

HEALTH EDUCATION

Dear Parents and Guardians of High School Students,

Welcome to Health Education, where content and skills will provide your child the ability to make responsible decisions in avoiding health risk behaviors. The content of this course has been developed using the National Health Education Standards and the Maryland Voluntary State Curriculum for Health Education. The areas of the curriculum are as follows:

- Personal and Consumer Health
- Mental and Emotional Health
- Safety and Injury Prevention
- Nutrition and Fitness
- Tobacco, Alcohol, and Other Drugs
- Disease Prevention/Control
- Family Life and Human Sexuality

The unit dealing with *Family Life and Human Sexuality* is an approved health education curriculum for Anne Arundel County that is abstinence based. This promotes abstinence as the behavior of choice for young adults. However, information on *contraception* and *sexually transmitted infections* is presented as consequences of engaging in sexual risk taking behaviors. Due to the sensitive nature of this instruction, the Maryland State Regulation (COMAR 13 A.04.18.03.) states that parents or guardians may choose that their child **NOT PARTICIPATE** in the lessons that deal with contraception and sexually transmitted infections. Any student who does not participate in this instruction will be provided with independent alternative activities related to other health education topics.

Any questions or concerns may be directed to your child's Health Education teacher by phone or E-mail through aacps.org.

Please sign and return the form **only if your child will not be participating in these lessons.**

FAMILY LIFE AND HUMAN SEXUALITY UNIT

My child **DOES NOT** have permission to participate in the contraception and sexually transmitted infections lessons.

Student's name (print) _____

Parent/Guardian's name (print) _____

Parent/ Guardian's signature _____

Teacher's name _____ Date _____

