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Choctaw Nation Better Beginnings

SMART Program

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Dear Parent or Guardian:

The Choctaw **SMART** Program will be implementing the evidence- based educational high school curriculum, Love Notes to high school students that attend Partnering School Districts located in **Choctaw, McCurtain, Pushmataha, Bryan, Pittsburg, and Atoka Counties**. This Program is funded by the Department of Health and Human Services Office of Population Affairs. The project goal is to have a significant impact on reducing teen pregnancy and STD/STI rates by replicating evidence-based teen pregnancy prevention programs in high schools. These five counties have some of the highest teen pregnancy and STD/STI rates in Southeast Oklahoma. This program will help students learn ways to prevent STD/STI, and unintended pregnancies. All lessons will be taught by trained instructors from the Choctaw Nation SMART Program during the school day. *Students* will receive 13 core lessons and will learn and practice ways to resist pressure to have sex. This program includes homework activities to help parents and teens talk about topics being taught. This homework is voluntary, and students will not share their answers in class. Curriculum outline is listed below. You are welcome to preview the Love Notes materials. Please contact Christi Hammons at 580-326-8304 or by email chammons@choctawnation.com to arrange a preview time or if you have any questions about the program. Please have your teen return this form to the school.

Thank You for Your Support

What are the Risks of the Study?

The risks involved in the study are minimal as it involves filling out questionnaires and pre/post testing.

What about Confidentiality?

Efforts will be made to keep each student's identity confidential. Students will not be identifiable by name in any reports of data collection. Students will be identified by number codes during pre/post testing therefore insuring confidentiality of all students' data.

Are There Benefits to Taking Part in the Study?

We hope that the information being taught to students will educate them in making healthy decisions when it comes to sexual health and help adolescents in the future.

Love Notes Curriculum includes:

Lesson 1: Relationships Today

Lesson 2: Knowing Yourself

Lesson 3: My expectations my future

- Lesson 4: Attractions and starting relationships.
- Lesson 5: Principles of smart relationships
- Lesson 6: Is it a healthy relationship.
- Lesson 7: Dangerous love
- Lesson 8: Decide don't slide pathways and sequences toward success.
- Lesson 9: Communication and healthy relationships
- Lesson 10: Communication challenges and more skills
- Lesson 11: Let's talk about sex.
- Lesson 12: Let's plan for choices.
- Lesson 13: Through the eyes of a child

Informed Consent High School Love Notes :

It is the Choctaw Nation's interest to analyze all the aggregated data collected from the total student body and share those results with the Department of Health and Human Services Office of Population Affairs, Choctaw Nation of Oklahoma, and School Board Professionals upon request if they so desire. Data will represent the total study population which includes schools in Choctaw, McCurtain, Pushmataha, Bryan, Pittsburg, and Atoka counties with similar demographics, but could be drafted by individual school districts to inform school professionals of future curricula materials that may be beneficial to their individual school.

Please check below, sign and return this form to school.

I do give my permission for my child to participate in the Love Notes Program.

I do not give my permission for my child to participate in the Love Notes Program

Parent or Authorized
Guardian Signature

Print Name

Date

Student Signature

Print Name

Date