



Cumberland County Schools

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2010-2011 School Year

MEMORANDUM

To: Parents of Cumberland County Middle and High Schools Students

From: Dr. Frank Till, Ed. D., Superintendent

Subject: Healthy Youth Act

This year your child is enrolled in the Health component of Healthful Living Education. In this course, students have the opportunity to learn about the prevention of serious health risks for adolescents: poor nutrition, violence prevention, drug/alcohol/tobacco use, lack of fitness, unintended pregnancy, and diseases. The goal of Healthful Living Education is for young people to have the knowledge and skills to make healthy choices now and for later in life.

The administration and faculty of Cumberland County Schools recognize parents as the most important sources of information about family life and sexuality and that schools have a role in promoting healthy behavior as well. Cumberland County Schools follows the requirements of the Healthy Youth Act, passed by the legislature in 2009. Within the curriculum lessons on relationships, abstinence until marriage will continue to be taught along with methods of pregnancy prevention, disease prevention, and the prevention and reporting of sexual assault and abuse. Also taught are the topics of healthy dating relationships and avoiding sexual pressure. All curricula will be available for preview two weeks prior to instruction. **If you do not want your child to participate in the Healthy Youth Act component, simply send a letter stating your wishes to the Health and Physical Education teacher.** Your child will be given an alternative assignment during those class periods.

A recent statewide poll indicates a high level of parental support for NC students to learn about these issues in public schools. [See parent survey at www.nchealthyschools.org.] You are encouraged, if you have any questions about the *NC Standard Course of Study*, to contact your child's teacher or principal.

C: Dr. Mary Black
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School Support