

Dear Parents,

Westwood Independent School District is pleased to announce the implementation of a family centered, values-based sexual risk avoidance program, ESTEEM. This is a 10 lesson course which helps to improve students' awareness of and tendency toward making healthy decisions. The more students are aware of dangers and consequences of risky behaviors, the more prepared they will be to avoid such situations. Teens that choose to "wait" stay in school longer. ESTEEM has proven to help students understand the impact of their choices.

Topics include: critical thinking and decision making, future goal setting, coverage of medically accurate STD information, media influences, relationship building skills, consequences of drug and alcohol use, improving self-respect, and more.

ESTEEM is offered to students 6<sup>th</sup> through 12<sup>th</sup> grade in many Northeast Texas school districts and several schools across the nation. Westwood ISD will initially offer the ESTEEM program for 6<sup>th</sup> through 9<sup>th</sup> grades. Teachers who have been trained at your child's campus will be delivering the program over the next few weeks.

Studies indicate that parental involvement in abstinence education is an integral part of student success. Parents are welcomed to attend the classes. In addition, sets of ESTEEM workbooks will be available for review in the main office of each campus.

**Westwood ISD will hold a Parent Preview Night, November 12, 2013 beginning at 6:30 in the Theatre Arts Room on the High School Campus. ESTEEM developer and trainer Mrs. Tonya Waite will conduct this meeting.**

If you need further information, please call the main office for your child's campus:

Westwood High                    903-729-1773                    Westwood Junior High   903-723-0423

Westwood Elementary   903-729-1771

We at each campus, along with the school board, believe this to be an outstanding program for our youth. However, if you **DO NOT** want your child to participate, please sign and return the bottom portion to your child's campus by **November 14, 2013**.

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\_\_\_\_ **No, I DO NOT** want my child to participate in the ESTEEM program.

Child's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

