

Dear Caregivers,

In accordance with our agreement during the adoption process, the Oregon City School District is providing you with timely communication regarding your student's participation in our adopted health curriculum. For Units 5, 6, and 8, you will receive a notification letter from the district and an opt out form will be attached to this communication. We strongly encourage you to preview the materials prior to opting out of instruction so that you may make the most informed decision possible.

**In March, your student will begin Unit 5 of our curriculum which has four lessons focused on Self Worth, Mental & Emotional Health. Unit 5 has been identified as containing topics that may be sensitive for some families.** The topics by grade level are as follows:

**Kindergarten: My Body is Special**

*All Bodies Are Different, I Am Special (self-confidence), Ways to Stay Safe, The Always Ask First Rule, Safe & Unsafe Touches & The Touching Rule (private body parts), Practicing Staying Safe & Reviewing Safety Skills*

**1st Grade: Talk and Listen**

*How Do We Talk? How Do We Listen?, We Talk & Listen (communication skills, saying no in uncomfortable situations, responses to teasing), People Talk in Many Ways, Tell How You Feel (trustworthiness, finding a helper)*

**2nd Grade: When I Feel Afraid**

*Understanding and Coping with Common Fears, How Being Afraid Affects Your Body, Recognizing Real Dangers - When It's Smart to Be Afraid (includes fire and gun safety, alcohol reference), Your Body is Private! (privacy, safe/unsafe touches, unsafe secrets)*

**3rd Grade: I Like Your Attitude**

*Attitudes, Values, and Goals (definitions), How Attitudes Affect Your Actions (includes identifying trusted adults), Improving Your Attitude, Attitudes at Home, at School, and in the Community (violence prevention, sportsmanship)*

**4th Grade: It's My Body**

*Taking Care of Your Body (common sense in harmful situations), Critical Thinking to the Rescue, In Tune with Your Emotions, Preventing Abuse (defining abuse, sexual harassment, refusal skills, safe/unsafe/confusing touches, anatomically correct language for private parts with visuals)*

**5th Grade: Those Crazy, Mixed Up Emotions**

*Your Emotions and Your Body, Your Emotions and Your Life (coping with strong emotions, gang affiliation, effects of alcohol, gun safety), Troubled Times (life events that trigger strong emotions, support systems), Send the Message: My Body is Private (refusal skills, sexual abuse, sexual harassment)*

If you are interested in viewing the curriculum, you may make an appointment with your school principal. You may also view the materials at our Teaching and Learning Department during office hours at any time during the school year. We are happy to answer any questions that you may have and we encourage you to view any and all materials that will help you to make an informed decision about your child's instructional experience.

Sincerely,  
OCSD Teaching and Learning Department

[Oregon Health Standards](#)  
[OCSD Health Webpage \(with Opt Out forms\)](#)

**Health Curriculum Opt Out Form  
Unit 5 - Self Worth, Mental & Emotional Health**

Student Name: \_\_\_\_\_ Student Grade: \_\_\_\_\_

Student's Teacher: \_\_\_\_\_

Student's School: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Parent Phone Number(s): \_\_\_\_\_

Parent Email Address(es): \_\_\_\_\_

**Please read below and select all that apply:**

- I am choosing to opt out of the district adopted health curriculum for Unit 5 and would like my child to be given an alternate activity during the time of instruction for all lessons.
- I have previewed the curriculum associated with this unit.
- I have told my student that they will not be participating.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_