



Empowering Women · Equipping Men
Changing Lives · Building Families

Dear Parents/Guardians,

Your student will be covering the following topics from Love Notes during the coming weeks: Knowing yourself, forming and maintaining healthy relationships, recognizing unhealthy relationships and responding to dangerous ones, navigating technology in the digital age, effective communication and conflict management skills, the Success Sequence.

Obria's Optimal Health Education is presented in classes during the 2025-2026 school year. Obria Oregon is an accredited medical clinic that has been providing medical and educational services to equip individuals to make healthy choices related to pregnancy, relationships, and parenting since 1988. Our Optimal Health program has been reaching students in Oregon since 2020!

Optimal Health program is a 13-hour program that will teach students how to develop healthy self-esteem, resolve conflict, communicate effectively, develop healthy relationships, set goals, and resist peer pressure. The program goal is to empower them to avoid youth risk behaviors such as pregnancy, underage drinking, or illicit drug use. Curriculum and all other program discussions and activities will be culturally relevant, age-appropriate, and medically accurate. This program is inclusive. We will not teach or promote religion.

Your student will receive services supported by federal funds, and, as such, your student will be asked to complete an enrollment form with demographic information (i.e. name, birthday, race, ethnicity, etc.) a needs assessment, and a voluntary survey measuring their knowledge, attitudes, and beliefs (about risky behaviors) before and after the program. All data collected is confidential.

Not only are these required topics by the funder, United States Department of Health and Human Services Administration on Children, Youth and Families - Family and Youth Services Bureau, but they are also very important issues in equipping youth to lead a successful life. An added benefit is that many parents find these lessons to be a great way to start discussions with their adolescent on these important topics.

If you have any questions about our program, would like to learn more about the program we invite you to visit our website at optimalhealthoregon.org or contact our office at any time! We would love to hear from invested adults. If do not wish for your child to participate in this program, please contact your school or our program director at 541-258-5300. Scan the QR code below to visit our parent page on our Optimal Health website and learn more!

Thank you,

Hilary Tracy, Chief Operating Officer

