



## Greenville Technical Charter High School

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[www.gtchs.org](http://www.gtchs.org)

Dear Parents,

As part of the comprehensive health program in SC, we are required to teach certain standards throughout the year; we incorporate the standards on health, fitness, and nutrition into our Physical Education classes at GTCHS. Part of those standards that are mandated by law are the 750 minutes of reproductive health and pregnancy prevention education.

This year, there are two options for students to fulfill that requirement. For both programs, trained instructors come into our school, the classes are separated by gender, and curriculum is available for review.

The first is a program that is endorsed by the SC Campaign to Prevent Teen Pregnancy and is an "abstinence first" program; **This is the program that your child will be placed in "automatically" by GTCHS.** It addresses the following units of instruction –

- ✦ Knowing Yourself – personality style, baggage, expectations, mapping your future
- ✦ Forming and maintaining healthy relationships – knowledge, skills, smart steps
- ✦ Frameworks for assessing relationships and making decisions
- ✦ Recognizing unhealthy relationships and responding to dangerous one
- ✦ Effective communication and conflict management skills
- ✦ Intimacy, sexual values, pacing relationships, consent, and sex
- ✦ Planning for sexual choices using a comprehensive sex education/abstinence first model in which types of contraception are discussed with limitations explained and information about STDS are taught
- ✦ Success Sequence (how school, commitment, and unplanned pregnancy could impact your future)

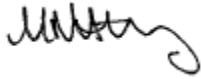
The second is a program that is offered by Live Free Abstinence Educators. It is the Choosing the Best Journey curriculum. In this program the objectives include

- ✦ Introduction to sexual risk avoidance as a holistic health model
- ✦ How consequences of sexual behavior can hinder personal goals
- ✦ The impact of alcohol on making decisions about sex and the sex crime laws of SC
- ✦ The financial impact of unplanned pregnancy and explaining types of contraception with an emphasis on abstinence being the only 100% effective method
- ✦ Types of STDs
- ✦ How premarital sex can lead to unhealthy relationships and the benefits of sex within marriage
- ✦ How abstinence provides freedom from risk and the ability to pursue goals/dreams
- ✦ How to overcome sexual pressure and set boundaries
- ✦ How to say no and maintain healthy relationships
- ✦ How premarital sex impacts a person's physical, emotional, mental, and social well-being

The final lesson will include the presentation of abstinence freedom pledge cards and testimonials.

As with all of our programs and decisions, we want to be transparent and ensure parents have full information. If you have any questions, please email Mrs. Anthony at [manthony@staff.gtchs.org](mailto:manthony@staff.gtchs.org).

All the best,



Mary Nell Anthony  
Principal, GTCHS

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### Parent Opt-In

**For your child to receive the state mandated 750 minutes of reproductive health and sexual education, you do not need to do anything.** Your child will automatically be placed into the "abstinence first" curriculum option endorsed by the SC Campaign to Prevent Teen Pregnancy.

If you prefer to opt-in to Live Free program that more strongly endorses an abstinent life style, please sign this form and return to your child's PE teacher by Wednesday, August 28. These classes will begin on Tuesday, Sept. 3.

Child's name \_\_\_\_\_

Parent's name \_\_\_\_\_

PE teacher \_\_\_\_\_ Class period \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_