

Dear Parent/Guardian:

Your student is scheduled to take the Grade 7 comprehensive health education unit on Family Life and Human Sexuality (FLHS). Instruction in this unit is designed to help students develop a foundation for making responsible choices that reflect respect for the individual and for others in the family and community. In accordance with the updated changes to the Code of Maryland Regulations (COMAR 13A.04.18.01), the option for parents/guardians/students to opt-out of disease prevention education has been removed. This disease prevention instruction includes medically accurate information about contact with bodily fluids as a method of transmitting infections. The Maryland State Curriculum—Health Education Standards and the Montgomery County Public Schools (MCPS) performance indicators have been enclosed to inform you of the desired outcomes of the FLHS unit.

If you would like more information about this aspect of the comprehensive health education program, you are invited to attend a virtual informational meeting using Zoom on Monday, 10/05/20 from 6:30-7:00 p.m. The Zoom Meeting links will be shared the day before via the GMS website and MyMCPS. Instructional materials will be reviewed and you will have an opportunity to discuss the program with the teachers. If you are unable to attend this meeting but would like to review the materials, please email your child's health teacher to arrange a time to do this.

In accordance with the Code of Maryland Regulation (COMAR 13A.04.18.01) and MCPS Regulation IGP-RA, Comprehensive Health Education Instructional Program, a student will participate in FLHS instruction unless written parent/guardian permission is submitted excluding the student from receiving instruction related to human sexuality. Instruction on FLHS is scheduled to begin Monday, 10/19/20 or after. You may choose to have your student excused from this unit. If excused, your student will participate in other health education units of instruction under the supervision of a professional in an instructional setting.

If you would like to opt your student out of the FLHS unit of instruction, please complete the enclosed permission form and return it to Katie Becker (Katie_E_Becker@mcpsmd.org) no later than Monday, 10/19/20.

If this form is not returned, your student will receive instruction on FLHS. Thank you for your cooperation.

Sincerely,

Principal

Enclosures

Comprehensive Health Education Grade 7 Family Life and Human Sexuality

Goal:

Maryland State Curriculum Content Standard 4: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

Enduring Understanding:

Family and culture affect interpersonal relationships and lifelong wellness.

Performance Indicators:

4.7.II. Family—Analyzing Influences

4.7.II.1. Analyze the correlation between healthy behaviors and personal health with family and relationships.

- 4.7.II.1.a. Develop a list of characteristics for healthy and unhealthy relationships.
- 4.7.II.1.b. Demonstrate ways to express affection, love, and friendship in a healthy way.
- 4.7.II.1.c. Explain why parents and other trusted adults are good sources of information related to relationships, growth and development, and sexual health.

4.7.II.2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

- 4.7.II.2.a. Define sexual activity, sexual abstinence, sexual orientation, and gender identity.
- 4.7.II.2.b. Predict how teasing, bullying, and intolerance related to all aspects of sexuality, development, or physical appearance, can affect one's health.
- 4.7.II.2.c. Demonstrate respect for individual differences in all aspects of sexuality, development, or physical appearance.

4.7.II.3. Explain how appropriate health care can promote personal health.

- 4.7.II.3.a. Summarize basic male and female reproductive body parts and their functions.
- 4.7.II.3.b. Explain conception and its relationship to the menstrual cycle.
- 4.7.II.3.c. Explain how abstinence is the most effective method to prevent pregnancy and the spread of STIs.
- 4.7.II.3.d. Explain how the male condom helps prevent pregnancy and the spread of STIs (other contraception methods are in Grade 8 and Grade 10).

4.7.II. Components of Healthy Relationships (Including Consent)—Analyzing Influences

4.7.II.1. Examine how family influences the health of adolescents.

- 4.7.II.1.a. Reflect on family influences related to social behaviors and relationships.

4.7.II.1.b. Discuss how societal influences affect sexual health practices, behaviors, and interpersonal relationships (e.g., popular culture, media messages, social media, and music videos).

4.7.II.2. Describe how peers influence healthy and unhealthy behaviors.

4.7.II.2.a. Explain why abstinence from sexual activity is a healthy, safe, and responsible decision for adolescents.

4.7.II.2.b. Hypothesize how peers affect one's sexual health practices, behaviors, and relationships.

4.7.III. Sexual Orientation—Accessing Information

4.7.III.1. Access research-based information about gender identity, gender expression, and sexual orientation.

4.7.III.1.a. Differentiate between gender identity, gender expression, and sexual orientation.

4.7.III.1.b. Communicate respectfully with and about all people.

4.7.III.1.c. Advocate to promote dignity and respect for all people.

4.7.VIII. Sexual Orientation

4.7.VIII.1. Demonstrate how to influence and support others to make positive health choices.

4.7.VIII.1.a. Persuade others to avoid teasing, bullying, or stigmatizing others based on their personal characteristics or aspects of their sexuality.

OPT-OUT REQUEST FORM

*Complete and return this form **ONLY** for **EXCLUSION** from the FLHS unit. No form is needed for a student to be included in the unit.*

I wish to have my student, **EXCLUDED** from the Family Life and Human Sexuality unit of the Health Education curriculum.

Student Name: _____

Health Period: _____

Health Marking Period: _____

Health Teacher: _____

Daytime Phone Number of Parent/Guardian: _____

Email: _____

Signature of Parent/Guardian

Date

Please complete and return this form to Katie Becker (Katie_E_Becker@mcpsmd.org) no later than Monday, 10/19/20.

*If this form is not returned, your student will receive instruction on FLHS. Thank you for your cooperation.