



September 30th, 2024

Dear Families of Shields Valley School Students,

My name is Jessica Isaacs, and I am the Prevention Coordinator for ASPEN (Abuse Support Prevention Education Network). Part of ASPEN's mission is to break the cycle of violence by providing prevention education and awareness in the communities we serve. ASPEN's TREE (Trust Respect Empathy Empowerment) program aims to help prevent dating violence and bullying through the education of youth and promotion of healthy relationships. The TREE program is a free resource to all schools and follows the Montana Standards for Health Enhancement.

In the months of October and November, I will be teaching 5 lessons to each grade, breaking down the fundamentals of healthy relationships. The lessons focus on topics such as: identifying the difference between sympathy and empathy; creating and maintaining personal boundaries in relationships; kindness and other pro-social skills; and personal safety and bystander intervention practices. Each lesson is evidence-based, age-appropriate and filled with fun activities that safely allow students to explore these topics with their peers. Students will also listen to and discuss stories relating to each issue, allowing for guided discussions and critical thinking practice.

To clarify, ASPEN's TREE lessons are NOT sex maturation or anatomy lessons.

Attached with this letter is the curriculum plan for the specific grade groups that breaks down the topic, story, and activity that will be discussed during each lesson. If you have any questions for me regarding the curriculum or the topics we focus on, please reach out to me and we can connect over the phone or email. If your student has any individual learning difficulties and needs accommodations, I am happy to work with their teacher to be as inclusive as possible.

There is an option to have your child sit out from these lessons. If you do NOT want your child to participate in the lessons on healthy relationships, please sign and date on the back of this form, then return this paper to the school.

**I do not want my child (print child's name) _____
to participate in the Healthy Relationships lessons**

(Print) Parent/Caregiver

(Sign) Parent/Caregiver

Date

Jessica Isaacs (she/her)
Prevention Coordinator
ASPEN (Abuse Support & Prevention Education Network)
Phone: (406) 600-0628
Email: jessicaisaacs@aspenmt.org
24/7 Support Line = 406-222-8154
aspenmt.org