

PARENT/TRUSTED ADULT CONNECTION FORM

Dear Parent or Guardian,

Today's Healthy Futures Nu-CULTURE session identified a number of effective methods of contraception (i.e., birth control). While the majority of middle school students are not sexually active, it is important to share this information with teens to help them make informed decisions in the future. During today's session, we emphasized abstinence is the only method that is 100% effective in preventing pregnancy, STIs, and emotional heartache. At Healthy Futures, we believe this is the healthiest method for teens. Once you have reviewed this form with your teen, simply sign the bottom and have them return the form during the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. What are the three risks and dangers of engaging in sexual activity?
2. What is the only way to completely avoid these risks?
3. If someone was to engage in sexual activity, what could they do to reduce the risk of pregnancy?

The Big 3:

- The only 100% effective way to prevent pregnancy is to choose not to have sex.
- If you are sexually active, you need to use a dual method by choosing an effective method of birth control to prevent pregnancy and condoms to reduce the risk of STIs.
- If you want to learn more about these effective methods of contraception please talk to your doctor, parent or guardian, or other trusted adult.

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My child, _____ and I discussed this handout.
First Name Last Name

Signature of Parent or Guardian

Date

Email Address (Please Print Clearly)

Parent or Guardian (Print Name)

School Name