

Health Education and Exemption from Instruction

Consistent with state law and Department of Education requirements, health and physical education, including, instruction about parts of the body, reproduction, sexuality education, human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS) and related topics, will be included in the instructional program. Sexuality education shall include instruction relative to abstinence and sexually transmitted infections.

Instruction must be appropriate to grade level, course of study, and development of students and must occur in a systematic manner. The Superintendent will require that faculty members who present this instruction receive continuing in-service training, which includes appropriate teaching strategies and techniques.

Parents/guardians shall be notified by email, other written means, or phone call, not less than two (2) weeks in advance of use of the curriculum course material to be used for instruction of human sexuality or human sexual education. To the extent practicable, curriculum course materials shall be made available to parents/guardians to review upon request.

Parents/guardians who wish to review or inspect health and physical education materials may arrange a meeting with the Principal to review the materials.

Opt-Out Procedure and Form

Parents/guardians, or students over eighteen years of age, who do not want their child to participate in a particular unit of health or sex education instruction for religious reasons or religious objections, are allowed to have their child opt-out of such instruction.

Parents/guardians who do not want their child to participate in a particular unit of health or for religious reasons must complete a Health and Sex Education Exemption/Objectional Course Material : Opt-Out Form.

Health and Sex Education Exemption: Opt-Out Forms are available from either the health education teacher or the Principal. Opt-Out requests must be submitted annually and are valid only for the school year in which they are submitted.

Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment. The alternative course materials must meet the educational requirements as stipulated in the State Minimum Standards. The alternative assignment will be provided by the health or physical education teacher in conjunction with Principal.

In accordance with the Federal Protection of Pupil Rights Amendment and as a School District that receives Federal Department of Education funds, the Superintendent shall develop procedures to allow parent/guardian of a student to inspect any instructional material used as part of the educational curriculum for the student. The procedures will provide reasonable access to instructional material within a reasonable period of time after the request is received.

Legal References:

20 U.S.C §1232h, (c)(1)(C), *Protection of Pupil Rights*
RSA 186:11, IX, *Instruction as to Intoxicants and Sexually Transmitted Diseases*
RSA 186:11, IX-b, *Health and Sex Education*
RSA 186:11, IX-c, *Objectionable Course Material*
RSA 186:11, IX-e *Notice to Parents/Guardian Required*
NH Code of Administrative Rules, Section Ed 306.40, *Health Education Program*
NH Code of Administrative Rules, Section Ed 306.41, *Physical Education Program*

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Amended: 08/28/18
Amended: 10/11/2022

HEALTH AND SEX EDUCATION EXEMPTION: OPT-OUT FORM

I, _____ (parent/guardian) request that my child, _____ be excused from participating in certain units of health or sex education instruction based on religious objections.

I request that the District waive the class attendance of my child in a class or courses on:

- ☐ Comprehensive sex education, including in grades 6-12, instruction on the prevention, transmission, and spread of sexually transmitted diseases (STD)
- ☐ Family life instruction, including in grades 6-12, instruction on the prevention, transmission, and spread of sexually transmitted diseases (STD).
- ☐ Instruction on diseases.
- ☐ Recognizing and avoiding sexual abuse.
- ☐ Instruction on donor programs for organ/tissue, blood donor, and transplantation.

Please identify the grade level, class, and building: _____

I understand that I am requesting the school to excuse my child from certain units of curriculum that are required by state law. I further understand that, in lieu of receiving instruction in this unit of health education, my child may be required to receive alternative learning in health education that is sufficient to enable my child to meet state requirements for health education. I further understand that this opt-out exemption is only valid for the school year in which it is signed and subsequent waivers may be necessary.

Parent/Guardian Signature

Administrator Signature

Date Received _____