

TO: Parents of students enrolled in High School Health Education & Financial Literacy

FROM: Eric Michael, Supervisor of Health and Physical Education and Athletics

SUBJECT: High School Health Education Family Life & Sexuality Parent Permission

This is to inform you that your son/daughter will be participating in the high school Health Education course during this school year. The course content has been designed and approved to not only meet state graduation requirements, but also to provide information, decision making skills, and resources that will encourage communication between students and their families. The Family Life & Sexuality curriculum will include the topics below.

According to State of Maryland regulations, students may be excused from this program upon written request from their parent/guardian. *If you choose for your child to opt out of a section, please check the corresponding box below by the section you want to opt out and sign below. If you choose for your child to opt out of the Family Life curriculum completely please check below.*

\_\_\_\_\_ I choose for my child to **participate in all content.** \_\_\_\_\_ I choose for my child to **opt out of all content.**

Student Name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

<p><input type="checkbox"/> <b>Abstinence</b></p> <ul style="list-style-type: none"> <li>Identify ways to practice abstinence</li> <li>Resistance skills</li> <li>Peer pressure</li> </ul> <p><input type="checkbox"/> <b>Relationships</b></p> <ul style="list-style-type: none"> <li>Identifies healthy vs. unhealthy relationships</li> <li>Roles and responsibilities.</li> </ul> <p><input type="checkbox"/> <b>Sexual Explicit Media</b></p> <ul style="list-style-type: none"> <li>Sexing</li> </ul> <p><input type="checkbox"/> <b>Sexual Consent</b></p> <ul style="list-style-type: none"> <li>Define consent</li> </ul> <p><input type="checkbox"/> <b>Sexual Identity</b></p> <ul style="list-style-type: none"> <li>Sexual orientation</li> <li>Gender identity and expressions</li> </ul> <p><input type="checkbox"/> <b>Sexual and Reproductive Anatomy</b></p> <ul style="list-style-type: none"> <li>Structure and function male and female reproductive system</li> <li>Menstrual cycle</li> </ul>	<p><input type="checkbox"/> <b>Decisions &amp; Risks</b></p> <ul style="list-style-type: none"> <li>Identify sexual behaviors and risks</li> <li>Communication strategies with trusted adults</li> </ul> <p><input type="checkbox"/> <b>Planning and Protection</b></p> <ul style="list-style-type: none"> <li>Transmission/contraction</li> <li>Symptoms, treatments and prevention of STDs, including HIV</li> <li>Community services and resources</li> </ul> <p><input type="checkbox"/> <b>Contraception &amp; Disease Prevention</b></p> <ul style="list-style-type: none"> <li>Identify advantages and disadvantages of various methods of contraception</li> </ul> <p><input type="checkbox"/> <b>Pregnancy</b></p> <ul style="list-style-type: none"> <li>Signs of pregnancy</li> <li>Stages of fetal development</li> <li>Laws related to reproductive health</li> </ul>
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Information on the program can be accessed at the WCPS website, [www.wcps.k12.md.us](http://www.wcps.k12.md.us). Click on "Departments," scroll down to "Health Education," and click on the "curriculum" on the left side of the page. Then on the right side of the page click on "family life high school grade lessons." If you need further information, please call Eric Michael at (301) 766-2929.