

*Parkway School District*

## **Grade Six: Healthy Relationships & Sexual Health Parent Info and OPT-OUT**

Dear Parent or Guardian of Parkway 6th Grade Student,

This letter is provided to assist parents in identifying the lesson content and timeline for the implementation of the K-12 Healthy Relationships & Sexual Health (HRSH) Curriculum, as well as communicate your right to withdraw your child from any of these lessons upon written request, using a passive consent or “opt-out” process, as identified in the Parkway Healthy Relationships and Sexual Health Policy (IHAMB.G). You should be receiving this letter three weeks prior to the beginning of the 6<sup>th</sup> grade HRSH Unit.

The attached form is specifically for the Healthy Relationships and Sexual Health Unit which is incorporated within the Sixth Grade Health and Physical Education Course. It includes the overview and objectives for each lesson. All lessons are designed for a co-ed setting (mixed group of boys and girls). More lesson details and any video/media resources can also be previewed on the Parkway Online Curriculum Guide and/or at the annual Parkway HRSH Curriculum Nights which are held every September and January. More information about the HRSH Curriculum can be found on the Parkway School District HRSH Parent Information webpage <https://www.parkwayschools.net/Page/3329>

Parkway is committed to providing its students with a well-rounded health education experience, which includes learning about the physical, mental-emotional, social, and intellectual impacts of various health behaviors, including an individual’s sexual health. We respect your involvement in your child’s development and their learning experiences regarding their growth and development. Therefore, we have designed some Home-Family Connection Activities for you to voluntarily participate in with your child to open up these conversations and allow you to share your family values and beliefs regarding these topics (See more information on next page).

We understand that due to personal preferences you may not wish your child to participate in the HRSH unit/lessons. **If you should wish to opt your child out of any or all of the grade 6 Healthy Relationships and Sexual Health Unit, please complete the attached form and return it to your child’s Health and Physical Education Teacher at least one week prior to the first lesson (see dates on following pages).** There is no need to return any paperwork for your child’s participation in the Healthy Relationships and Sexual Health Unit.

Parkway is making every effort to assure that your child has a positive learning experience regarding meaningful health-related issues that may impact their lives. Your feedback about your child's experience will be invited through an end-of-unit questionnaire.

## Home-Family Connections Activities

An important part of the Parkway Healthy Relationships and Sexual Health (HRSH) Curriculum is the open conversations between a family member or trusted adult and the student. Parkway would like to encourage these conversations by offering Home-Family Connection activities that the student and an adult family member can complete together. The following paragraphs explain the purpose of the Home-Family Connections Activities and what you can expect.

One of the goals of the HRSH unit is to increase communication about important topics and health issues between children and the adults in their lives who care for them. Even though children don't always show it, surveys show that they would like to talk more about these issues with a parent or other trusted adult, and research shows that these conversations play a very important role in helping teens avoid risky behaviors and health threats, as well as the health that are possible as the result of these behaviors and threats. The Parkway HRSH Curriculum includes Home-Family Connections activities to make these discussions easier and more frequent.

Young people are surrounded by messages in the media which influence their behaviors and attitudes. Many times these messages are inaccurate and don't reflect the norms of our society. Although the power of the media is huge, we know that family communication is also very powerful. Home-Family Connection activities are intended to help adults talk clearly and directly with the young people in their life about their beliefs and hopes for them.

The activities in the Home-Family Connections ask parents to share their thoughts and beliefs on topics related to the classroom lesson. You don't need to have any information about these topics to do the activities, but we do encourage you to learn more about these topics on your own. We have developed a parent webpage on the Parkway Healthy Youth Programs website for more helpful background information.([www.parkwayschools.net/Page/3329](http://www.parkwayschools.net/Page/3329))

Home-Family Connection activities are not required. There is no penalty to the student for not participating, but we do encourage you to take advantage of this opportunity to talk and have dialogue with your child about important health topics and issues that may impact their social, physical, and emotional health.

**There is no need to return any paperwork for your child's participation in the Healthy Relationships and Sexual Health Unit. If you wish your child to opt out of any part or the entire HRSH unit please complete, sign and return the attached forms indicating the lessons for which your wish your child to be excused. If you have any questions please contact your school's health education teacher (See teacher name and contact information below).**

**6th Grade P.E. & Health Teachers**

**Miss Dahl [jdahl@parkwayschools.net](mailto:jdahl@parkwayschools.net)  
Mr. Lilledahl [dlilledahl@parkwayschools.net](mailto:dlilledahl@parkwayschools.net)  
Mr. McNabb [tmcnabb@parkwayschools.net](mailto:tmcnabb@parkwayschools.net)**

## Healthy Relationships & Sexual Health Unit Opt Out Form (6)

I wish to opt my child \_\_\_\_\_ out of the following lesson(s).  
**Please check the box next to lesson if you DO NOT want your child to take part in, sign the last page and return to your child's health teacher.**

Check Box	Lesson Overview	Lesson Objectives	Date of Lesson
<b>Lesson 1 – Changes During the Teen Years</b>			
<input type="checkbox"/>	In this lesson, students will review information about the physical, mental/emotional, and social changes occurring with pre-teens during the stage of puberty. Class discussions and learning activities will help students develop an awareness of the role hormones, such as testosterone and estrogen, play in the development of the reproductive system and the physical and emotional changes that are caused.	<ul style="list-style-type: none"> <li>● Students will learn about physical, emotional, and social changes that will take place during their pre-teen and teen years.</li> <li>● Students will learn the role of hormones in the growth and development of the body.</li> <li>● Students will learn healthful ways to respond to changes that occur during puberty.</li> </ul>	Dec. 2nd -Dec. 18th
<b>Lesson 2 – The Human Reproductive System</b>			
<input type="checkbox"/>	This lesson teaches students about the male and female reproductive system. Class discussions and learning activities will continue to develop student awareness of their body, in particular the internal and external organs of the reproductive system, and ways to care for and protect it.	<ul style="list-style-type: none"> <li>● Students will learn the names, locations, and functions of the different organs that make up the male and female reproductive systems.</li> <li>● Students will learn about the human reproductive system organs and functions.</li> <li>● Students will learn health problems that can occur with the male and female reproductive systems and preventive care actions.</li> </ul>	Dec. 2nd -Dec. 18th
<b>Lesson 3 – Communication Skills</b>			
<input type="checkbox"/>	In this lesson, students will learn about the importance of good communication in maintaining healthful relationships with peers and family. Class discussions and learning activities will allow students to explore various ways to communicate effectively through speaking, listening, and writing. Students will practice using “I-statements” and develop their communication skills in order to promote health behaviors and reduce health risk factors.	<ul style="list-style-type: none"> <li>● Students will learn different types of communication – passive, assertive, and aggressive.</li> <li>● Students will learn the different types of skills necessary for good communication.</li> <li>● Students will learn about verbal and nonverbal communication.</li> </ul>	Dec. 2nd -Dec. 18th

Lesson 4 – Healthful Peer & Family Relationships		
<input type="checkbox"/>	In this lesson, students will explore characteristics and qualities that make up a healthful peer and family relationship. Class discussions and learning activities will allow students to understand the importance of friends, peers, and family members to the overall health of a person and supporting good health behaviors.	<ul style="list-style-type: none"> <li>• Students will learn characteristics (i.e., communication skill; active listening) of a healthful relationship.</li> <li>• Students will learn about ways their attitudes and behaviors are influenced by peers, family, and media.</li> <li>• Students will learn the meaning of bullying and sexual harassment and what it looks like.</li> </ul>
Lesson 5 – Bullying & Peer Pressure		
<input type="checkbox"/>	In this lesson, students are introduced to bullying and harassment. Class discussions and learning activities will cover bullying and discriminatory harassment laws and school policies. Students will learn about the difference between an “Upstander” and “Bystander”, as well as learn skills for responding healthfully to bullying and harassment behaviors. Students will also be introduced to “Cyberbullying” and ways to protect themselves online.	<ul style="list-style-type: none"> <li>• Students will learn the meaning of bullying and harassment and what it looks like.</li> <li>• Students will learn about positive and negative peer pressure.</li> <li>• Students will learn ways to prevent and stop bullying and harassment.</li> </ul>

For any of the “opt-out” lessons identified above, special arrangements will be made for your child. Please identify your preference for accommodations for your child when these lessons are presented. The Health and Physical Education staff will notify you of these accommodations. The Health and Physical Education staff will notify you of the accommodations that have been determined for your child.

- An alternative self-study learning activity about HRSH unit topics.
- An alternative self-study assignment on a health topic other than topics identified above.
- An alternative location for personal reading or homework time.

\_\_\_\_\_  
Student’s Name

\_\_\_\_\_  
Health Teacher’s Name

\_\_\_\_\_  
Parent/Guardian Name (Please print clearly)

\_\_\_\_\_  
Relationship to Student

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date of Request