

Notice of Intent to Provide Human Sexuality Instruction

Dear Parent or Guardian of a Middle School Student:

As part of the middle school course in Athletics or Physical Education, students participate in lessons from a Comprehensive Coordinated School Health curriculum. Throughout the semester, students periodically will be rotated into units focused on health. This curriculum will include a unit on human sexuality, based on the Texas Essential Knowledge and Skills for 6th, 7th and 8th grade. Age-appropriate instructional materials are utilized, including the state-adopted textbook, *Decisions for Health*, published by Holt, Rinehart, and Winston.

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.

A summary of the sexuality content of this course includes:

Anatomy and Physiology

- changes in male and female anatomy and physiology during puberty
- menstrual health and identify the relationship to reproduction
- the role of hormones as they relate to growth and development and personal health
- physical and emotional development during adolescence
- the life cycle of human beings including birth, dying, and death
- differences in growth patterns among adolescents such as onset of puberty may affect personal health
- the influence of the endocrine system on growth and development
- physiological and emotional changes that occur during pregnancy

Relationships

- healthy ways to express affection and love
- the use of refusal skills in unsafe situations
- strategies for monitoring positive and negative relationships that influence health
- strategies for prevention and intervention of emotional, physical, and sexual abuse

Abstinence and the Risks of Sexual Activity

- consequences of sexual activity and the benefits of abstinence
- strategies such as abstinence for communicating refusal to engage in unsafe behaviors
- information relating to abstinence
- the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age
- abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated

Diseases and Disorders

- the relationship between health needs and technology development such as the development of a Human Immunodeficiency Virus (HIV) vaccine
- the relationship between tobacco, alcohol, drugs, and other substances and the role these items play in unsafe situations such as drinking and driving and Human Immunodeficiency Virus (HIV)/Sexually Transmitted Disease (STD) transmission
- the risks for contracting specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors
- risk factors associated with communicable and non-communicable diseases
- facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases

Instruction for the sexuality unit of our health course will be provided by Plano Independent School District certified 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. 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 and 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. Mr. McCord's contact information is bryan.mccord@pisd.edu or 469-752-8051.

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