

PLEASE RETURN THIS PERMISSION FORM BY FRIDAY 9/18/2026.

Dear Parent/Guardian,

Frankston ISD has adopted the ESTEEM Curriculum to meet the Texas Essential Knowledge and Skills (TEKS) health requirements in grades 6 and 8. Trained teachers from our school district will be delivering the ESTEEM curriculum. ESTEEM covers the TEKS in six health related areas that are presented in 2 interactive journal workbooks.

ALL STUDENTS WHO DID NOT OPT OUT OF ROUTINE COUNSELING SERVICES ON THEIR ENROLLMENT FORMS WILL PARTICIPATE IN WORKBOOK A.

Topics in Workbook A include: Physical Health and Hygiene; Mental Health and Wellness; Healthy Eating and Physical Activity; Injury and Violence Prevention; Alcohol, Tobacco, and other Drugs, Conflict Resolution; Bully Prevention; Academic and Social Goals.

In addition to Book A (described above), parents have the **opportunity to select** the following highly recommended lessons in **Workbook B**. These recommended lessons in the ESTEEM curriculum includes the **mandatory** Texas Senate Bill 9 requirements including child abuse, family violence, dating violence and sex trafficking.

Each workbook will be taken home to the parents/guardians upon course completion.

IMPORTANT!! DO NOT SKIP!!

PLEASE RETURN TO SCHOOL.

The district needs separate consent for topics covered in Workbook B (to be covered in the spring semester).

- **Lesson 10:** Puberty, emotional/physical changes, brain/human/fetal development, reproduction
- **Lesson 11:** Teen pregnancy, abstinence, STIs, emotional consequences, avoidance- benefits, family support
- **Lesson 12:** Child abuse laws, reporting abuse, gangs, weapons, trafficking, safety plan, family/dating violence
- **Lesson 13:** Media influence, emotional impact of social media, sexting, pornography, cyberbullying, online trafficking
- **Lesson 14:** Goals review, dating/marriage, benefits of waiting, success sequence, character contracts

Note: The district will be separating the boys and girls for all Lessons in Workbook B.

Do you give consent for your student to participate in the spring semester Workbook B topics?

_____ YES, I GIVE CONSENT FOR WORKBOOK B CONTENT.

_____ NO, I DO NOT GIVE CONSENT FOR WORKBOOK B CONTENT.

You may review the workbooks in the FMS Office. Previews are also available on the district SHAC tab.

To watch a Parent Info Video and/or view workbooks online, visit <https://mercymanor.com/esteem> Password: HealthJourney24

For more information, you may email kimmcguffey@frankstonisd.net

STUDENT NAME: _____ GRADE : _____

Parent/Guardian Name: _____ Signature: _____