

Attachment D

(updated for 2025–2026)

Dear Parent/Guardian:

Your student is scheduled to take the Grade 7 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 an informational meeting at the school on **Wednesday September 3rd at 6:00pm** in the Media Center. 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 240-740-3500 to arrange a time to do this.

Instruction on FLHS is scheduled to begin late October early November 2025.

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 **Tuesday September 30th**.

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

Sincerely,

Chris B. Nardi
Principal

Enclosures

Health Education

Grade 7 Family Life and Human Sexuality

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

Healthy Relationships and Consent

Describe characteristics of healthy relationships.

Explain the characteristics of a healthy dating relationship.

Distinguish healthy relationships from unhealthy ones.

Describe healthy ways to express affection, love, and friendship.

Evaluate the impact of technology (e.g., use of smartphones and digital monitoring) and social media on communication and consent in relationships.

Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about relationships.

Discuss what does and does not constitute sexual consent.

Gender Identity and Expression

Define sex assigned at birth, gender identity, and gender expression.

Compare sex assigned at birth and gender identity and explain how they may or may not differ.

Explain sex assigned at birth and gender identity and explain how they may or may not differ.

Sexual Orientation and Identity

Explain sexual orientation.

Define sexual identity and explain a range of identities related to sexual orientation.

Describe sexual identity and explain a range of identities related to sexual orientation.

Anatomy and Physiology

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

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

Describe menstruation, fertilization, and implantation.

Explain menstruation, fertilization, and implantation.

Sexual Health

Identify ways to prevent pregnancy, including not having sex and effective use of contraceptives, including condoms.

Describe ways sexually active people can reduce the risk of HIV, and other STIs.

Identify solo, vaginal, anal, and oral sex along with possible outcomes of each.

Describe how the effectiveness of condoms can reduce the risk of HIV, and other STIs.

Identify proper steps to using barrier methods correctly.

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 _____.

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