

Dear Parents,

Your child will have the opportunity to participate in an 11-session course based on a book by Dr. James Dobson called *Preparing for Adolescence*. The purpose of this course is to provide biblically-based insights which can help adolescents as they grow to adulthood.

During this course students will cover the following topics:

- How to handle feelings of inferiority
- How to develop self-confidence
- How to handle group pressure to conform
- Physical and sexual development
- The meaning of real love
- How to handle emotions
- How to make sound decisions
- Understanding normal independence
- Basics of self-identity

Session five (February 7 and 14) of this course deals with sexual development and its accompanying responsibilities. They will be taught by Christian physicians, and the groups will be divided by gender. Because of the sensitive nature of this topic, only students with parental consent will be allowed to participate in session five.

To give permission for your child to participate in this course, please sign and return the form below to your child's Sunday school teacher.

In Him,

Donna Spencer
Children's Ministry Director

My child, _____, has my permission to attend the Preparation for Adolescence course to be held at Christ United Methodist Church during the 9:30 and 10:45 Sunday school hours.

Signature of parent/guardian

Date