



SANGER INDEPENDENT SCHOOL DISTRICT

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August 16, 2023

RE: Notice of Intent to Provide Human Sexuality Instruction

Dear Sanger ISD Families,

The State Board of Education updated the Texas Essential Knowledge and Skills (TEKS) to include the following areas of instruction: physical health and hygiene; mental health and wellness; healthy eating and physical activity; injury and violence prevention; alcohol, tobacco, and other drugs; and reproductive and sexual health. This letter is to inform you of the district's intent to provide human sexuality instruction as part of the state health curriculum which is a required enrichment curriculum. Therefore, districts must offer health instruction that aligns with the Texas Essential Knowledge and Skills (TEKS).

Following the passage of HB 1525 in the 87th regular legislative session and SB 9 in the second special session, parents or guardians must provide written consent in order for their children to be able to participate in instruction on human sexuality and the prevention of child abuse, family violence, dating violence, and sex trafficking beginning with the 2022-2023 school year. Parents will be sent home an "opt-in" permission form at least 14 days prior to instruction.

Sanger ISD believes that sex education begins at home. Parents or legal guardians are the primary educators of their children and can be the most important influence on their health decisions. The lessons your child will receive in school are designed to reinforce what a parent or legal guardian is teaching at home, not to replace it.

We have chosen QuaverHealth•PE as the curriculum for health-related TEKS. This teacher-led resource is digitally based and meets 100% of the Texas Essential Knowledge Skills (TEKS) for Health. It is engaging and age-appropriate, and each lesson contains multiple moments for conversations and reflections. This year we will cover the following topics:

Module 1: General Health

- Responsibility for Being Healthy: How personal behaviors impact health; helping students be healthy in body, mind, and relationships
- What Influences Healthy Behavior: Family, peer, cultural, media, and technology influences; helping students learn to make healthy decisions and seek help when needed
- Healthy Help: Appropriate adults to seek assistance from at home, at school, and in the community
- What to Do in an Emergency: Helping the student prevent, identify, report, and respond to emergency situations

Module 2: Social Behavior

- Communicating Effectively: Respectfully listening to others and effectively expressing feelings, needs, and wants appropriately
- Being a Good Friend: Strategies to develop socio-emotional health and self-regulation
- Healthy & Unhealthy Relationships: Social and emotional relationships at home and at school
- Bullying & Cyberbullying: Bullying, cyberbullying, and peer pressure

Module 3: Responsible Decision-Making

- Problem-Solving: Solve problems to maintain interpersonal relationships; outlines steps for identifying and solving problems using various communication techniques
- Decision-Making: Why decision-making is important for sustaining healthy behaviors, teaching students to analyze the consequences of their personal decisions
- Goal Setting: The importance of short – and long-term goal setting as a method for achieving optimal wellness and reaching future aspirations
- Online Safety: Understanding how to be safe and responsible citizens in digital environments; outlines the consequences of cyber-bullying and inappropriate online communication and how to seek help

Module 4: Healthy Practices and Hygiene

- Healthy Habits: Identifying and practicing healthy behaviors to form long-lasting habits
- Good Teeth, Good Health: The importance of oral care and how to properly brush and floss teeth
- Exercise: The importance of being active and participating in regular physical activity
- Sleep and Rest: The importance and impact of sleep and rest on health and academics

Module 5: Mental Health and Wellness

- Emotional Health: How to improve/maintain emotional health and manage overwhelming emotions
- Managing Stress and Trauma: How to recognize personal stressors and stress management techniques in addition to the connection between stress levels and emotions
- Personal Growth: How to grow as a person, practice self-control, and build self-esteem

- Expressing Emotions in a Healthy Way: How to identify and express emotions and to communicate, with a focus on understanding the emotions of others

Module 6: Healthy Eating and Nutrition

- Understanding Food: Food's impact on the body and healthy eating strategies for enhancing and maintaining personal health Analyzing My Eating Habits: Healthy and unhealthy eating habits as they relate to overall well-being, negative effects of certain foods and methods of eating
- Healthy Eating Habits: How to choose healthy foods by reading menus, understanding food labels, and using the current USDA guidelines and nutrition principles
- Alcohol, Tobacco, and Other Drugs: The harmful effects of alcohol, tobacco, and other drugs on physical and mental health; aids in the application of refusal skills to resist negative peer pressure

Module 7: Disease and Illness Prevention

- Regular Health Physicals and Dental Exams: Preventative health behaviors and the importance of regular dental, mental, and medical exams
- Common Illnesses and Diseases: Signs and symptoms of common illnesses and diseases
- Medications and Vaccines: Proper use of medications and information about immunizations, vaccines, and over-the-counter and prescription drugs to prevent communicable diseases
- Preventative Health Behaviors: Preventative health behaviors and the importance of immunizations and seeking help

Module 8: Safety and Accident Prevention

- Accident Prevention: Preventative safety practices, including protective equipment and risk reduction considerations

- Personal Safety: Evaluation of risky situations and addressing setting and evaluating personal boundaries
- Safe and Unsafe Places: Safe and unsafe individuals and situations in the community
- General Safety Concerns: Safe practices regarding insects, poisons, sharp objects, and firearms

Sensitive Topics (Opt-In)

- 3rd–5th: Abuse and Neglect: Identify and report abuse and neglect
- 4th–5th: Puberty: Understand the changes that occur in the body during puberty
- 5th: My Reproductive System: Understand the reproductive system and its impact on personal health
- 5th: Body Systems 3: Introduce reproductive, endocrine, and urinary systems

Additional information may be found on our webpage, <http://rb.gy/mxll0>.

We encourage you to continue discussing these health topics at home by asking questions and sharing in conversations. We look forward to an exciting and rewarding year with you and your student!

In Partnership,

Jennie Flaa

Assistant Superintendent

Sanger ISD

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