**INSERT SCHOOL LOGO**

**INSERT SCHOOL ADDRESS**

**INSERT DATE**

Dear Parent/Carer,

We are writing to inform you about an educational resource that your child will be using during upcoming Relationships, Sexual Health and Pregnancy Education (RSHP) lessons. The resource, named *If I Were Jack,* focuses on the topic of teenage pregnancy from the perspective of teenage men, although it is suitable for use by both teenage men and women and has been designed to fit with the Level 3/4 Curriculum. The aim of the resource is to increase young people’s intentions to avoid an unplanned teenage pregnancy.

The resource is based around an interactive video drama (IVD), which consists of a short film telling the story of a teenager, Jack, who has just found out that his girlfriend is unexpectedly pregnant. The young person watches the film (usually at a computer on their own) and as the story unfolds questions appear on the screen which they must answer before continuing. The resource encourages the young person to put themselves in Jack’s shoes and to consider the impact that an unintended teenage pregnancy might have on their own life.

The IVD is accompanied by other classroom-based activities (such as group discussion and individual worksheets), which encourage students to think about and plan to avoid unintended pregnancy. One of the activities includes a homework exercise in which students are asked to encourage a parent or another trusted adult (such as a guardian, carer, grandparent, aunt/uncle or older sibling) to watch the IVD and then answer a number of questions on issues raised in the film. The aim is to provide parents/carers and teenagers an opportunity to communicate about relationships and pregnancy. A copy of the survey questions is enclosed for your information. Please be aware that the homework exercise will not be collected by the teacher and students will be advised to keep your responses confidential.

Within the next couple of weeks, and before students are asked to do the parent/carer survey, we will send you a link (via email or text message) to two short animations which are part of the resource. These animations contain hints and tips from other parents on speaking to teenagers about relationships, sex and pregnancy. You can access the animations and other information at www.qub.ac.uk/if-i-were-jack/resources/parents

The resource has been developed to fit within the RSHP curriculum by a team of researchers at Queen’s University Belfast in consultation with research partners at the University of Glasgow, and key stakeholder partners including health and education experts from Education Scotland, NHS Scotland and The Scottish Government, as well as teacher trainers, teachers, parents and young people. It has been piloted in schools across the UK and has had a very positive response from teachers, parents and students.

More information on the resource is provided in the enclosed *If I Were Jack* Factsheet.

If you have any concerns about your child using this resource please do not hesitate to contact me.

Yours sincerely,

**INSERT YOUR NAME**

**FOR INFORMATION ONLY!**

# **IF I WERE JACK SURVEY**



#### PARENT/CARER HOMEWORK ACTIVITY

**Instructions:**

* You can do this activity with yourparent(s), carer(s), or another adult that you trust such as a grandparent, older brother or sister, or aunt/uncle.
* Tell them that you are learning about teenage pregnancy in school and that you watched a video called *If I Were Jack* which told the story of a young couple who experienced an unplanned pregnancy.
* Ask them to watch the video online www.qub.ac.uk/if-i-were-jack/resources/parents or to read the video script excerpt.
* When they have finished, start a conversation with them using the questions below. Write their answers in the space provided.

Please note:

* Your parent(s)/carer(s) were sent a letter from the school telling them that you are using the *If I Were Jack* resource in school and that you would be asking them the questions below. You can still ask another adult that you trust instead of your parent/carer, if you prefer.
* In school, you will not be asked to share your parent/carers answers and you do not have to hand in the worksheet. The purpose of this activity is to give you an opportunity to talk to your parents about these issues so that you can understand what they think about teenage pregnancy.

1. **What did you think of Jack and Emma’s story?**
2. **If you were Jack or Emma’s parent what would you say and do when they told you that Emma was pregnant?**
3. **What would you advise them to do? Why?**