



# Northside Independent School District

Curriculum & Instruction Department  
Health & Physical Education  
Director: Linda Seewald





# Choosing the Best Path

- NISD Board Approved in 2005
- Opt-Out Program

NISD Health & PE Department

<https://nisd.net/health-pe/middle-school-health>



# Health Risk Behaviors Among Young People

The Youth Risk Behavior Surveillance System (YRBSS) monitors 6 types of health-risk behaviors that contribute to the leading causes of death and disability among youth, including:

- ★ Behaviors that contribute to unintentional injuries and violence
- ★ **Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infections**
- ★ Alcohol and other drug use
- ★ Tobacco use
- ★ Unhealthy dietary behaviors
- ★ Inadequate physical activity

<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

<https://www.dshs.texas.gov/chs/yrbs/>



# Choosing the Best Path

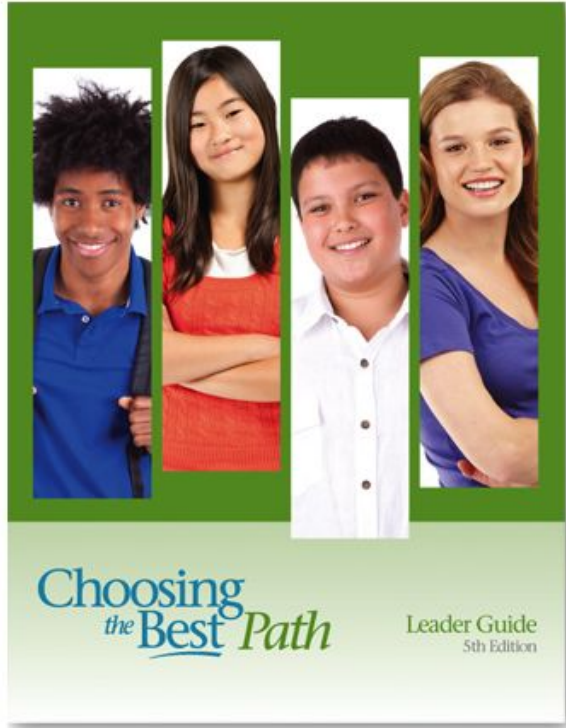
This course is designed to educate students on Healthy Relationships, Human Sexuality and Abstinence Education.

This course will address the emotional, social and physical effects of being an adolescent in an ever changing society.

Abstinence from sexual activity is the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV.

# Choosing *the* Best

The Leader In  
Abstinence-Centered  
SRA Education



[www.choosingthebest.com/path](http://www.choosingthebest.com/path)



# Choosing the Best Path Learning Priorities

- Emotional Effects of Sexual Activity
- Responsibilities and Consequences of Sexual Activity
- “Safe” Sex and Pressures Related to Sexual Activity
- Healthy Relationships



## Additional Resources

[www.utteenhealth.org](http://www.utteenhealth.org)



[www.loveisrespect.org](http://www.loveisrespect.org)



# Schedule & Contact By Campus

Campus	Teaching Dates	Campus Coordinator
Bernal	November 12-16	Candace Mora: <a href="mailto:candace.mora@nisd.net">candace.mora@nisd.net</a>
Briscoe	November 26-30	Ron Dubuque: <a href="mailto:ronald.dubuque@nisd.net">ronald.dubuque@nisd.net</a>
Connally	December 17-21	Jason Smeby: <a href="mailto:jason.smeby@nisd.net">jason.smeby@nisd.net</a>
Folks	November 12-16	David Lambert: <a href="mailto:david.lambert@nisd.net">david.lambert@nisd.net</a>
Garcia	October 29-November 2	Gary Martin: <a href="mailto:gary.martin@nisd.net">gary.martin@nisd.net</a>
Hobby	November 12-16	Kym Cavazos: <a href="mailto:kymberly.cavazos@nisd.net">kymberly.cavazos@nisd.net</a>
Jefferson	December 10-14 (PE)	Michelle Moreno: <a href="mailto:michelle.moreno@nisd.net">michelle.moreno@nisd.net</a>
	May 6-10 (Athletics)	
Jones	November 5-9	Raul Servin: <a href="mailto:raul.servin@nisd.net">raul.servin@nisd.net</a>
Jordan	November 12-16	Larry Bailey: <a href="mailto:larry.bailey@nisd.net">larry.bailey@nisd.net</a>
Luna	November 12-16	Dustin McDonald: <a href="mailto:dustin.mcdonald@nisd.net">dustin.mcdonald@nisd.net</a>
Neff	October 12-16	Jessica Romero: <a href="mailto:jessica.romero@nisd.net">jessica.romero@nisd.net</a>
Pease	December 3-7	Ryan Solis: <a href="mailto:ryan.solis@nisd.net">ryan.solis@nisd.net</a>
Rawlinson	November 12-16	Mike Junkin: <a href="mailto:mike.junkin@nisd.net">mike.junkin@nisd.net</a>
Rayburn	November 26-30	David Alanzo: <a href="mailto:david.alanzo@nisd.net">david.alanzo@nisd.net</a>
Ross	December 10-14	Jason Padron: <a href="mailto:jason.padron@nisd.net">jason.padron@nisd.net</a>
Rudder	November 12-16	Melanie McMullin: <a href="mailto:melanie.mcmullin@nisd.net">melanie.mcmullin@nisd.net</a>
Stevenson	November 1,2,8,9,15	Fran Edwards: <a href="mailto:frances.edwards@nisd.net">frances.edwards@nisd.net</a>
Stinson	December 17-21	Michelle Harding: <a href="mailto:michelle.harding@nisd.net">michelle.harding@nisd.net</a>
Vale	December 17-21	Julie Fruge: <a href="mailto:julie.fruge@nisd.net">julie.fruge@nisd.net</a>
Zachry	December 12-18	Roy Pena: <a href="mailto:roy.pena@nisd.net">roy.pena@nisd.net</a>





# District Contact

Danielle Leon

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