

parents



continue the conversation

Parents, we want to keep you informed on what your student will be learning each day through these Optimal Health for Me (oh4m) lessons. We want to include conversation starters to continue the conversation in your family.

7th grade

Your student will learn

Share with your child any expectations/plans on their dream life including social media, boundaries, dating, academic career, exercise, sex, character & anything else that's important to you and your family. If you feel comfortable, share any experiences you had - good or bad - in adolescence.

lesson 1

- importance of optimal health
- there will be some things that they need to seek out and some things to avoid
- character traits of someone they'd like to date or marry some day

lesson 2

- to write down their goal for the future and the steps (objectives) to get to that goal
- that there are things that will be tempting and will get in the way of a successful future + find a way to plan for what gets in the way

lesson 3

- about teen pregnancy (the teen pregnancy rate has consistently gone down in Rutherford Co for the past 10+ years)
- 6 most common STDs
- that avoiding sex is the best way to avoid infections and diseases

lesson 4

- the impact of images on the brain and the learning process
- amount of time teens spend on media/social media and how media affects their emotional health
- when to seek help for themselves or others

Have you had "the talk?"

The talk is a series of conversations throughout adolescence into young adulthood that encourage open honest interaction between you and your child about life, boundaries, values, standards, etc...including sex.