January 3-January 10, 2012 upon our return from the break.

Sincerely,

Kathleen Hassenfratz  
Healthy Lifestyles Coordinator

**P.S. Remember to call to RSVP by DECEMBER 9<sup>th</sup> for 533-6041 for the evening presentation on December 13, 2011 at 6:00 in the LTHS Lecture Hall. Without 10 confirmations, we will NOT be able to provide the presentations.**

