



To: Parents/Guardians

The Maryland State Department of Education requirements for graduation include Health Education. The Maryland State Comprehensive Health Education requirements provide for the diversity of student needs, abilities, and interests during the high school learning years, including a curriculum covering family life and human sexuality.

The goal of this unit and each unit in the course is to create health-literate individuals by providing students with the necessary knowledge and skills to make appropriate health-enhancing decisions regarding their short- and long-term health. Each lesson allows students to understand the content while developing individual life skills such as decision-making, goal setting, refusal skills, self-management, effective communication, analyzing peer and media influence, and advocacy.

Your child's school has a copy of the CCPS Health family life curriculum, should you wish to review it. A Maryland State Education bylaw gives parents and guardians the right to excuse their child from the family life unit upon written request to the school. Should you, as parents or guardians, have questions, please contact your child's health teacher, or school administrator to schedule a phone call or meeting with the teacher to review the family life materials the teacher will use in the course.

Sincerely,

A handwritten signature in blue ink that reads "Britta Sparks".

Britta Sparks  
Supervisor of Instruction in Health and Physical Education

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**Opt-Out:** Please sign and return this form to your child's health teacher if you wish to opt your child out of the family life curriculum. We invite you to speak with your child's teacher to determine what element(s) of the family life instruction you wish your child to receive alternative learning objectives and/or assessments in health education.

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Health Teacher and Period

\_\_\_\_\_  
Name of Parent

\_\_\_\_\_  
Parent Contact Number

\_\_\_\_\_  
Date