

FCSS COOL Program Registration & Waiver Form

Personal Information

Name of Child _____

Date of Birth _____

Male/ Female _____

Address _____ Postal Code _____

Mother/Guardian _____ Home # _____ Alternate # _____

Father/Guardian _____ Home # _____ Alternate # _____

Alternate Contact if Parent / Guardian cannot be reached

Name _____ Home # _____ Alternate# _____

Relationship to the child _____

List any special considerations we should be aware of, such as special needs or behavioural challenges

Medical Information

Allergies _____

Declaration

I acknowledge the risks and danger involved associated with the COOL Program and hereby waive all claims which I may have against Hinton Family & Community Support Services (FCSS) from all liabilities for injury, death, property damage or any other loss sustained as a result from the COOL Program. I have read and understand the COOL conduct with my child and we both understand the expected behaviours.

Parent/Guardian's Signature _____ Date _____

**Complete FCSS COOL Registration and Waiver Form and
return it to Harry Collinge School Office**



Hinton Family and Community Support Services is committed to presenting **The COOL Program!** This interactive grade 8 program is designed to assist youth gain factual information and to identify & resist pressure and influence to become sexually active before they are ready and/or able To cope with the consequences. The focus is on developing healthy interpersonal relationships-There is no such thing as 'safe sex'... Abstinence is the safest.

The "Cool" Program is supported by Harry Coolinge School and Gerard Redmond School.

Talk The Talk

Talking To Your Parents

How to talk to your parents about sex, love and relationships!

Talk the talk! Kids and adults can learn to talk things out. It's normal for young people to feel strange talking to their parents about sex. But guess what! It's even harder for your parents to start the conversation. Someone has to make the first move, why not you? Remember, if you only talk to your friends about tough topics like sex, you may not be getting the right information. Try talking to your parents to get the straight scoop. Ask these questions or others that you may have on your mind to get the conversation started:

The "To- the- Point" Approach

"Can we talk? I have a question about something we learned in sex ed class."

The "Round- About" Approach

"This talk show had some teens on it who had babies, and the girls were only 13 years old. Do you think teens can be good parents?"

The "Wonder If" Approach

"I wonder if you can get pregnant the first time you have sex."

The "I've Heard That" Approach

"I've heard that lots of kids have had sex by high school. Is that just a rumor?"



ABSTINENCE - WHAT'S IN IT FOR ME?



Waiting to have sex - being abstinent!

It might seem easy, especially if you've thought about it carefully and decided that waiting makes sense in your life right now.

But there may be times when waiting could be hard. You might feel pressure from friends, the media, or your girlfriend or boyfriend.

Sometimes how your body feels might make it hard to wait, even when you know waiting is the best choice for you.

HERE ARE SOME GOOD ANSWERS TO THAT QUESTION . . .

You Get RESPECT

- From friends and family, for making your own decision and sticking to it.

You Get TIME

- To make sure you're ready.
- To get to know yourself.
- To find the right person.
- To learn the difference between boyfriend, especially if he or she isn't ready either.
- For yourself, for having the confidence to make the decision that's right for you and to stick to it.

You Get STRONGER RELATIONSHIPS

- Building friendship and a trusting relationship is often easier without the confusion, pressures and strong feelings that can come with sex.
- Deciding together to wait and planning the best ways to do that can make a relationship stronger.

You Get FREEDOM

- From worry that you or your girlfriend might get pregnant.
- From the risk of getting HIV or another STD from having sex.
- From pressures that can go with having sex. You don't have to worry about friends or family finding out, your reputation, or whether you've made the right decision.

You Get EXPERIENCE

- From regrets that you didn't wait for the right person or the right time.
- From concerns that a person just wants to have sex with you.
- From difficult breakups if things don't work out.
- You become stronger and more sure of yourself when you make an important decision and stick with it even when that's sometimes hard to do.
- You'll learn useful things - how to say no without hurting someone's feelings, how to talk about tough subjects, how to recognize and avoid risky situations, how to stand up for what's right for you.

WHAT WORKS

- Make your own decision based on what feels right to you.
- Hang out with friends who feel the same way you do.
- Tell your girlfriend or boyfriend about your decision before there is pressure to have sex.
- Think about some ways you can say no, in case you need to.
- When you're with a girlfriend or boyfriend, spend time with friends or in public places.
- Don't go places where you might find it hard to say no.
- Don't use alcohol or other drugs. That can make it harder to stick with your decision.
- Don't have sex to please someone who is pressuring you.
- Don't have sex just because you want to fit in or be popular.

WHILE YOU'RE WAITING

- These are many ways to be close and show you care.*
- Throw a party together.
 - Give each other flowers.
 - Hide a love note where your partner will find it.
 - Have your picture taken together.
 - Share an ice-cream cone.
 - Go to a concert.
 - Laugh together.
 - Impress each other.
 - Be best friends.



Media message
Sexual
future independence
problem solving

Choices