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 How to Listen  
___ Lesson 2 Feelings  
___ Lesson 3 Friends  
___ Lesson 4 Conflict Resolution  
___ Lesson 5 Family Connections  

___ **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: How to Listen
   ● How can you be a good listener?
   ● How does being a good listener make other people feel?
   ● When might you need to be a good listener?

Lesson 2: Feelings
   ● What are some big feelings that you have?
   ● Who can you talk to when you are having big feelings?
   ● What are feelings important? What do they tell us?

Lesson 3: Friends
   ● Why is it important to have friends?
   ● How do good friends make you feel?
   ● What do you like about being a friend?

Lesson 4: Conflict Resolution
   ● 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 Connections
   ● What are my responsibilities in our family? What are your responsibilities in our family?
   ● What are some things that our family likes and dislikes?
   ● How does being part of a caring family make you feel?