

## **Health-Related Services Notice and Opt-Out Form for the Parental Rights Webpage Guidance & Counseling Department**

### **Health-Related Services Provided to Students**

Cypress-Fairbanks ISD Guidance & Counseling Department is committed to partnering with families to support each student's mental, emotional and physical health or well-being while ensuring parents remain informed and involved in decisions regarding their child's care at school. By supporting the general well-being of students, school staff are able to assist students in remaining academically focused.

In accordance with updated guidance from the Texas Education Agency (TEA) regarding Chapter 26A of the Texas Education Code (commonly referred to as Senate Bill 12), the District is updating its information to parents regarding health-related counseling services provided to all students by the Guidance & Counseling Department.

The District routinely provides certain health-related services to support students during the school day. This notice is intended to inform parents of these health-related counseling services provided by campus counseling staff that may be available on their children's campuses. Inclusion of a service below does not necessarily mean it will be provided to every student.

### **Health-Related Services Provided by Counseling Staff**

In addition to the routine counseling services provided as part of the Comprehensive School Counseling Program,<sup>1</sup> the following routine health-related counseling services are available to each student as needed. Any of these services may be provided to a student, unless a parent or legal guardian has declined (opted-out of) one or more services. These services are designed to promote healthy student behaviors and are not formal, clinical or therapeutic methods. The services are typically short-term, noninvasive activities designed to promote a student's mental, emotional or physical health or well-being. School staff will assume consent for health-related counseling services listed below unless a parent or legal guardian has opted-out.

- Responsive counseling services to intervene on behalf of students whose immediate personal concerns or problems put that student's continued educational, career, personal, or social development at risk.
- School counseling services related to a student's mental or emotional health, including self-harm risk screenings
- Health-related instruction on social skills, stress management, wellness promotion, substance abuse prevention, or suicide prevention

Parent notification of a health-related counseling service delivered to a student will be made, unless that service is one that is provided on a regular, recurring and ongoing basis. For regular and recurring or ongoing

---

<sup>1</sup> An example of the routine services offered as part of the Comprehensive School Counseling Program includes: (1) services to help students develop their full educational potential, including assisting with development of interests and career objectives; (2) services to assist students with individual planning systems to guide students as they plan, monitor, and manage their own educational, career, personal, and social development; and (3) services to support the efforts of teachers, staff, parents, and other members of the community in promoting the educational, career, personal, and social development of students. For more information see Board Policy FFEA (Legal) at <https://pol.tasb.org/PolicyOnline/PolicyDetails?key=587&code=FFEA#legalTabContent>.

health-related counseling services, parental notification of that service will only be provided when the service is first delivered within a school year.

### **Parent Consent Required (Opt-In)**

There are certain services that require advance, written parent permission prior to being provided to students. Parents must specifically opt-in to the following services before their student may receive provision of:

- Psychological/psychiatric examinations
- Psychological/psychiatric treatment
- Well-being questionnaire
- Health screening form

Please contact your child's campus principal if you have questions regarding the required consent and documentation for any of these services.

### **Changing Your Decision**

If you wish to decline one or more of the routine health-related services offered by the counseling staff, please complete the information below. Your decision will remain in effect through the current school year unless you notify your child's campus of a change. You may update your decision at any time by contacting your child's campus counselor.

If you have questions about these services, consent requirements, or the opt-out process, please contact your child's counselor.

Student's Campus: \_\_\_\_\_

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

Student's ID# (if known): \_\_\_\_\_

Student's Date of Birth: \_\_\_\_\_

Current Grade Level: \_\_\_\_\_

I DO NOT want my child to receive the following health-related counseling services during the school day for the 2026-27 school year:

- ☐ School counseling services related to my student's mental or emotional health, including self-harm risk screenings.
- ☐ Health-related instruction for my child on social skills, stress management, wellness promotion, substance abuse prevention, or suicide prevention.
- ☐ Responsive counseling services to intervene on behalf of my child when his/her immediate personal concerns or problems put that my child's continued educational, career, personal, or social development at risk.