

*Parkway School District Healthy Relationships and Sexual Health Education*

**Grade Seven: Healthy Relationships & Sexual Health**

**OPT-OUT REQUEST FORM**

Dear Parent or Guardian of Parkway Seventh Grade Student,

This letter is provided to assist parents in identifying the lesson content and timeline for implementation of the K-12 Healthy Relationships & Sexual Health (HRSH) Curriculum, as well as communicate your right to withdraw your child from any of these lessons upon written request using a passive consent or “opt-out” process, as identified in the Parkway Healthy Relationships and Sexual Health Policy (IHAMB.G). You should be receiving this letter at least three weeks prior to the beginning of the Seventh Grade HRSH Unit.

The attached form is specifically for the Healthy Relationships and Sexual Health Unit which is incorporated within the Seventh Grade Health and Physical Education Course. It includes the overview and objectives for each lesson. All lessons are designed for a co-ed setting (mixed group of boys and girls). More description regarding these lessons can be found on the Parkway Healthy Relationships and Sexual Health Curriculum and Parent Information website ([www.parkwayschools.net/Page/3329](http://www.parkwayschools.net/Page/3329)). Video/media resources that are shown as part of any of these lessons are listed on the 7<sup>th</sup> Grade Grade-level Flyer posted on the website above and will also be available for preview by making an appointment with your child’s Health and Physical Education Teacher. The curriculum and videos can also be previewed at the annual Parkway HRSH Curriculum Nights which are held every August and January found posted on the website.

Parkway is committed to providing its students with a well-rounded health education experience, which includes learning about the physical, mental-emotional, social, and intellectual impacts of various health behaviors, including an individual’s sexual health. We respect your involvement in your child’s learning experiences regarding their growth and development. Therefore, we have designed some Home-Family Connection Activities for you to voluntarily participate in with your child to open up these conversations and allow you to share your family values and beliefs regarding these topics (See more information on next page).

We understand that due to personal preferences you may not wish your child to participate in the HRSH unit/lessons. If you should wish to opt your child out of all or some of the grade seven Healthy Relationships and Sexual Health Unit, please complete the attached form and return it to your child’s Health and Physical Education Teacher at least one week prior to the first lesson (see dates on following pages).

Parkway is making every effort to assure that your child has a positive learning experience regarding meaningful health-related issues that may impact their lives. Your feedback about your child’s experience will be invited through an end-of-unit questionnaire.

RETURN THIS FORM TO HEALTH TEACHER

Grade Seven HRSH Opt-Out Letter

## Home-Family Connections Activities

An important part of the Parkway Healthy Relationships and Sexual Health (HRSH) Curriculum is the open conversations between a family member or trusted adult and the student. Parkway encourages these conversations by offering Home-Family Connection activities that the student and an adult family member can complete together. The following explains the purpose of the Home-Family Connections Activities and what you can expect.

One of the goals of the HRSH unit is to increase communication about important topics and health issues between children and the adults in their lives who care for them. Even though children don't always show it, surveys show that they would like to talk more about these issues with a parent or other trusted adult, and research shows that these conversations play a very important role in helping teens avoid risky behaviors and health threats. The Parkway HRSH Curriculum includes Home-Family Connections activities to make these discussions easier and more frequent.

Young people are surrounded by messages in the media which influence their behaviors and attitudes. Many times these messages are inaccurate and don't reflect the norms of our society. Although the power of the media is huge, we know that family communication is also very powerful. The Home-Family Connection activities are intended to help adults talk clearly and directly with the young people in their life about their beliefs and hopes for them.

The activities in the Home-Family Connections ask parents to share their thoughts and beliefs on topics related to the classroom lesson. You don't need to have any information about these topics to do the activities, but we do encourage learning more about these topics on your own by visiting the Parkway Healthy Relationships and Sexual Health Curriculum and Parent Information website ([www.parkwayschools.net/Page/3329](http://www.parkwayschools.net/Page/3329)) where more helpful information is provided.

The Home-Family Connection activities are not required and there is no penalty to the student for not participating, but we hope you'll take advantage of this opportunity to talk and have dialogue with your child about these important health topics and issues that may impact their social, physical, and emotional health.

**There is no need to return any paperwork for your child's participation in the Healthy Relationships and Sexual Health Unit. IF YOU WISH YOUR CHILD TO OPT-OUT OF ANY PART OR THE ENTIRE HRSH UNIT PLEASE COMPLETE THE ATTACHED FORM INDICATING THE LESSONS FOR WHICH YOU WISH YOUR CHILD TO BE EXCUSED. If you have any questions please contact your school's Health Education teacher (See teacher name and contact information below).**

HEALTH TEACHER'S NAME \_\_\_\_\_

HEALTH TEACHER'S EMAIL ADDRESS \_\_\_\_\_

HEALTH TEACHER'S PHONE NUMBER \_\_\_\_\_

OPT-OUT FORM SHOULD BE RETURNED NO LATER THAN \_\_\_\_\_

## Healthy Relationships & Sexual Health Unit/Lesson Overview (7)

I wish to opt my child \_\_\_\_\_ out of the following lesson(s).

(Please check the box of the lesson(s) you DO NOT want your child to take.)

Opt Out? Check Box	Lesson Overview	Lesson Objectives	Date of Lesson
<b>Lesson – Starting Out: An Introduction to Human Sexuality</b>			
<input type="checkbox"/>	In this lesson, students are introduced to the topic of teen sexuality. Students develop ground rules for discussion, then look at different aspects of sexuality. Students will discuss why expressing their sexuality and talking about sexuality is important to their sexual health. Discussions will also include the influences to a person's sexuality.	<ul style="list-style-type: none"> <li>Students will learn how a positive view of sexuality is an important part of their overall health.</li> <li>Students will learn various types of influences on their sexuality.</li> <li>Students will learn myths and facts about various aspects of sexuality.</li> </ul>	
<b>Lesson - Understanding Gender</b>			
<input type="checkbox"/>	In this lesson, students are encouraged to develop their own critical intelligence with regard to culturally inherited stereotypes, and to the images presented in the media. Students take a look at their own assumptions about what it means to be a boy/man, and what it means to be a girl/woman. Students will see how stereotypes can lead to biased behaviors, and even can result in violent actions towards others, which ultimately have health implications on everyone.	<ul style="list-style-type: none"> <li>Students will learn about the importance of respecting various gender identities and expressions.</li> <li>Students will learn gender-role stereotypes associated with males and females.</li> <li>Students will learn about pressures people face to conform to gender roles, and potentially harmful effects to gender nonconforming individuals.</li> </ul>	
<b>Lesson – Human Anatomy and Reproduction</b>			
<input type="checkbox"/>	In this lesson, students will review the organs and functions of the male and female reproductive systems. Discussions and learning activities will help them develop an understanding of the human reproductive system and ways to better care for their reproductive health (i.e., check-ups, athletic support, protection, self-exams, cleanliness practices).	<ul style="list-style-type: none"> <li>Students will learn the names and functions of the human reproductive system.</li> <li>Students will learn health practices to protect their reproductive health.</li> </ul>	

<b>Lesson – Abstinence from Sexual Activity</b>			
<input type="checkbox"/>	In this lesson, students weigh the health benefits of being sexually abstinent versus the health risks of being sexually active. Discussions and learning activities help students to identify various positive and negative influences on the choice to be abstinent. They also examine the impact of being sexually active upon their health, as well as their personal values, beliefs, and life goals.	<ul style="list-style-type: none"> <li>Students will learn the health benefits of being sexually abstinent and risk factors of being sexually active.</li> <li>Students will learn about the various influences that protect against engaging in sexual risk factors and how to resist negative influences that threaten the choice to be sexually abstinent.</li> </ul>	
<b>Lesson – Sexual Health &amp; Hygiene</b>			
<input type="checkbox"/>	In this lesson, students learn about taking care of their sexual health through good hygiene practices for promoting health and positive social relationships. Group discussions and learning activities will help students identify health products and information that are supported by medical and health professionals.	<ul style="list-style-type: none"> <li>Students will learn health practices that help keep the body clean and healthy, including the reproductive body parts.</li> <li>Students will learn how to identify medically-accurate and factual sources of information for sexual health care.</li> <li>Students will learn ways to seek help for sexual health issues.</li> </ul>	
<b>Lesson – Risks of Sexual Activity - Pregnancy</b>			
<input type="checkbox"/>	This lesson introduces facts about reproduction and pregnancy. Students will learn about how fertilization occurs and the risks of pregnancy as a result of a sexually active lifestyle, especially unprotected sex. Students discuss the mental, emotional, and social impact of teenage pregnancy and parenthood.	<ul style="list-style-type: none"> <li>Students will learn how pregnancy occurs.</li> <li>Students will learn about the risks of pregnancy from unprotected sex.</li> <li>Students will learn the health consequences of teen pregnancy.</li> </ul>	
<b>Lesson – Sexual Health Risks – STIs</b>			
<input type="checkbox"/>	In this lesson, students will learn about how certain diseases can be spread through sexual activity and ways to reduce its chances of being transmitted. Group discussions and learning activities will enable students to identify symptoms, various methods of transmission, and treatment for various types of STIs (e.g., Gonorrhea, Syphilis, Chlamydia, HPV, Herpes, Pubic Lice), as well as the health consequences of acquiring an STI.	<ul style="list-style-type: none"> <li>Students will learn three categories of sexually transmitted diseases.</li> <li>Students will learn about ways STIs are transmitted and how they can protect themselves from acquiring an STI.</li> <li>Students will learn symptoms of the most common sexually transmitted diseases.</li> <li>Students will learn the importance of communicating with a parent, caregiver, and/or medical/health professional regarding concerns about possible infections or diseases.</li> </ul>	
<b>Lesson – Sexual Health Risks - Contraception</b>			
<input type="checkbox"/>	In this lesson, students will learn about various methods of contraception for the purpose of reducing chance of pregnancy and acquiring a sexually transmitted infection. Group discussions and learning activities will present factual and medically-accurate information about the effectiveness	<ul style="list-style-type: none"> <li>Students will learn methods of STI transmission through vaginal, anal, and oral sex.</li> <li>Students will learn types of common barrier and non-barrier methods of contraception.</li> </ul>	

	rates of common barrier (e.g., condoms) and non-barrier methods of contraception (e.g., The Pill). Abstinence will be emphasized as the only 100% effectiveness for preventing pregnancy and STIs.	<ul style="list-style-type: none"> <li>Students will learn medically-accurate rates of effectiveness for various methods of contraception.</li> </ul>	
<b>Lesson - Risks of Sexual Activity – HIV/AIDS</b>			
<input type="checkbox"/>	In this lesson students will understand the difference between HIV and AIDS and how it affects the immune system. Students will be able to recognize and describe the signs and symptoms of HIV and how HIV is transmitted. Prevention and treatment will also be explained, with information being provided that there is no cure for HIV/AIDS and that the treatment is costly and with an array of side effects. Lastly, students will gain an understanding of a respectful treatment of those living with HIV/AIDS.	<ul style="list-style-type: none"> <li>Students will learn the purpose and functioning of the body's immune system.</li> <li>Students will learn how HIV/AIDS is spread and how to prevent its transmission.</li> <li>Students will learn the importance of treating people who have been infected with HIV in a respectful way.</li> </ul>	

For any of the “opt-out” lessons identified above, special arrangements will be made for your child. Please identify your preference for accommodations for your child when these lessons are presented. The Health and Physical Education staff will notify you of the accommodations that have been determined for your child.

- ☐ An alternative self-study learning activity about Growth & Development.
- ☐ An alternative self-study assignment on a health topic other than Growth & Development.
- ☐ An alternative location for personal reading or homework time.

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Health Teacher's Name

\_\_\_\_\_  
Parent/Guardian Name (Please print clearly)

\_\_\_\_\_  
Relationship to Student

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date of Request