

## **Notice of Intent to Provide Human Sexuality Instruction**

Dear Parent or Guardian of a High School Student:

If your child is enrolled in a Plano Independent School District (PISD) high school Health I, Principles of Health Science class, or the Health Science Academy Course HLT SCI I, the curriculum for these classes includes a unit on human sexuality. Both the PISD Board of Education and the district's School Health Advisory Council endorse this Texas standards-based curriculum. The district's School Health Advisory Council, 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. The School Health Advisory Council meets four times a year, and its meetings are open to the public.

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 content for this instruction is provided by the state-adopted textbook, *Lifetime HEALTH*, which is published by Holt, Rinehart, and Winston. The State of Texas adopted the above textbook as being compliant with this law.

A summary of the sexuality content of the sexuality unit includes:

### **Reproduction, Pregnancy, and Development**

- Identify the structure and function of the male and female reproductive systems
- Fetal development from conception, through pregnancy and birth
- Importance of pre-natal care and proper nutrition
- Harmful effects of alcohol, tobacco and other substances
- Effects of health behaviors on body systems
- Significance of body changes during adolescence
- Summarize the process of heredity, and explain genetic disorders

### **Building Responsible Relationships**

- Refusal skills and avoidance of unsafe situations
- Benefits of abstinence for emotional health, pregnancy and STD prevention
- Analyze behavior in a dating relationship that will enhance the dignity, respect and responsibility relating to marriage
- Recognize sexual harassment and realize that it is wrong and harms people
- Explain how high self-esteem can help you make a decision based on what's right for you

### **Risks of Adolescent Sexual Activity**

- Explain how reasonable and unreasonable risks affect your personal behavior
- Examine the effects of health behaviors on body systems
- Importance of early detection and heeding warning signs to seek health care
- Define the term: "sexually transmitted diseases" and "Acquired Immune Deficiency Syndrome"
- Benefits of abstinence for emotional health, pregnancy and STD prevention, emphasizing that abstinence is the only 100% effective way to prevent pregnancy and STD's
- Analyze the dynamics of family roles and responsibilities relating to health behavior
- Identify and describe the prevention, transmission, symptoms, and treatment for the common STDs and HIV/AIDS
- Report the latest statistics on HIV/AIDS and STDs
- Examine pictures of people infected with various STDs
- Explore the consequences of early sexual activity
- Differentiate between fact and fiction about HIV/AIDS and STDs

### **Prevention Strategies**

- Strategies related to the prevention of communicable and non-communicable diseases
- Benefits of abstinence for emotional health, pregnancy and STD prevention
- Effectiveness and ineffectiveness of barrier protection and other contraceptive methods including the prevention of sexually transmitted diseases (STD's), keeping in mind the effectiveness of remaining abstinent until marriage
- Describe the advantages of sexual abstinence, and respect abstinence as a positive choice

Instruction for the sexuality unit of our health course will be provided by Plano Independent School District certified health teachers. These teachers have been provided specific training to ensure that the personal matter of human sexuality be addressed in a professional and sensitive manner. A guest speaker could be used to discuss HIV/AIDS but no sexuality content will be discussed during presentation and only pre-approved Board of Trustees content will be discussed. 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 school 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 be expected to 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 district's School Health Advisory Council is appointed by the Board of Trustees assist in ensuring that local community values are reflected in the District's health education instruction. Please contact Mr. Bryan McCord if you are interested in further information regarding the School Health Advisory Council.

If you have questions, please contact the school's principal, your child's teacher, or Mr. Bryan McCord, the Coordinator of 6-12 Health and Physical Education or Heidi Cardenas, Health Sciences Coordinator Career & Technical Education. Mr. McCord's contact information is [bryan.mccord@pisd.edu](mailto:bryan.mccord@pisd.edu) or 469-752-8051 and Ms. Cardenas' contact information is [heidi.cardenas@pisd.edu](mailto:heidi.cardenas@pisd.edu) or 469-752-9051.

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**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 October 1, 2017.**

I request that my child, \_\_\_\_\_, be excused from the state-approved comprehensive 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 Principal