

# NORTH HUNTERDON HIGH SCHOOL

**Michael P. Hughes**  
Principal

**John P. Hahola, Jr.**  
Assistant Principal

**Dr. Richard Bergacs**  
Assistant Principal



**Patricia Raleigh**  
Director of Guidance

**John Deutsch**  
Administrator/Director of Athletics

**Carol Skidmore**  
Dean of Students/Math Supervisor

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September 23, 2011

Dear Freshman Parents,

This year in Freshman Health and Physical Education, your son/daughter will be involved in two programs; the New Jersey Teen Prevention Education Program (Teen PEP) and Safe Dates. North Hunterdon is one of 36 schools in New Jersey participating in the Safe Dates initiative and one of 60 New Jersey high schools and organizations participating in Teen PEP. This is the sixth year that the Teen PEP program has been offered to NHHS students and the fourth year for Safe Dates.

The Safe Dates program, created by the Hazeldon Foundation, is a nine-session program that will be conducted as part of the freshman health curriculum during your son/daughter's freshman health class. This effective, research-based program targets the attitudes and behaviors associated with dating abuse violence. Safe dates is considered to be both a primary and secondary prevention method of reducing dating violence and is designed to prevent someone from becoming a victim or perpetrator of dating violence, but will also provide resources to help individuals who are currently in an abusive relationship.

The Teen PEP peer educators at North Hunterdon are a selected group of junior students along with two senior leaders. The program is taught by a certified Health and Physical Education teacher and the Student Assistance Counselor, who teach from a structured curriculum provided by Teen PEP that is consistent with the core curriculum content standards developed by the New Jersey Department of Education. These students attend class on a daily basis and become a cohesive team of trained peer educators who are knowledgeable, effective and capable sexual health advocates and role models. The program empowers teens with knowledge and information so they will have the tools they need to make responsible decisions. The goal of the Teen PEP peer educators is to help other teens make healthy decisions in their relationships and promote respect for others.

Teen PEP conducts highly-structured, scripted workshops with all freshmen during their health and physical education classes throughout the year. Faculty advisors are present during the workshops to supervise peer educators and ensure the accuracy of the information provided. These workshops focus on not only sexual health information, but equally important, on enhancing the critical skills needed to promote teen sexual health, i.e., communication (with partners and parents), problem-solving, decision-making, negotiation, refusal skills and self-management skills. The topics of the workshops will be; postponing sexual involvement, pregnancy prevention, HIV/AIDS prevention, sexually transmitted infections, sexual harassment, homophobia reduction, alcohol, other drugs and sexual decision-making, date rape prevention, dating violence prevention, and parent teen communication.

**The first Teen PEP Outreach program will take place on October 5<sup>th</sup>.**

There will be five more outreach workshops conducted throughout the rest of the year. The students will be notified of the dates ahead of time.

**We would like to invite you to our annual Family Night on November 22<sup>nd</sup> at 6pm in Café B.**

Family night focuses on parent/teen communication. Anyone interested in attending Family Night must contact Mrs. Veronica Conly at [vconly@nhvweb.net](mailto:vconly@nhvweb.net) by November 11, 2011.

As with any family life and sexuality program, any child whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education or sex education is in conflict with his/her conscience or sincerely held moral or religious beliefs shall be excused from the Teen PEP outreach programs. They will need to bring their health or physical education teacher a signed letter from a parent/guardian. Teachers will be giving them alternate assignments to complete in lieu of attending the program.

Sincerely,

A handwritten signature in black ink that reads "Michael P. Hughes". The signature is written in a cursive style with a long, sweeping underline.

Michael P. Hughes  
Principal