

HEALTH EDUCATION AND EXEMPTION: OPT-OUT FORM

I, _____ (parent/guardian) request that my child, _____, be excused from participating in the _____ unit(s) of health or sex education instruction in grade _____ at _____(school).

I understand that I am requesting school personnel 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 that is sufficient to enable my child to meet state requirements of 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 Date

Date Received _____

Legal References:
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 Admin. Rules, Sect. Ed 306.40 Health Education Program
NH Code of Admin. Rules, Sect. Ed 306.41 Physical Education Program
20 U.S.C §1232h, (c)(1)(C) Protection of pupil rights

This Administrative Form Accompanies:
Policy IHAM Revised: 11/7/2024