

My Future My Choice

My Future-My Choice (MFMC) is a comprehensive, medically accurate, inclusive, and trauma-informed sex education curriculum. It meets the 6th grade requirements of Oregon's Health Education Standards, including [Erin's Law](#) and [House Bill 2509](#) to provide age-appropriate sex education as an integral part of the health education curriculum.

The curriculum aims to provide middle school students with tools to have healthy relationships that includes setting and respecting personal boundaries and treating each other with respect and dignity. MFMC offers skills to resist peer and social pressure including messages from the media and teaches students how to prevent [sexually transmitted infections](#) and [pregnancy](#).

MFMC is currently developing a comprehensive 8th grade curriculum, which will become available in 2023.



[MFMC Website](#)

Lesson 10

Consent

My Future-My Choice™
A sexual health curriculum for adolescents



MFMC Curriculum



Teen Advisory Board



Tips for Parents, Caregivers, & Youth



Oregon Safe Schools & Communities Coalition



LGBTQ+ Sex Ed Zine



Reproductive Health



Sexually Transmitted Infections