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 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 Relationships
_____ Lesson 2 Relationships & Social Media
_____ Lesson 3 Personal Safety
_____ Lesson 4 Identity
_____ Lesson 5 Female & Male Reproductive Systems
_____ Lesson 6 Puberty & Adolescent Development
_____ Lesson 7 Pregnancy & Reproduction
_____ Lesson 8 Pregnancy Prevention
_____ Lesson 9 STDs & 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: Healthy Relationships
- Talk to me about the differences between healthy and unhealthy relationships?
- How do we (as a family unit) define and express affection?
- How can we agree on boundaries for romantic relationships?

Lesson 2: Communication and Social Media
- How can you communicate personal boundaries and respect the boundaries of others?
- How do external influences (like friends and social media) affect relationships?
- How does our digital footprint impact ourselves and our relationships?

Lesson 3: Personal Safety
- What rights do you have, as an adolescent, to personal space, your body, and touches?
- Who are the trusted adults in your life to report abuse or assault?
- How can you treat people with dignity and respect?

Lesson 4: Identity
- What are the different terms of gender and gender roles used currently in society?
- How can you promote dignity and respect at school, in the community, in Texas, etc?
- How are you feeling about these concepts of gender and identity?

Lesson 5: Anatomy & Physiology
- Do you have any questions about your physical health and reproductive system?
- Is there anyone you would like to talk with about your physical health and reproductive system?

Lesson 6: Puberty & Adolescence
- How do you feel about the changes you are experiencing during puberty?
- How can I help you manage the physical/emotional changes you are experiencing?

Lesson 7: Reproduction & Pregnancy
- How are you feeling about the concepts of sex and reproduction?
- What parts of reproduction or pregnancy do you have questions about?
- How do you know if an action or activity can be considered consent?

Lesson 8: Pregnancy Prevention
- Let’s talk about what our family believes about pregnancy prevention, abstinence, and contraception.
- What are you thinking about your life and your choice to become sexually active or remain abstinence?
- How can you reduce the chances of risky sexual behaviors?

Lesson 9: STDs, STIs, & HIV
- What are some strategies you learned to avoid or reduce the risk of contracting an STD or STI?
- How can an STD or STI affect your life?
- How do you feel after having this unit?