



Dear David Douglas Caregivers:

Health is a graduation requirement for students at David Douglas High School. Students often look forward to learning about their own growth, development, and safety in the bigger context of sex education. Health is also a required course in Oregon:

Oregon Statutes and DDS Policy

Oregon's Human Sexuality Law ([ORS 336.455](#), 2009), the Healthy Teen Relationship Act ([ORS 339.366](#), 2013), and Child Sexual Abuse Prevention Law ([ORS 336.059](#), 2015) collectively contribute to the Oregon Department of Education's (ODE) Human Sexuality Administrative Rule ([OAR-581-022-2050](#)), which requires that *each school district shall teach age-appropriate, comprehensive sexuality education, HIV/AIDS and STD prevention in elementary and secondary schools*. [DDSD School Board Policy IGA1](#) follows state guidelines, such that students receive age-appropriate comprehensive sex education, including 4 child sexual abuse prevention lessons annually in grades K-12.

As health educators, our goal is to present factual information in order to safeguard students' health and wellness. These topics will be handled with age appropriate discretion. Our curriculum is abstinence-based, which means we stress the importance of delaying behaviors that can harm student's physical, mental/emotional & social well-being. We also explore the need to make responsible decisions to protect themselves and others from negative consequences of sexual behavior (e.g., unplanned pregnancy and/or sexually transmitted infections).

Oregon Health Standards dictate that students will study concepts, analyze influences, access information, demonstrate interpersonal communication and decision-making skills, set goals and learn to practice self-management and advocacy skills on the following topics:

- **Puberty:** Biological changes during ages 12-15
- **Basic Anatomy:** Reproductive Anatomy, Menstruation, and Ovulation
- **Identity:** The ways we think/feel about ourselves
- **Preventing Sexually Transmitted Infections (STIs):** Identify common STI symptoms and describe how they can be transmitted and treated
- **Family Planning and Contraception:** Importance of communication and planning, contraceptive effectiveness rates, and accessibility
- **Protection and Communication:** Identify abstinence as the only 100% safe method to avoid STIs and/or pregnancy as well as the importance of communicating clearly to partner



We encourage caregivers to talk to their students to decide if there is an interest in having the students opt out of learning about these topics. Students are encouraged to bring their family values and personal beliefs to health class. Questions are encouraged so that we can all learn from each other and determine what is best for ourselves.

Opt Out Form – High School Health

If you are NOT opting out of any lessons, no further action is needed.



OPT OUT - I do NOT want my child to participate in lessons associated with the following topics and I am requesting an alternate assignment:

- ☐ Puberty: Biological changes during ages 12-15
- ☐ Basic Anatomy: Reproductive Anatomy, Menstruation, and Ovulation
- ☐ Identity: The ways we think/feel about ourselves
- ☐ Preventing Sexually Transmitted Infections (STIs): Identify common STI symptoms and describe how they can be transmitted and treated
- ☐ Family Planning and Contraception: Importance of communication and planning, contraceptive effectiveness rates, and accessibility
- ☐ Protection and Communication: Identify abstinence as the only 100% safe method to avoid STIs and/or pregnancy as well as the importance of communicating clearly to partner

I DO NOT WANT my child to participate in the **check-marked** state-mandated Human Reproduction & Sexuality Education unit.

Student Name: _____ Student ID #: _____

Caregiver Signature: _____ Date: _____

Notes: