



Notice of Intent to Provide Human Sexuality Instruction

Dear Parent or Guardian of a Middle School Student:

Your child is enrolled in a Plano Independent School District (PISD) High School Health I or Principles of health Science course. The curriculum for this class includes a unit on human sexuality. Both the Plano ISD Board of Trustees and the Plano ISD School Health Advisory Council (SHAC) endorse this Texas standards-based curriculum. The SHAC -- comprised of parents, community, students, and staff members -- is appointed by the Plano Independent School District Board of Trustees and assists in ensuring that local community values are reflected in the District's health education instruction.

Section 28.004 of the Texas Education Code requires that sexuality instruction in Texas schools "present abstinence as the preferred choice of behavior for unmarried and/or school age children" and "devote more attention to abstinence from sexual behavior than to any other behavior." The State of Texas adopted the textbook using in this course. A summary of the human sexuality content of the unit includes:

Abstinence

- Definition
- Internal/external pressures
- Setting personal limits
- Refusal skills
- Protective and risk factors
- Effectiveness
- Emotional intimacy

Teen Pregnancy and Birth Control

- Risk of teen sexual activity
- Teen pregnancy statistics
- Impact of teen pregnancy
- Birth control

Human Reproductive System

- Male reproductive system
- Female reproductive system
- Pregnancy and early development
- Child development

HIV and AIDS

- Definition
- Relationship between HIV and AIDS
- Stages of infection
- HIV and youth
- Preventing HI and "universal precautions"
- Treatment
- Living with HIV
- HIV and pregnancy

Sexually Transmitted Diseases

- Definition
- List of common STDs
- Avoidance
- "Silent epidemic"
- Asymptomatic
- How STDs spread
- Treatment options
- Responding to STDs
- Beliefs vs reality

Instruction for the sexuality unit of our health course is provided by Plano Independent School District certified health teachers. These teachers have received specific training to ensure that the personal matter of human sexuality be addressed in a professional and sensitive manner.

If you wish to review the materials used in this course in advance of this instruction, we encourage you to do so; please contact the school principal or health teacher to make such arrangements.

By state law, if you do not want your child to receive the instruction in this unit, you may request that your child be excused from health classes during that time. If you select this option, please send the completed form entitled "Request to Withhold Child from Sexuality Instruction" to your child's health teacher as soon as possible. Your child's health teacher will assign alternative lessons or activities and arrange a place for your child to complete the work outside of the room in which human sexuality instruction occurs.

Your child will not be subject to any disciplinary action, academic penalty or any other sanction as a result of this action. If we do not receive a signed copy of the form, your child will participate in this unit of the health curriculum.

Parents and guardians also have the opportunity to be involved in the development of the curriculum used in human sexuality instruction. The PISD School Health Advisory Council is appointed by the Board of Trustees and assists in ensuring that local community values are reflected in the District's Health Education instruction. If you have questions or would like further information regarding the School Health Advisory Council (SHAC), please contact Mrs. Molly Pipak, the Coordinator of K-12 Health and Physical Education, or Heidi Cardenas, Health Sciences Coordinator Career & Technical Education.

Mrs. Pipak's contact information is molly.pipak@pisd.edu or 469-752-8051

Ms. Cardenas' contact information is heidi.cardenas@pisd.edu or 469-752-9051.

**Plano Independent School District
Request to Withhold Child from High School Sexuality Instruction**

For your child to be excused from the unit of instruction on human sexuality, this form must be received by the principal prior to November 12, 2018.

I request that my child, _____, be excused from the state-approved comprehensive human sexuality education unit. I understand that my child will be expected to complete alternative assignments provided by his or her health teacher.

My child attends _____ school.

<i>Print Parent or Guardian Name</i>	<i>Date</i>	<i>Signature</i>

Send this form to your child's teacher.