



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 indicators and objectives 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 September 7th at 6:30 pm starting 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 contact [Stacy M. Shephard@mcpsmd.org](mailto:Stacy_M_Shephard@mcpsmd.org) (PE/Health Resource Teacher).

Instruction on FLHS is scheduled to begin approximately the middle of the way through your child’s quarter of 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 September 16th.

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

Sincerely,

Jewel Sanders  
Principal

Enclosures

## **Comprehensive Health Education Grade 7 Family Life and Human Sexuality**

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

**Analyze the correlation between healthy behaviors and personal health with family and relationships.**

Develop a list of characteristics for healthy and unhealthy relationships.

Demonstrate ways to express affection, love, and friendship in a healthy way.

Explain why parents and other trusted adults are good sources of information related to relationships, growth and development, and sexual health.

**Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.**

Define sexual activity, sexual abstinence, sexual orientation, and gender identity.

Predict how teasing, bullying, and intolerance related to all aspects of sexuality, development, or physical appearance, can affect one's health.

Demonstrate respect for individual differences in all aspects of sexuality, development, or physical appearance.

**Explain how appropriate health care can promote personal health.**

Summarize basic male and female reproductive body parts and their functions.

Explain conception and its relationship to the menstrual cycle.

Explain how abstinence is the most effective method to prevent pregnancy and the spread of STIs.

Explain how the male condom helps prevent pregnancy and the spread of STIs

**Examine how family influences the health of adolescents/Components of Healthy Relationships (Including Consent)**

Reflect on family influences related to social behaviors and relationships.

Discuss how societal influences affect sexual health practices, behaviors, and interpersonal relationships (e.g., popular culture, media messages, social media, and music videos).

**Describe how peers influence healthy and unhealthy behaviors.**

Explain why abstinence from sexual activity is a healthy, safe, and responsible decision for adolescents.

Hypothesize how peers affect one's sexual health practices, behaviors, and relationships.

**Access research-based information about gender identity, gender expression, and sexual orientation.**

Differentiate between gender identity, gender expression, and sexual orientation.

Communicate respectfully with and about all people.

Advocate to promote dignity and respect for all people.

**Demonstrate how to influence and support others to make positive health choices.**

Persuade others to avoid teasing, bullying, or stigmatizing others based on their personal characteristics or aspects of their sexuality.

**FAMILY LIFE AND HUMAN SEXUALITY  
OPT-OUT REQUEST FORM**

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

I wish to have my student EXCLUDED 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 September 16, 2022.**

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