



Carson City School District
1402 W King Street, Carson City, NV 89703
(775) 283-2000 Fax (775) 283-2090
www.CarsonCitySchools.com

Family Life Advisory Committee
Monday, December 13, 2021
6:30 PM

MINUTES

Location of Meeting:

Carson High School
1111 North Saliman Road
Carson City, NV 89701
Room 148

Please park in the North parking Lot and come through the North Entrance of the school

Introduction of Committee Members

The meeting was called to order at 6:45 p.m.

Present: Stella Thornton (student), Dan Thornton (parent), Vanessa White (religious representative), Fawn Lewis (parent), Kyndra Jones (parent), Sheila Story (chair), and Cheryl Macy (district office).

Community members present: Marie King, Betsy Strausburg, Karen Stephens, and Joy Trushenski.

- Approval of the minutes from: November 15, 2021
The group discussed the minutes. Revisions to the minutes: Fawn Lewis added as having attended, and Roni Galas' name had been misspelled. The group decided to table this until the end of the meeting so the minutes could be fixed before a vote to approve. At the end of the meeting, the group did not have a quorum, so this item was tabled until the next meeting.
- Birth Control – Find a Method that is Right for You <https://www.bedsider.org/birth-control>
For review and possible approval
This resource is not for students to use. It is being offered to teachers as a resource for up-to-date information if needed to present to students. Information relates to quick facts, costs,

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doses, etc. Ms. Thornton asked if we could approve the site for student use. Mrs. Story clarified that if we were to do so, we would have to go through each section of the web site to decide if it is appropriate for student use and for what age group. For this particular meeting, we are looking at the site for teacher resource for curriculum development.

Community member questions:

Ms. Strausburg asked what classes would use this resource. Mrs. Story indicated that it would be for health classes and possibly health occupation classes.

The same opt-in forms that is sent home for the family life unit is applied to curriculum used from this site. Mrs. Story explained that the opt-in form is a permission slip that parents sign in order for the student to participate in the family life unit. When an opt-in form is not returned, that is considered an opt-out, meaning the student does not participate.

Ms. White expressed a concern about the emergency contraception on the site. There are multiple types, and she is concerned that the site does not go into the physiology of the contraception. Ms. Thornton stated that it does cover four different types of emergency contraception.

Mr. Thornton stated that this is a valuable resource to teachers.

Mr. Thornton motioned to approve the resource. Kendra seconded.

Vote: The group unanimously voted to approve the web site for teacher use only. No nays and no abstentions. Ms. White added that for future resources, she would like more physiology details.

The group completed the Material Evaluation Sheet that the committee uses to evaluate a resource. Grade level: The group decided that the resource for grades 7 and above for both genders.

Community member Ms. Strausburg indicated that this is just one of many resources.

- Carson City Health and Human Services – Veronica Galas, BSN, RN – Adolescent Health Curriculum Review

For review and possible approval

1. Promoting Health Among Teens

The agenda of this meeting has been posted at the following locations: (1) Department of Education, 700 East Fifth Street; (2) School Administration Office, 1402 W. King Street; (3) Carson City Community Center, 851 E. William Street; and (4) Carson City Manager's Office, 201 N. Carson Street.

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- a. Ms. Galas introduced the program **Promoting Health Among Teens (PHAT): Changes to the Body During Puberty**, which is the curriculum that the Family Life Advisory Committee has chosen for Carson City School District. This covers the anatomy of males and females, hormones, body shapes, and physiology changes. The resource also normalizes different figures. The class provides definitions of oral sex, vaginal sex, and anal sex. It covers how a female becomes pregnant as well as STDs (AIDs, Hepatitis, chlamydia), covering which are bacterial and which are viral. Because viral STDs don't go away, they have to be managed long-term. This curriculum covers symptoms, risks of getting the STD, and the treatment. Ms. Galas indicated that the program does not go into great detail.
 - b. The curriculum also goes into goal-setting by having students establish what they have accomplished and what they want to accomplish in five and ten years. Students then identify a goal to focus on and write down what they can do now to reach the goal and what they could do to *not* reach the goal. Students then connect these goals to current actions and how that goal would be impacted by a negative consequence of sexual activity. In short, the curriculum is intended to communicate that sex has consequences.
 - c. The curriculum covers negotiations skills and peer pressure.
 - d. This curriculum is evidenced-based in that it has proven to decrease student sexual activity, and it includes games and other engagement activities to teach abstinence.
 - e. Because the curriculum is abstinence based, it does not mention condoms or prevention.
 - f. The CCHHS permission slip for the PHAT program is attached. Listed on the back of the permission slip are the learning outcomes of the program.
2. The other curriculum the city health department offers is **Making Proud Choices**, another curriculum offered by Carson City Health and Human Services but that has not been adopted by the Carson City School District Family Life Advisory Committee. This curriculum does not cover puberty.
 - a. Making Proud Choices does cover condoms, expirations dates, how to open the package and (using a hand) how to apply the condom. There must be space at the tip of the condom to prevent breakage. Additionally, the content covers how to take the condom off, how to dispose of the condom and how to store a condom to ensure it functions properly.
 - b. This curriculum also covers birth control. The instructor brings in a basket of various methods: an IUD, birth control pills, condoms, etc. There is discussion around which methods use hormones and how each of them work and how long they last.
 - c. The CCHHS permission slip for the Making Proud Choices program is attached. Listed on the back of the permission slip are the learning outcomes of the program.
 - d. There is a great deal of discussion around consent with this curriculum.
 3. All of these curricula are presented factually.

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4. Questions:

Question from Ms. Thornton: Is it possible to talk about the other reasons to use birth control, such as the use of birth control pills for menstrual problems or PMS? Ms. Galas stated that the curriculum does not cover this topic. If the committee asked that this be added, the instructors can provide that content.

Question from Ms. Thornton: When discussing birth control, would the instructor cover emergency contraception and the physiology? Mrs. Galas explained that they explain the different types (one that works before and one works after). However, the content does not go further into this topic.

Question from Mrs. Story: How long does this take? Ms. Galas explained that there are eight modules designed to be an hour-long for each module.

Question from Ms. Jones: What grade levels are these taught in? Ms. Galas explained that this is taught in grade nine.

Question from Ms. Jones: Can we approve this current curriculum for lower levels? Mrs. Story indicated that the committee can do so.

Question from Ms. Jones: Is there a handout that goes to parents that suggests ways to support the child at home with these issues. Ms. Galas explained that there is another additional curriculum, Families Talking Together, directed toward parents. She is currently not trained on this, but she will be in January and can come back to present to the committee after on that curriculum after the training.

Because we no longer had a quorum, no motions were made. We can have Ms. Galas come back to vote on a change of curriculum.

- Next Meeting Date: January 10, 2022 @ 6:30 PM

At the next meeting, we will review the bylaws.

Mrs. Story has reached out to the National Honor Society to request another student representative for the committee.

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At the next meeting, we will approve the November 2021 minutes.

Action may be taken on any agenda item unless noted “for discussion only.”

If your item requires extended discussion, please request the chairperson to schedule the matter for a future meeting.

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For Office Use Only

Session #: _____

Facilitator: _____

Session Dates: _____

Class Age Group: _____

Location: _____

Adolescent Health Education Program's
Making Proud Choices
Permission Slip

This permission slip must be completed and returned to the program facilitator, or classroom teacher, before the beginning of the program. If the permission slip is returned the day of the class, the parent or guardian is requested to place a call informing the program that the minor will be in attendance. If the permission slip has not been turned in, the youth will not be allowed to participate.

Questions? Call Vicky at (775) 283-7529.

Youth's Name: _____

Phone: _____

Date of Birth: ____/____/____

Age: _____

Gender: _____

Race (circle one):

Asian

Black

Hispanic

Native American

Native Hawaiian

White

Other

Mailing Address: _____

City: _____ State: _____ Zip: _____ County: _____

The Making Proud Choices (MPC) – Comprehensive: Abstinence and Safer Sex Intervention is an evidence-based teen pregnancy prevention program open to youth ages 13-18. The course is designed to help youth make healthy choices and avoid obstacles to achieving their goals. MPC does this by giving youth the tools that make it easier to select and properly use contraceptives, or to abstain from sexual intercourse altogether. There are many topics that will be discussed in this program that can be a sensitive subject for many families. We want you to know exactly what participants are going to be learning about ahead of time. The program course delivers medically accurate information presented in 8 one hour modules that covers many topics, including:

- Changes to the body during puberty
- Clinical definitions of abstinence, oral sex, vaginal sex, and anal sex in the context of pregnancy and the transmission of STD's, including HIV
- How a woman becomes pregnant and myth-dispelling

- Identifying and handling peer pressure, and unhealthy relationships
- How to use abstinence to delay the onset of sexual activity
- Different types of contraceptives, their proper uses (including a condom demonstration), and how they can be used to avoid unplanned pregnancy and STD infection
- Condom demonstration
- Definition of HIV and its transmission
- Long-term goal setting and how consequences of today's actions affect the future
- Identifying risky situations, and how to avoid them
- Negotiation methods and tools to help teens stand up for their needs and choices

The purpose of this program is to inform and empower youth to consider the immediate risks and life-long consequences that are associated with sex and to encourage them to properly use contraceptives or, to abstain from sexual intercourse, to prevent pregnancy, STD's including HIV.

I (your name), _____, as the parent or legal guardian of (youth's name) _____, understand the subject matter that will be taught in this program and give my consent for him/her to participate in Making Proud Choices (MPC). I understand that the program incentive is to be given to the youth named on this form.

Signature: _____ Date: _____

If the MPC class is facilitated in a school setting PLEASE return the permission slip to your classroom teacher prior to the beginning of Making Proud Choices. Thank you!

You may return this permission slip by mail:

AHEP – Vicky Chandler
900 E. Long Street
Carson City, NV 89706

Or by Fax:

Attn: Vicky Chandler
Fax #: (775) 887-2539

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For Office Use Only

Session #: _____

Facilitator: _____

Session Dates: _____

Class Age Group: _____

Location: _____

Promoting Health Among Teens (PHAT) – Abstinence Only Intervention
Permission Slip

Please complete with signature and return to the facilitator before the beginning of the program. Unfortunately, if the permission slip has not been turned in, the youth will not be allowed to participate.

Questions? Please Call Class Facilitator: Vicky Chandler 775-283-7529

Youth's Name: _____

Phone: _____

Date of Birth: ____/____/____

Age: _____

Gender: _____

Race (circle one): Asian Black Hispanic Native American
 Native Hawaiian White Other

Mailing Address: _____

City: _____ State: _____ Zip: _____ County: _____

The PHAT – Abstinence Only Intervention has been brought to Carson City Health and Human Services to encourage youth in our community to remain or become abstinent as a means of preventing teen pregnancy. Even with improvements in reproductive health care, abstinence is the only 100% effective method of preventing pregnancy and the spread of diseases such as STD's and HIV. There are many topics that will be discussed in this program that can be a sensitive subject for many families. We want you to know exactly what participants are going to be learning about ahead of time. Topics include:

- Changes to the body during puberty
- Anatomy of the male and female reproductive systems (diagrams and naming)

- Clinical definitions of abstinence, oral sex, vaginal sex, and anal sex in the context of pregnancy and the transmission of STD's, including HIV.
 - Note: there are absolutely no diagrams, photos, film or other media depicting the above sexual acts in the PHAT program.
- How a woman becomes pregnant and myth-dispelling
- Types of STD's and their transmission
- Definition of HIV and its transmission
- Long-term goal setting and how consequences of today's actions affect the future
- Identifying risky situations, and how to avoid them
- Negotiation methods and tools to help teens stand up for their needs and choices
- Contraceptives are not discussed in this curriculum. However, if students ask questions about contraceptives, their questions will be answered factually and without any negative connotations.

The purpose of this program is to inform and empower youth to consider the immediate risks and life-long consequences that are associated with sex and to encourage them to use abstinence to prevent pregnancy, STD's and HIV.

I (your name), _____, as the parent or legal guardian of (youth's name) _____, understand the subject matter that will be taught in this program and give my consent for him/her to participate in the Promoting Health Among Teens – Abstinence Only Intervention program. I understand that the program incentive is to be given to the youth named on this form.

Signature: _____

Date: _____

Please Return the Permission Slip to:
 The Adolescent Health Education Program - Vicky Chandler
 Carson City Health and Human Services
 900 East Long Street
 Carson City NV 89706

This publication was supported by the Nevada State Health Division through Grant Number 2101NVAEGP from the Department of Health & Human Services, Administration for Children and Families. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Nevada State Health Division nor the Department of Health & Human Services, Administration for Children and Families. Any activities performed under this subgrant shall acknowledge the funding was provided through the State Health Division by Grant Number 2101NVAEGP from the Department of Health & Human Services, Administration for Children and Families.