



Shirley Chesser
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School Year 2025-2026

Dear Elementary School Parent:

As required by the Georgia Department of Education and the Georgia Mandate for Sexual Abuse and Assault Prevention Education, RCPS Health Teachers will teach instruction in the areas of human growth and development, sexually transmitted diseases, age-appropriate sexual abuse, sexual assault awareness, and exploitation prevention. The program will assist students in coping with the social and peer pressures they face today. This will be done through the development of skills they can use in saying “no” to behaviors in which they do not wish to engage. These lessons are designed to be developmentally appropriate for the respective grade levels. This permission does not extend to younger students. Therefore, if your student is receiving instruction virtually, it is imperative that an adult can minimize and eliminate the risk of younger students engaging in this instruction.

Growth and development are important and essential considerations in providing meaningful experiences for our young people. All pertinent concepts are presented in a logical, sequential manner beginning in kindergarten. As of August 2018, the Georgia Mandate for Sexual Abuse and Assault Prevention requires students enrolled in grades K-9 to annually receive age-appropriate sexual abuse and assault awareness and prevention education. In RCPS kindergarteners begin to associate that creatures of the same kind produce others of the same kind, middle school students are introduced to the correct anatomical terminology while identifying the physical and emotional differences between males and females, and high school students have experiences that will prepare them for parenting.

In addition, RCPS utilizes the *QuaverEd Health and PE* curriculum in grades K-5. This child safety curriculum is research-based and has been scientifically evaluated and proven to help children stay safe. The *QuaverEd Health and PE* program teaches students the importance of treating themselves and one another with kindness and respect. Through developmentally appropriate lesson plans, students learn about healthy relationships, personal boundaries, and age-appropriate anatomy. These interactive lessons allow children to better recognize appropriate vs inappropriate behaviors and use their critical thinking skills to make safe and healthy choices. To familiarize yourself with *QuaverEd Health and PE*, please visit the program website: [QuaverHealth•PE – QuaverEd Health and PE](#).

What follows is a summary of the objectives to be addressed in the fifth-grade growth and development unit of the Health Curriculum. Additional information on sex education and instruction for AIDS prevention and exceptions for students can be found in [Georgia Code 20-2-143](#). **Parent permission is required for your student to take part in this important unit.**

Kindergarten	What are Healthy Relationships?
Grade 1	Standing Up for Myself, Safe and Unsafe Touch, Choosing Safe Situations
Grade 2	Private Parts, My Safe Space: Understanding Safe and Unsafe Touch, Saying No in Risky Situations, Strangers, Unsafe Friend Requests Online
Grade 3	My Body My Rules: Understanding Boundaries and Safe Touch, Abduction, Abuse and Neglect, Personal Safety Assistance
Grade 4	Being the Boss of You: Understanding Consent and Autonomy, Uncomfortable Situations, Abduction, Setting Personal Boundaries
Grade 5	Understanding HIV Part 1 and 2, Planning for My Future: Abstinence, Puberty, Uncomfortable Situations, Abduction, Safe and Unsafe Digital Messaging, Speak Up, Stay Safe: Understanding Harassment and Unsafe Touch, Relationship Boundaries

The instructional materials used in the unit may be reviewed using the [QuaverHealth•PE – QuaverEd Health and PE](#) link by contacting your child’s teacher or counselor to make an appointment. For details about our school system’s sex education and AIDS prevention program, contact Heather Toliver in Curriculum and Instruction at 770.483.4713 x 10271.

The elementary Georgia Performance Standards may also be viewed online at [GaDOE SuitCASE](#). Please be assured that the information will be presented prudently and tastefully.

Your support is strongly encouraged in meeting the needs of all our students. Please indicate your preference for your child’s participation in this class on the form below, sign the form, and return it to your child’s teacher. If you choose not to consent to participate, please contact your child’s teacher to develop an alternate plan of instruction that he/she can receive at school or at home.

Thank you for your interest in your child’s education and for supporting Rockdale County Public Schools

Sincerely,



Shirley Chesser
Superintendent

PARENTAL AND STUDENT CONSENT FOR PARTICIPATION

I UNDERSTAND MY STUDENT WILL RECEIVE IN-PERSON AND/OR VIRTUAL INSTRUCTION IN THE AREAS OF HUMAN GROWTH AND DEVELOPMENT, ADOLESCENT SEX EDUCATION, DISEASE PREVENTION, AND SEXUAL ABUSE, ASSAULT, AND EXPLOITATION PREVENTION.

BY SIGNING BELOW, I ACKNOWLEDGE THESE LECTURES WILL CONTAIN TOPICS THAT ARE SENSITIVE IN NATURE, AND I AGREE TO RELEASE AND WAIVE ANY CLAIMS I MAY HAVE AGAINST THE ROCKDALE COUNTY BOARD OF EDUCATION, ROCKDALE COUNTY PUBLIC SCHOOLS, AND ITS EMPLOYEES, AGENTS, AND REPRESENTATIVES (“RELEASEES”) RELATED TO THE TEACHING OF THESE MATERIALS. I FURTHER AGREE TO INDEMNIFY, HOLD HARMLESS, AND REIMBURSE THE RELEASEES FROM AND AGAINST ANY CLAIM WHICH I, ANY OTHER PARENT OR GUARDIAN, ANY SIBLING, THE STUDENT, OR ANY OTHER PERSON, FIRM, OR CORPORATION MAY HAVE OR CLAIM TO HAVE, KNOWN OR UNKNOWN, DIRECTLY OR INDIRECTLY, FROM ANY LOSSES, DAMAGES, OR INJURIES ARISING OUT OF, DURING, OR IN CONNECTION WITH THE STUDENT’S PARTICIPATION IN AN IN-PERSON AND/OR VIRTUAL LESSON.

_____ I **do** give consent for my child to participate in the growth and development unit, including lessons from Quaver Health and PE.

_____ I **do not** give consent for my child to participate in the growth and development unit, including lessons from Quaver Health and PE.

(Parent/Guardian Signature)

(Date)

(Student Name)

(Date)