

William H. Farquhar Middle School

17017 Batchellors Forest Road
Olney, Maryland 20832



Main Office: 240-740-1200
Fax: 301-774-7505

Angelica Rivas-Smith, Principal

July 22, 2024

Dear Parent/Guardian:

Your student is scheduled to take the Grade 8 comprehensive health education unit on Family Life and Human Sexuality (FLHS). Instruction in this unit is designed to help students develop a foundation for making responsible choices that reflect respect for the individual and for others in the family and community. Due to the sensitive nature of this instruction, as directed by Maryland State Regulations (COMAR 13A.04.18.01), "students may be excused from this unit of the program upon a written request from their parents/guardians". Attached you will find a list of the topics and indicators for this unit. Please complete and return the Opt-Out Request form only if you do NOT wish to have your child participate in the Family Life and Human Sexuality curriculum.

Any student who has been excused from this unit of instruction will participate in other health education units of instruction under the supervision of a professional in an instructional setting. The length of time spent on the alternate lessons will be the same number of days as will be spent on the unit. More information will be sent home with students who are excused.

If you would like more information about this aspect of the health education program, you are invited to attend a virtual informational meeting on Thursday, September 19 at 6:00 p.m. A virtual meeting link will be posted on the FMS website. Instructional materials will be reviewed and you will have an opportunity to discuss the program with the teachers. If you are unable to attend this meeting, but would like to review the materials, please call the school at 240-740-1200 to arrange a time to do this.

You will be notified when this instruction on FLHS is scheduled to begin which will depend on the quarter your student will take Health Education. If you would like to opt your student out of the FLHS unit of instruction, please complete the enclosed Opt-Out Request form and return it to school no later than October 4, 2024.

If the form is not returned, your student will receive instruction on FLHS. Thank you for your cooperation.

Sincerely,

Mrs. Angelica Rivas-Smith
Principal

Enclosures

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Health Education Grade 8 Family Life and Human Sexuality

The topics and indicators listed below are what will be taught in this unit:

Healthy Relationships and Consent

Identify why individuals have the right to refuse sexual contact.

Explain why individuals have the right to refuse sexual contact.

Describe strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help.

Summarize why individuals have the right to refuse sexual contact.

Analyze factors, including alcohol and other substances, that can affect the ability to give or perceive consent to sexual activity.

Explain the importance of setting personal limits to avoid sexual risk behaviors.

Harassment, Teasing, and Bullying

Describe ways to show courtesy and respect for others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity) are different from one's own.

Explain why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, and gender identity).

Describe how intolerance can affect others when aspects of their sexuality are different from one's own.

Identify strategies for respecting individual differences in sexual growth and development, or physical appearance.

Anatomy and Physiology

Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions.

Describe conception and its relationship to the menstrual cycle and vaginal sex.

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Sexual Health

Describe ways sexually active people can reduce the risk of pregnancy.

Explain ways sexually active people can reduce the risk of HIV and other STIs including condoms and preventative medications.

Describe the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STI/HIV prevention, testing, care, and treatment.

Describe the relationship between substance use and sexual risk behaviors.

Describe the factors that contribute to engaging in sexual risk behaviors including substance use.

Recognize racism and intersectionality and describe their impacts on sexual health.

Identify racism and intersectionality and describe their impacts on sexual health.

Sexually Explicit Media

Identify the impact sexually explicit media can have on one's body image, expectations about sex, relationships, and self esteem.

Explain the impact sexually explicit media can have on one's body image, expectations about sex, relationships, and self esteem.

Describe the state and federal laws that impact young people's sexual health and rights, ability to give and receive sexual consent, and engagement with sexually explicit media.

Explain the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites.

Summarize the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites.

Analyze the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites.

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FAMILY LIFE AND HUMAN SEXUALITY OPT-OUT REQUEST FORM

Complete and return this form **ONLY** for **OPT-OUT** from the FLHS unit. No form is needed for a student to be included in the unit.

I wish to Opt-Out my student from the Family Life and Human Sexuality unit of the Health Education curriculum.

Student Name: _____ Period: _____

Daytime Phone Number of Parent/Guardian: _____

Email: _____

Signature of Parent/Guardian

Date

Please complete and return this form to school no later than October 4, 2024.

*If this form is not returned, your student will receive instruction on FLHS. Thank you for your cooperation.