**HOPE**

This year your son/daughter will be participating in the HOPE education program. This one year HOPE education class is required for graduation. There are six units of study. Topics to be included are:

\*\***Mental Health**

\*Building Positive Emotional Development Values \*Interpersonal Relationships \*Relationship Violence Prevention \*Coping Skills for Time and Stress Management \*Mental Disorders/Suicide \*Responsible Decision-Making and Goal Planning \*Loss and Separation \*Agencies in the Community

**\*\*Personal Health**

\*Nutritional Requirements \*Eating Patterns for Weight Control \*Nutritional Health Hazards \*Signs and Symptoms of Eating Disorders \*Body Art \*Exercise and Body Composition

**\*\*Human Sexuality**

\*Social Dating Behavior/Date Rape \*Marriage \*Parenting \*Family \*Sexual Attitude Awareness \*Male/Female Reproductive System (review) \*Human Reproduction \*Fetal Development and Birth \*Genetics (optional) \*Birth Defects and Parental Care \*Benefits of Abstinence for Unmarried Teens \*Contraception

**\*\*Diseases and Disorders**

\*Breast Self Examination and Testicular Cancer \*Infectious Diseases (emphasizing sexually transmitted diseases) \*HIV/AIDS \*Noninfectious diseases \*Chronic Disorders \*Inherited Disorders

**\*\*Substance Abuse**

\*Nonprescription Drugs and Prescription Drugs \*Alcohol \*Tobacco \*Illegal Drugs \*Appropriate versus Inappropriate Use of Drugs \*Available Community Resources Relating to Substance Abuse

**\*\*Cardiopulmonary Resuscitation**

\*Cardiopulmonary Resuscitation (one-person adult rescue)

If student ask questions about health services, I would direct them to their family, family physician and public health agencies. If you have any questions, please contact me at 942-5419.

Sincerely,

HOPE Education Teacher