

Ruth Solow  
South Portland Middle School  
LD 254

To: Sen. Rafferty, Rep. Brennan, and members of the Joint Standing Committee on Education and Cultural Affairs Committee

From: Ruth Solow, Health teacher at South Portland Middle School.

Re: Support for LD 254, An Act to Update the Sex Education and Consent Curriculum.

I am writing in support of LD 254 An Act to Update the Sex Education and Consent Curriculum. Comprehensive sex education is a fundamental part of the health curriculum in South Portland. As a health teacher, I draw resources from Maine Family Planning's "Puberty Happens" curriculum and "Best Practices" curriculum. These programs allow me to provide a safe place for students to learn accurate information on how to make responsible and safe decisions for themselves and their communities. Maine Family Planning has helped me through a variety of trainings, conferences, and technical assistance. I feel confident in my ability to guide students through very challenging topics because of the resources provided by MFP.

Thank you for considering supporting LD 254.