



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

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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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