



Parent Letter & Opt-Out Option

Hello parents and caretakers,
Healthy Visions' Healthy Relationships and Sexual Risk Avoidance Education Seminar is being hosted by your child's school and we want to introduce ourselves 😊

Healthy Visions (www.healthyvisions.org) is a Cincinnati community-based nonprofit that has partnered with schools and community organizations to serve its mission to provide quality youth educational programs & content that inspire, educate, assist, and empower youth to make decisions toward optimal health (social, emotional, mental, intellectual & physical) for a happier, healthier, and more hopeful future for 38 years!

Healthy Visions believes that all children are lovable, valuable, and they matter! We believe in the healthy influence of positive trusted adults who support youth in making better choices and having stronger healthy relationships in their lives. Our efforts, focus on supporting school and community-based initiatives that promote healthy positive youth development.

"Positive Youth Development, or PYD, is based on a body of research suggesting that certain "protective factors," or positive influences, can help young people succeed and keep them from having problems. (Scales et al. 2005; Schwartz et al. 2007; Lerner et al. 2005; Theokas et al. 2005) According to this research:

- *Young people may have fewer behavioral problems and may be better prepared for a successful transition to adulthood if they have a variety of opportunities to learn and participate at home, at school, in community-based programs and in their neighborhoods (Edberg 2008).*
- *Some of the elements that can protect young people and put them on the path to success include family support, caring adults, positive peer groups, a strong sense of self and self-esteem, and involvement at school and in the community (Lerner 2005; Lerner et al. 2013).*

PYD favors leadership and skill-building opportunities under the guidance of caring adults. It looks at youth as assets to be developed and gives them the means to build successful futures."

Healthy Visions provides a diverse catalog of engaging youth educational and informational seminars, workshops, assemblies, and school-based programs. One of our programs is our Healthy Relationships and Sexual Risk Avoidance Education Seminar. We are pleased to inform you that Healthy Visions is a part of the Ohio Department of Health funded Statewide Coalition Ohio Adolescent Health Centers (OAHC) (<https://www.oahcyouth.org>) and our program aligns with the state teaching standards for Sexual Education.

Healthy Visions utilizes educational content that is evidence-based and medical accurate. Here are the curricula that we facilitate from:

8-10th curriculum: <https://www.choosingthebest.com/journey>

9-12th curriculum: <https://dibbleinstitute.org/our-programs/love-notes-4-sra>

- ❑ *Transiting from Evidence-Based Love Notes 3.0 SRA in spring semester 2024*



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Healthy Visions' educational approach to topics:

Building Healthy Relationships

Examining the positive starters, reasonable expectations, and what deepens and develops both friendship and dating relationships. Students can differentiate between healthy and unhealthy relationships. Dating abuse and violence are also covered as we demonstrate the best path to take in both dating relationships and friendships when boundaries are crossed—one that is centered on mutual respect & equality. In addition, this education also provides communication, conflict resolution, and boundary setting skills to educate students on how to create & sustain healthy relationships with others, including: classmates, friends, dating partners, teachers, parents, siblings, etc.

Personal Boundary Setting

Assessing personal boundaries are essential to safety, expressing values and pacing a relationship for healthy interactions. Everyone needs to know how to keep the healthy in their lives while reducing the unhealthy. This is an especially important skill for youth in high peer pressure situations. As adults, we know that it's not always easy to set boundaries, whether in our dating relationships or friendships. When educating on boundary setting, we help students identify where their personal boundaries lie, how to communicate expectations, and how to use assertive communication skills to set appropriate limits in relationships.

Sexual Health

Mirroring the public health model, we effectively teach Optimal Health education that focuses on adolescent sexual delay, risk-avoidance, and risk cessation. When discussing sexual intimacy with students in the classroom, we guide them through the unintentional physical, social, and emotional risk that can be associated with participating in sexual activity as a youth. We use medically accurate terms and data. We provide students with communication tools on how to make an informed decision to delay sex and establish healthy physical boundaries that support adolescent sexual delay. We address preventing STI's/STD's, Sexual Consent Recognition, Social & Media Pressures and Myths, 5 Types of Intimacy (other than physical), and Communicating Physical Boundaries.

Goal Setting/Future

Empowering youth's decision making and future planning. Students are encouraged to apply the seminar information they have been provided and set personal future goals for themselves. Goals that are inclusive of Healthy Relationship expectations and boundaries. Through personal and SMART goal setting, healthy standards can be established, healthy expectations can be met, healthy boundaries can be set, and the future can have a clearer target.



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Online Safety/Social Media Decision Making

TikTok, YouTube, Discord, gaming, Snapchat, and Instagram (and the list expands every year) all have teens using mobile apps and interacting with others online. We look at the benefits (community, staying in touch, creative expression, jobs) and risks (cyberbullying, privacy, inappropriate post, sexting, grooming, media addiction) of social media. We encourage students to be responsible, intentional, and considerate of others in their usage.

Healthy Visions' approach to facilitating youth educational programs consistently aims to be:

- Holistic
- Developmental/Age Appropriate
- Trauma Sensitive
- Culturally/Community Relevant
 - Engaging
 - Respectful
 - Supportive
 - Collaborative
- Youth-Centered
- Parent/Caretaker inclusive
 - Skill providing
 - Educational

Our facilitation staff participate year-round in Professional Development Continual Education Hours (CEUs) in the area of Prevention specific education through:

- Ohio Coaching and Mentoring (OCAM) Network <https://ocamnetwork.org/>
- The Ohio State University College of Social Work <https://osucosw.catalog.instructure.com/>
- Prevention FIRST <https://www.prevention-first.org/>

In sharing all about our organization, the evidence-based curricula we use, our facilitation practices, and staff training, we hope you will support your child's participation in this program. We respect our parents and caretakers' rights and stewardship as a parent/caretaker, and it is your option to not have your child participate if you choose.

We are here to support your questions. For more information about Healthy Visions visit us at healthyvisions.org . For specific questions regarding the program being hosted by your child's school please contact Healthy Visions' Program Director, Drá White at dwhite@healthyvisions.org

Thank you parents and caretakers for participating in making our families and communities stronger.



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If you would like your child to participate in your school's hosting of Healthy Visions' Healthy Relationships and Sexual Risk Avoidance Education seminar no action is required.

If you would like to **OPT OUT** your child's participation in your school's hosting of Healthy Visions' Healthy Relationships and Sexual Risk Avoidance Education seminar, then please complete the OPT-OUT portion of this letter and return to your students' hosting teacher no later than **the first day of presentations**. Unless your student's teacher receives the completed opt-out portion below signed by the parent/guardian, your child is set to participate in the seminar during the scheduled week.

With Sincere Regards,
Carole Adlard, Executive Director of Healthy Visions
Carole@healthyvisions.org

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- If you would like your student to participate no further action is needed.
 - **IF you DO NOT want your child to participate in the school scheduled Healthy Visions' Relationships and Sexual Risk Avoidance Education Seminar then please provide the information below and return to your student's hosting teacher.**

Your Student's Full Name: _____

Your Student's School Name: _____

Your Student's Grade Level: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____