

Dear Parents,

We are so excited for the opportunity to bring our EmpowerEd program to your students. This program is part of Options Health, and has been designed to equip and empower youth, parents, and educators to navigate the tough waters of our culture when it comes to sex and dating. EmpowerEd offers research-based material that is rooted and grounded in Scripture. The aim is to lead students to discover God's design and purpose for sex so that they are equipped to make healthy choices in this challenging arena of life. We encourage you to use this EmpowerEd series as an opportunity to begin crucial conversations with your students about these tough topics.

The five lessons taught through EmpowerEd are titled: (1) Let's Talk About Sex, (2) Real Risks of Sexual Activity, (3) Real Risks of Sexual Activity: Pregnancy & Prevention, (4) Dating & Healthy Relationships, and (5) Making Healthy Choices for the Future. For each lesson of the series, students will experience an interactive multimedia presentation by our EmpowerEd educators and then will be given time to discuss the material as a class or in small groups.

We are aware that our material includes sensitive topics, so if you have any questions or concerns about any of the material, please feel free to contact us and we can give you further insight in an effort to keep you fully informed.

Thank you for giving us the honor and privilege to speak to your student! We love the role God has given us in planting seeds of life and hope in the heart of each student. We trust EmpowerEd will have a great impact on your student.

Blessings!

The EmpowerEd Team  
Options Health