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 What Makes a Relationship Healthy?
- Lesson 2 Maintaining Healthy Relationships
- Lesson 3 Challenges to Healthy Relationships
- Lesson 4 Everyone Has the Right to Safety
- Lesson 5 Power in Community – Building a Safe Space for Us All
- Lesson 6 Defining Sexuality & Sexual Health
- Lesson 7 Understanding the Consequences of Sexual Activity
- Lesson 8 Strategies to Avoid & Reduce the Risks of Sexual Activity
- Lesson 9 Decision -Making to Reduce Risks
- Lesson 10 Managing the Consequences of Sexual Activity

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

____________________________________  _______________________
Student Name                                      Date

____________________________________  _______________________
Parent/Guardian Signature                        Date
Lesson 1: What Makes a Relationship Healthy?
- Talk to me about the differences between healthy, unhealthy, and abusive relationships?
- How do we (as a family unit) define and express affection?
- How can we agree on boundaries for romantic relationships?

Lesson 2: Maintaining Healthy Relationships
- How can you communicate personal boundaries and respect the boundaries of others?
- How do external influences (like friends and social media) affect relationships?
- How are you feeling about the idea of sexual attraction in relationships?

Lesson 3: Challenges to Healthy Relationships
- What are some behaviors that might be considered “bullying” or “harassment”?
- What is your right to file a complaint regarding bullying and sexual harassment at school?
- Do you have a right to decide if and when to be touched by another?

Lesson 4: Everyone Has the Right to 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 5: Power in Community—Building a Safe Space for Us All
- 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 6: Defining Sexuality & Sexual Health
- How do external influences (like friends and social media) affect how you feel about sexual behavior?
- 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 7: Understanding the Consequences of Sexual Activity
- What are the major risks of sexual activity?
- What questions do you have about pregnancy and STIs?

Lesson 8: Strategies to Avoid & Reduce the Risks of Sexual Activity
- What questions do you have about abstinence and contraception?
- How do you know if an action or activity can be considered consent?

Lesson 9: Decision-Making to Reduce Risks
- 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 10: Managing the Consequences of Sexual Activity
- 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?