

River Bend CUSD #2 has adopted the Comprehensive Health Education Program (CHEP) per ISBE guidance. The content of the CHEP is required to be published on the District's website for parents to review. Teacher contact information is also required so that parents can contact staff with questions.

In addition to being published on the website, the District is required to teach age appropriate abuse and assault awareness. When offering this material, we also need to provide five days' notice about the content and instruction so that parents can opt out if they so choose.

Teacher Contact Information:

K-5th grade Tammy Meumann at Tmeumann@riverbendschools.net

5th grade Boys introduction to puberty- Derrick Germann at dgermann@riverbendschools.net

5th grade Girls introduction to puberty- Linda Rogis at lrogis@riverbendschools.net

6-12th grade health education- Michelle Rausenberger at mrausenberger@riverbendschools.net

6th grade Second Step Social and Emotional Wellness content- Jacke Wiersema at jwiersema@riverbendschools.net

If you wish to opt out of any or some of the content or class please complete the Opt-Out form at the end of the description pages and return it to your child's teacher.

Grade Course content

<p>K</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. We bring teddy bears named Bo & Brenda dressed in swimsuits for the K-2nd grade to help explain the touching rule. We show a video to each class about Body Safety (each grade has a different video). Kindergarten receives a coloring sheet. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p>
<p>1st</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. We bring teddy bears named Bo & Brenda</p>

	<p>dressed in swimsuits for the K-2nd grade to help explain the touching rule. We show a video to each class about Body Safety (each grade has a different video) and after the movie grades 1st-4th complete a worksheet with me. The worksheet ties together the material we covered. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p>
<p>2nd</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. We bring teddy bears named Bo & Brenda dressed in swimsuits for the K-2nd grade to help explain the touching rule. We show a video to each class about Body Safety (each grade has a different video) and after the movie grades 1st-4th complete a worksheet with me. The worksheet ties together the material we covered. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p>
<p>3rd</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. In 3rd grade we start introducing the word(s) sexual abuse and explain that those are the grown up words for BREAKING the Touching Rule! We show a video to each class about Body Safety (each grade has a different video) and after the movie grades 1st-4th complete a worksheet with me. The worksheet ties together the material we covered. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p>

<p>4th</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. In 3rd grade we start introducing the word(s) sexual abuse and explain that those are the grown up words for BREAKING the Touching Rule! We show a video to each class about Body Safety (each grade has a different video) and after the movie grades 1st-4th complete a worksheet with me. The worksheet ties together the material we covered. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p>
<p>5th</p>	<p>Age appropriate abuse and assault awareness by the YWCA. We reiterate every year the Touching Rule: No one should look at or touch the private parts of your body (the parts covered by the bathing suit) unless to keep you clean and/or healthy. We also reiterate every year The 3 smart words: NO, GO & TELL: If someone tries to break the TOUCHING RULE you say NO, You go & get away and you TELL and you keep telling until a trusted adult does something to keep you safe. In 3rd grade we start introducing the word(s) sexual abuse and explain that those are the grown up words for BREAKING the Touching Rule! We show a video to each class about Body Safety (each grade has a different video). After the video, 5th grade has a discussion. The Key points for all the grades of the Body Safety Curriculum are the Touching Rule and the 3 Smart words NO, GO & TELL! I always make sure the students know someone will BELIEVE them and it would NEVER be their fault! I also emphasize we should never KEEP a SCARY or BAD secret, they MUST tell a trusted adult! Also all of the students receive a pencil with the 3 Smart Words on it!</p> <p>During an additional 5th grade visit, Linda Rogis and Derek Germann address gender specific changes in the development of the body and personal hygiene. Boys and girls are separated during this discussion.</p> <p>5th graders watch a DVD on growth and development. Parents can preview this DVD if requested prior to the students watching it. Permission sheets are sent home prior to the date of the program also. Girls and boys are separated and the following topics are in the DVD program and there is time allowed for discussion after viewing.</p> <p>Girls</p> <ol style="list-style-type: none"> 1) physical changes during puberty for girls 2) overview of the female reproductive system 3) explaining menstruation 4) feminine protection products

	<p>5) body care in relationship to skin, oral, and hair</p> <p>Boys</p> <ol style="list-style-type: none"> 1) physical changes during puberty for boys 2) overview male reproductive system 3) puberty experiences for boys 4) body care in relationship to skin, oral, and hair
<p>6th</p>	<p>6th Grade Second Step Curriculum:</p> <p>1st Quarter:</p> <p>Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives. This unit's content helps create classrooms that are connected and encouraging by helping students set and achieve collective and personal goals, learn from challenges, recognize their personal strengths, and explore the unique aspects of their identities.</p> <p>2nd Quarter:</p> <p>Students learn how to recognize bullying and harassment, stand up safely to bullying, report incidents of bullying, and respond appropriately to harassment. This unit's content helps students develop empathy, understand the impact of bullying and harassment on individuals and their communities, and examine social and environmental factors that contribute to negative behaviors as well as identify solutions for preventing those behaviors.</p> <p>3rd Quarter:</p> <p>Students learn how to recognize strong emotions and unhelpful thoughts, and they learn to apply strategies for managing their emotions and reducing stress. This unit's content helps students understand that all emotions are valuable because they provide us with information about our environment. Students learn to respond to their emotions in ways that help meet their wants and needs.</p> <p>4th Quarter:</p> <p>Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict. This unit's content helps students learn to honor and understand differences based on varied personal, familial, and cultural backgrounds.</p> <p>YWCA: Safe Dates is an adolescent Dating Abuse Prevention Program. It is an evidence-based curriculum that educates youth and adolescents on how to identify and prevent dating violence. We start building a foundation with the 6th</p>

	<p>grade lesson discussing what we like to see in others, characteristics etc., and how we expect to be treated by others. We also discuss that it's good to set boundaries with friends, classmates, and dating partners. At the 6th grade level when I discuss relationships I refer mainly to friendships. We also do a Bingo activity.</p>
7th Grade	<p><u>1st Quarter Health Triangle and Physical Health</u></p> <p>Discuss the 3 parts of the Health Triangle- Mental/Emotional, Social and Physical</p> <p>What is the difference between Health and Wellness?</p> <p>What are the parts of teeth?</p> <p>Plaque vs Tartar</p> <p>What age do you get different teeth?</p> <p>What are the 3 layers of skin?</p> <p>What is in each layer?</p> <p>What is the difference between whiteheads, blackheads and pimples?</p> <p>What is Melanin?</p> <p>What can you do for your hair and fingernails to keep them clean?</p> <p>What are the parts of your eyes?</p> <p>What are different eye conditions you may have?</p> <p>What are the parts of your ear?</p> <p>What is Tinnitus in the ears?</p> <p>Take a Frequency test.</p> <p>How can you be a smart consumer?</p> <p>How do stores try to get you to buy things?</p>

What is an infomercial or an endorsement?

What do you need to think about before you buy? (Warranty, Price, etc...)

How to use medicines safely. Reading the label, how to take it.

Choosing Health Care for you.

What are some specialists you may go to ?

2nd Quarter: Mental and Emotional Health

Define Mental and Emotional Health

What makes up your personality?

Signs of strong Mental/Emotional Health

What is Empathy? Video

What is Resilience?

Self Concept vs Self Esteem

Factors that influence your self-esteem

Optimistic vs Pessimistic

How to build Self-Esteem?

Set a goal for yourself to improve your self-esteem.

Why are teens moody? Video

Activity on how we are all moody/hormones.

Different types of emotions we feel and how to deal with them.

What are the 5 stages of grief?

How to manage your emotions in a healthy way?

How do you manage stress?

What are some stressors in your life?

What is the fight or flight response?

What is Adrenaline?

What is Fatigue?

How do you avoid Stress?

What are some Mental and Emotional Disorders?

What are the signs of Suicide?

How do you get help for yourself or someone else with a disorder?

What are some resources?

3rd Quarter: Building Healthy Relationships

What are the 3 parts of Communication?

Define Communication.

Verbal vs Nonverbal Communication

How to read body language

Tips on speaking correctly

Tips on listening correctly

Tips to remember when writing to someone

Different Types of Families

Same-Sex Marriage Law

What does your family do for you?

How to build family relationships.

Work on the island project for the 3 C's of Social Health-Compromise, Cooperation and Communication.

How do you cope with changes in your life?

How would you define a friend?

Define: nurture, peers, acquaintance, compromise, peer pressure,

Traits of a good friend

How do you resist negative peer pressure?

What are abstinence and refusal skills?

What are the dangers of risky behaviors?

What are some refusal skills you can use?

4th Quarter: Growing and Changing (Still need to edit)

What Physical Changes do Middle Schoolers go through?

What Mental/Emotional Changes do Middle Schoolers go through?

What Social Changes do Middle Schoolers go through?

What is the Endocrine System and how does it affect them during this time?

What is Metabolism?

What is the difference between Diabetes Type 1 and 2?

What is Thyroid Disease? What are the 2 types?

Review/reintroduce Male Anatomy.

Review/reintroduce Female Anatomy.

How does the Menstrual Cycle work?

What is Fertilization?

How do twins and multiples happen?

What are the stages of life that we go through?

Speaker: YWCA - The 7th grade Safe Dates presentation is a bit more mature and we discuss red flags of an unhealthy relationship. We do an activity where I read what an unhealthy relationship makes a teenager look like for a teenager and then we discuss it. Its age appropriate

	<p>We will be doing homework assignments, quizzes, tests, projects (single and with a partner).</p>
8th	<p><u>1st Quarter: Nervous and Circulatory Systems</u></p> <p>What do the chambers of the heart do?</p> <p>Arteries vs veins, what is the difference?</p> <p>How does the heart work with the lungs?</p> <p>How does the blood go through your heart and body? Name job and location with it.</p> <p>What do the valves do?</p> <p>What are the 4 parts of blood?</p> <p>What do you need to know about your own family health history?</p> <p>How do energy drinks affect your body? (True Story)</p> <p>Who can donate blood and to who? Video</p> <p>How does blood pressure work?</p> <p>How does the Nervous System work?</p> <p><u>2nd Quarter: Muscular and Skeletal Systems</u></p> <p>How many bones are in an average human body?</p> <p>Do babies have kneecaps?</p> <p>Label and color 23 bones.</p> <p>What are the 2 sections of the Skeletal System?</p> <p>Some Facts about the Skeletal System.</p> <p>Skeletal System Poster Activity</p> <p>What are the 5 types of joints in the Skeleton?</p>

How many Muscles do you have?

Go over 20 Main Muscles with the job and location.

3rd Quarter: Health Topics

Discuss different true stories - Disting,Drunk Driving, Sportsmanship, Pam Laffin- smoking

What does 2nd hand smoking do to you?

What happens when you stop smoking?

What is Sex Trafficking and is it around this area and how to protect yourself?

You make a difference by just something simple.- 2 Videos

Peer Teaching- Steroids, Ecstasy,Smoking, Alcohol, Anorexia, Bulimia, Heroin, Inflanants. Title Page, What is it?, List 8 side effects/warning signs and 3 facts

What Qualities to look for in a mate. Everyone is different.

What is the definition of Abstinence? Promote this first and foremost.

What are STI's and the effects of them?

What is Birth Control?

What are the different types of couples?

What are tips for Healthy Living? Video

What is the cost to raise a child to age 17? Write a 500+ word paper on how your life will be 15 years from now.

4th Quarter: Game Plan Workbook (Abstinence Based workbook)

<http://www.ampartnership.org/curriculum/game-plan/>

Chapter 1- "I Got Game"

What goals do you have for your future and how will you reach them?

What are some career goals?

What does Abstinence means? And how will it affect you at this age.

Introduce and define abstinence as a positive and healthy choice in achieving goals and dreams.

Chapter 2- "TV Time-out"

What messages about sex are communicated to us in the media?

How does the media affect our attitudes and behaviors regarding sexual activity?

Make the connection between media and profit and explain how sex is used to increase profits for media companies.

Help students calculate and consider media influence in their lives.

Chapter 3- "Rules of the Game"

Help students understand that rules can be beneficial in sports and life.

Examine possible physical, emotional, mental and social consequences of sexual activity outside of marriage.

Assist students in formulating a plan for self-control by setting rules for themselves.

Chapter 4- "Avoiding the Penalties"

Help students understand the major sexually transmitted diseases and their symptoms.

Help students understand the serious nature of the STD's epidemic and accurately evaluate the risk of infection among teens.

Examine the long-term and life-changing effects of STD's.

Chapter 5- "Half -Time"

Examine how teens who have already been sexually active can start over by choosing abstinence.

Discuss the negative emotional effects of sexual activity.

Chapter 6- "Building Your Team"

	<p>Help students to see how their choice of friends can influence their lives.</p> <p>Introduce the concept of character and define key character qualities.</p> <p>Examine the differences between healthy and unhealthy relationships.</p> <p>Chapter 7- “Winning The Prize”</p> <p>Help students examine their attitudes and opinions about marriage.</p> <p>Explore the qualities found in healthy and happy marriages.</p> <p>Examine how abstinence can help students in achieving the goal of marriage.</p> <p>Chapter 8- “Game Time”</p> <p>Review goals and dreams.</p> <p>Examine the importance of setting boundaries in dating relationships and help students create a plan for dealing with peer pressure.</p> <p>Promotes Abstinence- STI's - Life Choices and Real Stories</p> <p>Speakers: YWCA- The 8th grade Safe Dates presentation is definitely more mature subject matter. We discuss Consent and Dating Violence. I read a scenario and we break it down and discuss it. It always seems to go well and the students handle it maturely. The 8th grade lesson is where I was hoping to show a 2 minute YouTube video if you think we can make it happen.</p> <p style="text-align: center;">Mercy Hospital- Chronic Diseases and Healthy Eating</p> <p>We will be doing homework assignments, quizzes, tests, projects (single and with a partner).</p>
<p>9-12 one semester</p>	<p>Health class is designed to cover topics such as:</p> <p>Unit 1 Health Skills</p> <ul style="list-style-type: none"> -Health Triangle:Definitions/Examples/Project *Mental/Emotional Health *Social Health *Physical Health -Factors that affect your Health Status -What is the difference between Health vs Wellness -Health Literate Person - Find out about your own Health Records with parents/guardians -Analyzing Influences- types of Advertising -Different types of Communication and how important it is - Ways to deal with Peer Pressure (Positive and Negative) -Types of Behavior

- Types of Conflicts
- How use Conflict- Resolution
- What influences our Life Expectancy
- Using the 6 steps to Decision Making throughout your life

Unit 7 Alcohol, Tobacco and Other Drugs

- Is it Drug Misuse or Drug Abuse
- How do people take drugs?
- What are Over the Counter Drugs - OTC
- Brand Name vs Generic Name Drugs
- Side effects of Prescription Drugs
- What are Herbal Supplements
- Project to Understand: Blackout, Hazing Activity, Acquaintance Rape, Cirrhosis, Rape, Domestic Violence, BAC, Denial, Alcoholic Hepatitis, Stillbirth, FAS, Miscarriage, Ulcer, Malnutrition, Binge Drinking, Hangover, Toxin and Proof.
- What effects does alcohol have on your body systems?
- Project to Understand: Anabolic Steroids, Bath Salts(Flakka), Cocaine, Ecstasy (MDMA), GHB, Hashish, Heroin, Ketamine, Krokodil, LSD, Marijuana, Mescaline, Opium, PCP/TCP, Psilocybin (Magic Mushroom), Quaaludes, Rohypnol/Flunitrazepam, Methamphetamine, Synthetic Marijuana (K2) and Prescription Medicine
- How to Avoid Drug Dependence
- How does Tobacco affect your body systems
- Resisting Pressure to Abuse Drugs
- Warning signs of a drug users
- Who is your role model and why- written letter to them
- What is Drug Trafficking and how does it affect people
- Benefits of a drug free lifestyle
- What is an Intervention
- What treatment options are there for drug and alcohol users

Unit 4 Growth and Development

- Facts about each body system
- Physical Changes from middle school
- Mental/Emotional Changes from middle school
- Social Changes from middle school
- Anatomy of the Female Reproductive System
- Anatomy of the Male Reproductive System
- How to protect both reproductive systems
- At what age will you need to have certain tests done to stay healthy?
- How does fertilization happen?
- Learning about Pregnancy and Childbirth
- How many chromosomes do we have and what do some of them do?
- What is Heredity?
- What to expect from having an ultrasound?
- What happens when there are Multiple births?
- What are the 3 stages of birth?
- What happens during a Cesarean birth?
- What are some possible complications during birth?
- What are some things they do not tell you about childbirth?

- What are the choices for Birth Control for both male and females?
- How to care for infants and children.
- What is SIDS?
- What kind of learner are you and what works best for you?
- Difference between Chronological Age and Biological Age
- What are some diseases that could affect you later on in life or at any time?
- What is a Living Will and is it important to have one?
- What does Hospice mean?

*Students will be certified in Community CPR from an online training program/ProTrainings

*Speakers:

- Tami/Justin come in and talk about Multiple Sclerosis and how it has affected them and their outlook (amazing stories).
- Whiteside Health Department- Explain Birth Control and STI's
- YWCA- Safe Dating and Sexual Violence
- Mercy Hospital- Respiratory Therapist- The effects of Smoking and Vaping

*The students will do a wide variety of activities to reinforce learning by doing hands-on projects, lectures, google slideshow, student-to-student learning, self-taught learning and others.

River Bend CUSD #2

Comprehensive Health Education Opt-Out Form

Date: _____

Material to be covered:

Per the Comprehensive Health Education Program Guidelines parents/guardians have the right to opt their children out of some or all of the health education programming. If you wish to opt your child out of some or all of the CHEP courses please complete the information below and return the Opt-Out form to your child's teacher.

Based on the type of lesson and time, alternative assignments may need to be assigned. Teachers will provide information about alternative assignments if necessary.

Child's Name: _____

Material or course you wish to have your child not participate in: _____

Parent signature: _____