

**Family Life Education Citizens Advisory Committee**  
**Meeting Minutes**  
**April 16, 2024**

**Attendance:** Jennifer Joseph, Laurie Caldwell, Megan Fitzgerald, Erin Grad, Alison Imhoff, Jo Riedel, Jaime Savarese, Jaime Whitaker, Katie York, Robin Hawks, Kathy Deyesu, Brittany Pettus, Kilo Mack

**I. Welcome to Committee Members and Review of Meeting Norms**

- a. Kilo Mack welcomed members and reviewed the meeting norms with the committee

**II. Introduction of Committee Chairperson**

- a. Jennifer Joseph was introduced as the elected committee chairperson

**III. Family Life Education from the Students' Perspective**

- a. Aberdeen High School Health Education Teacher, Ms. Robin McDermott, lead a round table discussion with six Aberdeen High School students via Teams. All students included in the discussion are currently in 11th grade and have completed the Health I and Health II courses.
- b. Students were given signed permission by parents to attend meeting and discuss.
- c. Committee members were asked hold questions until end. Were offered paper to take notes.
- d. Ms. McDermott asked the panel of students the following questions and , in turn, students shared their perspective of their experience related to family life and human sexuality education in the health education curriculum:
  - i. How does Family Life help support teenagers health and wellbeing?
  - ii. Does it help teens with the future?
  - iii. If teenagers didn't have the Family Life curriculum as a resource, what sources would they go to for information?
  - iv. What are potential dangers of looking for information surrounding this topic online?
  - v. Do you believe that sex education should be taught in school?
  - vi. In health education we talked about resources teens can use that support their health and decision making. Do you remember any of those resources?
  - vii. The family life citizens advisory committee with have student membership in the 2024-2025 school year. Student members of the family life citizens advisory committee will be required to have completed the Health I and Health II courses.

#### **IV. OPill-Over The Counter Birth Control Pill**

##### a. Curricular Connection:

- i. Contraceptive methods are required to be taught by the MD Comprehensive Health Education Framework, as a part of a comprehensive health education program, beginning in grade 7.
  1. Proposed for addition to contraceptive lesson in Grade 8, Health 1, and Health 2.
- ii. MSDE Comprehensive Health Education Framework Alignment:
  1. Grade 8 - Describe ways sexually active people can reduce the risk of pregnancy. 1c.8.12
  2. Health I and Health II - Compare and contrast types of contraceptive and disease-prevention methods. 1c.HS1.15

##### **b. OPill Information Overview:**

- i. Single hormone progestin only pill
- ii. FDA approved 7/13/23, Available in stores March 2024.
- iii. How it works:
  1. Taken once daily, at the same time
  2. Similar to combination oral contraceptive pills that thicken cervical mucus.
- iv. Effectiveness:
  1. 98% effective at preventing pregnancy when taken as directed.
- v. Availability:
  1. Available at local drug stores, some big box stores with pharmacies, online: Amazon
  2. No age restrictions
  3. Cost between \$20-\$25.
- vi. Additional Information:
  1. Does not protect against STI's
  2. Needs to be taken daily (at the same time) to be effective
  3. Side effects include headaches, dizziness, increased appetite, abdominal pain, cramps, bloating, nausea, changes in menstrual periods.
  4. Consult a doctor with questions relating to the OPill

#### **V. Committee Membership Intent 24-25 SY**

- a. Microsoft Forms link and QR was shared with committee members to share their intent for committee membership for the 2024-2025 school year.