Human Sexuality and Responsibility  
Elementary School Opt-Out  
Grade 4  

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 sexual health, sexuality, accessing health care, and healthy relationships. 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 Healthy Relationships  
___ Lesson 2 Personal Safety  
___ Lesson 3 Identity  
___ Lesson 4 Anatomy & Physiology  
___ Lesson 5 Puberty & Adolescent Development

___ 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: Healthy Relationships
- What are some ways that you are a good friend to others?
- How will you know if someone isn’t a good friend?

Lesson 2: Personal Safety
- How do you know if you are teasing or bullying someone else?
- Can you think of a time you might have bullied someone? What can you do about that now?

Lesson 3: Identity
- How can you show kindness to others?
- How can you show kindness to someone who is different than you?

Lesson 4: Anatomy & Physiology
- What are some of the parts of the reproductive system that you learned today?
- What questions do you have about the reproductive system?

Lesson 5: Puberty & Adolescent Development
- What are some of the things that you like about your body?
- What can you do to care for your body throughout puberty?