

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 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 Thursday 9th, 2022 at 5:45p.m. - 6:15 p.m. in room D121. 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 to arrange a time to do this.

Instruction on FLHS is scheduled to begin halfway through the quarter .

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 the first day of the FLHS unit..

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

Sincerely,

AnneMarie Smith

Principal

## **Comprehensive Health Education Grade 8 Family Life and Human Sexuality**

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

### **Sexual Behaviors and Limits**

**Explain how the perceptions of norms influence healthy and unhealthy behaviors.**

Describe how perceptions of norms, social expectations, and values shape healthy and unhealthy sexual practices, behaviors, and relationships.

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

Evaluate reasons why people engage in sexual activity including sexual intercourse and why people choose to abstain from sexual activity.

### **Maternal Changes**

**Describe the emotional, intellectual, physical, and social changes that occur to adolescents due to pregnancy.**

Explain the gestation process of fetal development and maternal changes.

Explain principles of prenatal care.

Analyze the emotional, physical, and financial impacts of teen pregnancy on teens, their children, their families, and society.

### **Sexual Behaviors and Limits (Including Consent)—Interpersonal Communication**

**Apply effective verbal and nonverbal communication skills to enhance health.**

Examine ways to protect the sexual health of one's self and others through effective use of verbal, nonverbal, and electronic means of communication, including social media.

**Demonstrate refusal and negotiation skills that avoid or reduce health risks.**

Demonstrate skills to resist peer pressure to engage in sexual activity including sexual intercourse.

**Demonstrate how to advocate for assistance to enhance the health of self and others.**

Identify community resources available to provide assistance to improve and/or maintain health and healthy relationships including those at the school.

### **Social Media—Decision Making**

**Describe the benefits of and barriers to practicing healthy behaviors.**

Explain why sending sexually explicit pictures or messages by e-mail, cell phone, or tablet; and posting sexually explicit messages/pictures on social media sites will have negative consequences—socially, legally, and otherwise.

Formulate reasons for maintaining sexual abstinence including the right to refuse sexual contact, protection from HIV/STIs, and pregnancy.

Analyze behaviors used to coerce or pressure someone to engage in sexual activity including sexual intercourse, refusal skills, and the link between alcohol/drugs and sexual activity.

Explain how each method of contraception works to prevent pregnancy including effectiveness.

### **Teen Pregnancy and Parenting**

**Describe the interrelationships of emotional, intellectual, physical, and social health for teen parents.**

Anticipate how new family roles will affect the emotional well-being of the teens, their children, and their families.

Predict how taking care of a child will impact the physical health of the teens, their children, and their families.

### **Contraception and Sexual Abstinence**

**Explain the importance of taking ownership for personal health behaviors.**

Persuade others to practice sexual abstinence and avoid risky sexual behaviors that may lead to contraction of HIV, STIs, and/or unwanted pregnancy.

**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 the first day of the FLHS Unit.**

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