Human Sexuality and Responsibility
High School Opt-Out

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](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 health 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):

___ Unit 7 Lesson 27 Family Health, Healthy/Respectful Relationships
___ Unit 7 Lesson 28 Relationships
___ Unit 7 Lesson 29 Marriage Circles Activity
___ Unit 7 Lesson 29 Parenting and Paternity Awareness
___ Unit 8 Lesson 30 Male and Female Reproductive System and Abstinence
___ Unit 8 Lesson 31 Reproduction and Heredity
___ Unit 8 Lesson 32 Contraception and Benefits of Abstinence
___ Unit 8 Lesson 33 Establishing Paternity
___ Unit 8 Lesson 34 Sexually Transmitted Diseases
___ Unit 8 Lesson 34 Consent/Setting Boundaries

___ My child will opt out of all of the lessons.

__________________________________________
Student Name

__________________________________________
Parent/Guardian Signature Date

Austin Independent School District Health & Physical Education Revised 11/5/19
Austin ISD- High School HSR Parent Connection

Unit 7 Lessons
- Family Health, Healthy/Respectful Relationships
- Relationships
- Marriage Circles Activity
- Parenting and Paternity Awareness

Discussion Questions
- How do we (as a family unit) define and express affection?
- How can we agree on boundaries for romantic relationships?
- How can you communicate personal boundaries and respect the boundaries of others?
- How can you promote dignity and respect at school, in the community, in Texas, etc.?
- How do external influences (like friends and social media) affect relationships?
- Who are the trusted adults in your life that you can talk to about your personal health and sexual health?

Unit 8 Lessons
- Male and Female Reproductive System and Abstinence
- Reproduction and Heredity
- Contraception and Benefits of Abstinence
- Establishing Paternity
- Sexually Transmitted Diseases
- Consent/Setting Boundaries

Discussion Questions
- Do you have any questions about your sexual health and reproductive system?
- How can I help you manage the physical/emotional changes you are experiencing?
- How are you feeling about the concepts of sex and reproduction?
- What are the ways that you can avoid or reduce the risks of sexual activity (i.e. unwanted pregnancy, STIs, HIV)?
- Let’s talk about what our family believes about sexual activity, pregnancy prevention, abstinence, and contraception.
- What are you thinking about your life and your choice to become sexually active or remain abstinent?