Dear Parents/Guardian;

On February 1st, 2010, our school will offer a health education program provided free-of-charge by Kaiser Permanente. *Nightmare on Puberty St.* is an award-winning, live theatre performance for students in grades 6, 7, and 8.

Comedy, drama, music, and dance bring to life issues that affect the health of pre-teens: peer pressure and self-esteem, “crushes” and romantic feelings, body changes, depression and thoughts of suicide, violence, and communication with parents and peers.

Students identify with the youthful, ethnically diverse performer/educators and discover: skills to resist peer pressure, the uses of positive peer pressure and how to be a good friend, the impact of labels and name-calling, and how to seek help from parents and other trusted adults.

*Nightmare on Puberty St.* was developed by physicians, health educators, and theatre professionals at Kaiser Permanente in collaboration with a community-based advisory committee of parents, teachers, counselors, and school district officials.

The *Nightmare* program encourages parents, teachers, and students to follow up with discussions and activities -- to help show that puberty doesn’t have to be a nightmare.

Talkingwithkids.org ([http://talkingwithkids.org/first.html](http://talkingwithkids.org/first.html)) is a website recommended by the National Parent Teacher Association and child development experts about talking to youth regarding tough issues.

**Please see the Parent’s Guide (attached) for more information.**

**If the school hasn’t provided a Parent Guide, please CALL THE SCHOOL to request one.**

If you do not wish your student to attend the assembly you **Must** return the slip below, signed by you, indicating your preference. Students who do not attend the performance will be assigned another activity.

If you are interested in pre-viewing a performance before it comes to our school you may go to the Educational Theatre performance calendar at [www.kp.org/etp/ncal](http://www.kp.org/etp/ncal) to get performance dates and times to attend a performance at a nearby school. If attending, please call the Educational Theatre Programs at (877) 353-2223 to confirm the show date and time prior to the assembly, as information is subject to change.

** *** Please Sign and Return to School ***

☐ NO, I do not give permission for my son/daughter ______________ to attend a performance of *Nightmare on Puberty St.*

☐ PLEASE CALL ME with more information about the performance.

NAME: ___________________  DAYTIME PHONE: ___________________

PARENT SIGNATURE: ___________________  DATE: ____________