Human Sexuality and Responsibility  
Middle School Opt-Out  
Grade 6

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, 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 science 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 Characteristics of Relationships
- [ ] Lesson 2 Using Technology & Social Media
- [ ] Lesson 3 Personal Safety & Safe Environments
- [ ] Lesson 4 Identity
- [ ] Lesson 5 Female & Male Reproductive Systems
- [ ] Lesson 6 Changes in Adolescence & Puberty
- [ ] Lesson 7 Self-Concept & Body Image
- [ ] Lesson 8 Abstinence to Prevent Pregnancy
- [ ] Lesson 9 Sexually Transmitted Diseases & HIV
- [ ] **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: Characteristics of Healthy Relationships
● Why is good communication important for maintaining healthy relationships?
● What type of communication do you use most often?

Lesson 2: Using Technology and Social Media
● How does technology change the way we communicate with friends?
● What are your strategies for using social media safely, legally, and respectfully?

Lesson 3: Personal Safety & Safe Environments
● How can you treat all people with dignity and respect?
● Who are the trusted adults in your life that you will talk to if you are in an unhealthy relationship?

Lesson 4: Identity
● How are you feeling about the idea of gender identity and gender expression?
● How are you feeling about the idea of sexual attraction?

Lesson 5: Female & Male Reproductive Systems
● What did you learn about your body systems and parts?
● What questions do you have about your reproductive health?

Lesson 6: Changes in Adolescence & Puberty
● How are you feeling about the changes that occur during puberty?
● How can I help you manage the physical and emotional changes that occur during puberty?

Lesson 7: Self-Concept & Body Image
● What are your unique characteristics that you love?

Lesson 8: Abstinence to Prevent Pregnancy
● What are the benefits to practicing abstinence?
● How are you feeling about the idea of sexual activity?
● What boundaries can we agree on for sexual activity?

Lesson 9: Sexually Transmitted Diseases & HIV
● What are some of the risks of participating in sexual activity?
● What can you do to eliminate your risk of contracting an STI/STD/HIV?