

Dear Parents and/or Guardians of High School Health Students,

Adams 12 Five Star Schools is committed to helping students be healthy and confident as they become young adults. As a part of this commitment, and in alignment with the Colorado Department of Education's Comprehensive Health Standards, your student will be learning about Personal Wellness, Nutritional Wellness, Mental and Emotional Wellness, Relationship Wellness, Comprehensive Human Sexuality, Violence Prevention, and Substance Abuse as a part of their High School Health class. Adams 12 Five Star Schools follow the state's academic standards for health, as well as current Colorado law, which require that comprehensive health education is evidence-based, medically accurate, age-appropriate and culturally sensitive. Please contact your student's Health teacher if you have further questions about the instructional content and material or if you would like to review the High School Health curriculum.

**If you wish to exempt your student from part or all of the in-class instruction of the High School Health Units, please complete the form below and return it to your student's teacher by the indicated date. If you select to exempt your student from any of the content below, your student will receive an alternative assignment from your student's Health teacher for your student to complete during the instructional time your student will miss for the exempted Lessons/Unit(s).**

**Please return this form only if you wish to exempt your student from any of the Unit(s) and/or Lesson(s) below. The completed form must be returned to your student's Health teacher by: \_\_\_\_\_.**  
**In the event this form is not returned by the deadline, your student will participate in all of the units and lessons listed below.**

**My student is to be exempted from participating during the following Unit(s) and/or Lesson(s) - check any that apply:**

- Unit 1: Personal Wellness** - In this unit, students will set personal goals to improve one's mental, social, and emotional health. Students will also advocate to improve or maintain positive mental and emotional health for self and others. The 6 dimensions of health and the decision making model will be introduced.
- Unit 2: Nutrition** - In this unit, students will analyze the benefits of a healthy diet and the consequences of an unhealthy diet. Students will also analyze how family, peers, media, culture and technology influence healthy eating choices and demonstrate ways to take responsibility for healthy eating.
- Unit 3: Mental and Emotional Wellness** - In this unit, students will advocate to improve or maintain positive mental and emotional health for self and others as well as analyze the underlying causes of suicidal behavior and steps involved in seeking help. Students will understand the factors that impact stress, depression and anxiety and how to implement positive coping strategies.
- Unit 4: Substance Abuse** - In this unit, students will understand concepts that impact an individual's use or nonuse of alcohol, tobacco, and drugs. Students will develop self-management skills to make healthy choices concerning alcohol, tobacco, and drugs, and be able to identify the short/long-term effects and warning signs of different drug classifications.
- Unit 5: Violence Prevention** - In this unit, students will develop an awareness of violence prevention and become advocates for themselves and others by using effective communication skills to build an understanding of various perspectives and reduce the risk of violence.
- Unit 6: Comprehensive Human Sexuality** - This Unit includes the following lessons which students may opt out of individually (check next to "Unit 6" if you wish to opt your child out of this entire unit):
  - Lesson 1: Climate Setting and Intro** - This climate-setting lesson develops a safe, respectful and engaging learning environment for this unit. The lesson will begin by collaboratively developing ground rules to ensure a climate of safety and respect. The lesson concludes with application to the home environment, focusing on the role of family as an avenue to promote family communication about these topics.
  - Lesson 2: Understanding Sexuality and Gender** - This lesson is designed to help students understand that everyone has a sexual orientation and a gender identity, and to develop language to talk respectfully

and completely about these aspects of sexuality. It is further designed to help students recognize that the stigma and discrimination often directed toward lesbian, gay, bisexual, transgender, and LGBT+ people are harmful and limiting to everyone. This content is foundational for a comprehensive sexual health curriculum and aligns with state academic standards.

- ❑ **Lesson 3: Reproduction Systems and Conception** - In this lesson, students will develop a clear understanding of the human reproductive systems; outlining the purpose of these systems and how they work together to conceive. After introducing both reproductive systems, this lesson will explain fertilization/conception. It is important to understand how and where this takes place once hormonal birth control is introduced. Students need to know and understand how their bodies work, how to care for them and how to protect them. Knowledge of the reproductive system will help students better understand upcoming lessons on pregnancy, birth control, sexually transmitted infections (STIs), HIV and AIDS.
- ❑ **Lesson 4: Abstinence and Birth Control** - In this lesson, students will learn that physical intimacy can lead to sexual activity as teens become more curious about sex. Sexual abstinence, the decision to refrain from sexual activity, has many benefits, including no risk of pregnancy or STIs. Sexual abstinence also benefits mental, emotional, and social health. Students need to identify challenges and risky situations, and also discuss with dating partners and reach out for help if needed. This lesson also includes contraceptive methods meant to prevent pregnancy (including abstinence, internal condoms, external condoms, withdrawal, pill, patch, ring, IUD, hormonal shot, implant, and emergency contraceptive). Having reliable information about contraception is important. Demonstration of the use of an external condom with an anatomically correct wooden demonstration model will be shown along with other contraception methods.
- ❑ **Lesson 5: STIs/HIV/AIDs** - In this lesson, students will develop a clear understanding of STIs and the impacts they have on their personal health. Students need to know and understand how to protect themselves from STIs if choosing to become sexually active, and resources available in their community to receive help if they were exposed to an STI. Students will also learn skills for preventing STIs (including use of internal and external condoms and dental dams).
- ❑ **Lesson 6: Teen Pregnancy** - In this lesson, students will gain knowledge about the impacts and challenges of pregnancy, especially in the teenage stage of life. All options that are available for unplanned pregnancy will be discussed and the pros and cons for each option will be outlined.
- ❑ **Unit 7: Relationships** - In this unit, students will analyze the characteristics of healthy versus unhealthy relationships. Students will be able to identify how communication and tolerance relate to healthy relationships.

Student Name: \_\_\_\_\_ (Please Print)

Parent /Guardian Signature : \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian email address: \_\_\_\_\_