



Relationships Under Construction

Teaching youth the blueprint
for strong future families

RelationshipsUnderConstruction.com & MissTheMess.com

Dear Classroom Teacher:

2017 – 2018

Studies show that students who practice **sexual risk avoidance** do better academically, experience less depression and have better long-term life outcomes than those who don't. Relationships Under Construction (RUC) gives students hope, develops good character, and leads them toward positive decision making.

RUC has served over 364,655 students in 32 Ohio counties since 2002. In Ohio we have seen a **44% reduction in teen births** and a **35% reduction in teen abortion rates** and often higher decreases in areas where we have served the most students. Our curriculum is **medically accurate** and updated with the latest statistics available. We are certain that you will be pleased with the delivery and content of the material. Your students will have fun while participating in the demonstrations and at the same time will be amazed at the facts that they will take with them. Facts that will give them the power to make an informed decision that could determine the course of their future. We **encourage parent involvement** with student worksheets, and can also offer a parent meeting if requested.

Sexual Risk Avoidance (SRA) is a fairly new term to describe the programs we offer. Other community programs may offer sexual risk reduction (SRR). Our programs, SRA, offer a much broader scope and cover **numerous topics** including goal setting, decision-making skills, future orientation, communication skills, resistance skills, self-efficacy, self-regulation, medically accurate data on STI/STDs, healthy vs. unhealthy relationships, sex and the law, abusive relationships, teen dating violence, addiction and pornography, contraceptive information, human trafficking, adverse childhood experiences, teen pregnancy, the importance of fatherhood, and overall optimal health for our youth.

RUC programs are holistic in nature, theoretically sound, and consistent with the public health models typically used to address youth risk behaviors. RUC programs focus on **primary prevention** to achieve **optimal health** outcomes for all school-aged children while providing **age appropriate** information.

Overall, the RUC philosophy is very comprehensive. RUC implements a teacher-developed curriculum that focuses on a **life-style of healthy choices**. We promote an abstinent life-style, and in June 2015, the Centers For Disease Control (CDC) reported, "the most reliable way to avoid the transmission of STDs is to abstain from oral, vaginal, and anal sex or to be in a long-term, mutually monogamous relationship with a partner known to be uninfected. . . For persons who are being treated for an STD other than HIV (or whose partners are undergoing treatment), counseling that encourages abstinence from sexual intercourse until completion of the entire course of medication is crucial."¹

¹ Morbidity and Mortality Weekly Report, Recommendations and Reports / Vol. 64 / No. 3, June 5, 2015, Centers For Disease Control and Prevention, U.S. Department of Health and Human Services, page 4.

RUC includes additional information to dispel myths and provide a **whole-person** framework for **understanding WHY** risk avoidance is the healthiest choice not only for now, but for the health of the students' future families.

RUC meets the following mandated state laws:

- 3313.60 (A) (5)(b): Tobacco, alcohol and drugs of abuse prevention education
- 3313.60 (A) (5)(c): Venereal disease education
- 3313.60 (A) (5)(e): Dating violence prevention education and healthy relationships (Tina Croucher Law)

RUC assists school districts in fulfilling these mandates (per school request):

- 3313.666: District harassment, intimidation and bullying prevention policy
- 3313.667: District bullying prevention initiatives
- 3313.073: Youth suicide awareness and prevention training and initiatives

We are also governed by our funding source and the Federal guidelines of the Social Security Act, 42 USC §710 (Title V §510) A-H criteria. Copies of any of the laws are available.

If you would like more information, you can visit our web sites at MissTheMess.com and RelationshipsUnderConstruction.com to see our Scope and Sequence as well as teacher and student comments. We would appreciate the opportunity to serve your students.

RUC's Policy: No cell phones, camera, or recording devices are allowed by students or teacher while we present. Filming or recording is strictly prohibited.

Please call us with any questions.

Sincerely,



Catherine Wood, President