



To: Parents/Guardians

Students participate in three-quarters of Physical Education and one-quarter of Health Education in grades seven and eight. Students will participate in standards-based, grade-level appropriate health education lessons. Topics include mental health, nutrition, substance abuse prevention, violence prevention, human growth and development, and disease prevention.

The CCPS Health Education curriculum aligns with National and State education standards and includes units to help prevent risky behaviors and promote healthy decision-making by our students. Health Education lessons are designed to equip students with the necessary skills to adopt health-enhancing behaviors that allow them to live healthy, happy, and productive lives. In 7<sup>th</sup> grade Health, students will be engaged in content pertaining to Nutrition, Alcohol, Healthy Relationships, Human Sexuality, and the Reproductive System. During 8<sup>th</sup> grade Health, the content covered develops student knowledge in Stress Management; Depression; Suicide; Consent; Tobacco/ENDS, Opioid, Stimulant, Hallucinogenic, and Depressant Drugs; Addiction, Abstinence; STDs/HIV; and Pregnancy Prevention.

The goal of each unit 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 family life and human sexuality curriculum, should you wish to review it. A Maryland State Education bylaw gives parents and guardians the right to excuse their child from family life units upon written request to the school. Should you, as parents or guardians, have questions, please feel free to 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,

Britta Sparks  
Supervisor of Instruction in Health and Physical Education

**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