



Dear Parents/Guardians of High School Students,

The Maryland State Department of Education requires all students to complete Health Education to graduate. As part of these requirements, the Maryland Comprehensive Health Education standards address the diverse needs, abilities, and interests of high school students and include instruction on *family life and human sexuality*.

The purpose of this unit is to help students become health-literate individuals by giving them the knowledge and skills needed to make informed, health-enhancing decisions for both their short-term and long-term well-being. Lessons are designed not only to teach important health concepts, but also to build 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 maintains a copy of the CCPS Family Life and Human Sexuality curriculum for your review. Under Maryland state bylaws, parents/guardians have the right to excuse their child from the approved Family Life and Human Sexuality unit upon written request to the school.

Parents and guardians have two options for accessing Family Life and Human Sexuality instructional materials which are outlined below:

1. **Schedule an Appointment at Your Child's School**

Contact your child's school to set up an **in-person or virtual meeting** with the health teacher and the school principal to review the instructional materials.

2. **Access Materials via Schoology**

Parents and guardians can view the Family Life and Human Sexuality Curriculum by accessing the **Family Life Curriculum Group** in Schoology. To ensure proper access:

- Log in using your **parent/guardian Schoology account** (not your child's student account). This can be accessed by visiting <https://www.calvertnet.k12.md.us/schoology> or by scanning the QR code below.



- Click on **Groups**.
- Select **Family Life Curriculum**.
- Click on **Resources** on the left-hand side of the page.

Need Help?

- If you are unable to locate or access the group in your Schoology parent account, please contact the **Supervisor of Health and Physical Education** in the Department of Instruction.
- If you do not have a Schoology parent account, please contact the **IT Helpdesk** for assistance in setting one up.

Parents can opt their child out of family life and human sexuality instruction. Students whose parents have opted out will receive appropriate alternative learning objectives and/or assessments in health education outside of the health classroom.

If you have any questions, please contact your child's Health Education teacher or school administrator to arrange a phone call or meeting to review the Family Life instructional materials.

Sincerely,



Marc Watson
Supervisor of Health, Physical Education, and Athletics

High School Health Family Life Opt-Out Form

Please sign and return this form to your child's Health Education teacher if you wish to opt your child out of any part of the approved Family Life and Human Sexuality curriculum. We encourage parents/guardians to contact their child's teacher and discuss those elements of the curriculum for which they want their child to receive alternative assignments for in Health Education.

Student's Name: _____ Grade: _____ Health Teacher & Period: _____

Parent's Name: _____ Parent Contact Number: _____ Date: _____