Dear Parent/Guardian:

On [JANUARY 16], 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 performance actors 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.

[http://www.kp.org](http://www.kp.org) 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 receive 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 your school, you may call the Educational Theatre Program at 1-800-967-5223 to get performance dates and times to attend a performance at a nearby school. If interested, please call the Educational Theatre Program at 1-800-967-5223 to request 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: ____________________________