Dear Parent or Other Caring Adult,

During your child’s science or health class, he or she will participate in the AISD Human Sexuality and Responsibility (HRS) curriculum. The program delivers factually accurate, age-appropriate information on a range of topics pertaining to personal health and safety, building healthy friendships, and standing up against bullying. The teaching of Human Sexuality and Responsibility is expected under Austin ISD Board Policy EHAA (Legal and Local). The curriculum further advances the AISD mission to provide a comprehensive educational experience that challenges and inspires students to make a positive contribution to society.

As the primary caregiver and educator in your child’s life, you are welcome to preview the curriculum online at https://www.austinisd.org/pe-health/health-education/hsr or in your campus library. Please take the time to view the curriculum prior to instruction or at the parent orientation meeting. Please contact the campus principal for the scheduled date of the orientation.

If you **do want** your child to participate in these lessons, no further action is required.

If you **do not want** your child to participate in these lessons, please check the lessons that you want your child to opt out of, sign and date below, and return this form to your child’s teacher. Alternative lessons will be provided for your child in a different location.

**I want my child to opt out of (check all that apply):**

___ Lesson 1 Positive Self Image  
___ Lesson 2 Stand Up Against Bullying  
___ Lesson 3 Expressing Difficult Feelings  
___ Lesson 4 Resolving Conflict  
___ Lesson 5 Family Changes

___ My child will opt out of all the lessons listed above.

______________________________
Student Name

______________________________  ________________
Parent/Guardian Signature   Date

Austin Independent School District Health & Physical Education Revised 11/5/19
Lesson 1: Positive Self Image
- What makes you special?
- What is self-esteem?
- How can you build your self-esteem?

Lesson 2: Stand Up Against Bullying
- Have you ever seen bullying happening?
- How does bullying make you feel?
- What can you do if you see someone being bullied?

Lesson 3: Expressing Difficult Feelings
- What are some things that might make you feel unsafe or uncomfortable?
- What can you say to someone who is making you feel unsafe or uncomfortable?
- Who are the adults in your life that make you feel happy, safe, or calm?

Lesson 4: Resolving Conflict
- How do you feel when you have a conflict or argument with a friend?
- What can you say to solve a conflict with a friend?
- What can you do if an ‘I message’ doesn’t work?

Lesson 5: Family Changes
- What is your role in our family? What is my role in our family?
- Is your role in our family the same as when you were a baby? How are you different?
- Who can you talk to about your feelings when our family changes?