

-School Letterhead-

Topic: Human Growth and Development – Grade 10

Date:

Dear **[insert school]** Parents/Guardians:

We are writing to inform you that your son/daughter will be studying human growth and development topics in health class this semester. These topics are part of a district human growth and development curriculum that has been approved by the Board of Education. While some of these topics are sensitive in nature the emphasis of each lesson is on abstinence, personal safety, and self-advocacy.

Human Growth and Development Grade 10 topics are:

Anatomy and Physiology (1-2 days)

Puberty and Adolescent Development (1 day)

Sexually Transmitted Infections and HIV (1 day)

Pregnancy and Reproduction, Abstinence, Pregnancy Prevention, (4-5 days)

Gender Identity and Sexual Orientation (2 days)

Healthy Relationships (3-4 days)

Personal Advocacy and Safety (2-3 days)

The teaching materials for human growth and development are available in the school guidance office for parents to review or can be found on the district web-site under the Parent label.

An optional orientation for parents will be held **[insert date and time]**. The purpose is to familiarize you with topics, materials, and rationale of the human growth and development unit.

While we strongly encourage participation in this curriculum you may opt your child out of some or all of the topics. To opt your child out we ask that you notify your child's health education teacher, through email or by using the form below. An alternative activity will be provided for those students that are opted out.

Sincerely,

[principal name]

[teacher name-optional]

Opt Out Form

If you wish to opt your child out of some or all of the human growth and development topics, please notify the teacher by completing and returning this form to **[insert names]**.

Student's Name _____ Date: _____

_____ I do not wish to have my child participate in the growth and development unit.

OR

_____ I wish to opt my child out of only the following topics: _____

Parent's/Guardian's Signature _____ Date _____