



## Health Education and Your Child

Dear Parents and Guardians of Lindale Middle School Students,

Welcome to Health Education! During the school year your child will receive health instruction in the following areas:

### Health Content Areas:

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

### Health Skills:

Analyzing Influences  
Accessing Valid Information  
Interpersonal Communication  
Decision Making  
Goal Setting  
Health Enhancing Behaviors  
Advocacy

The approved health education curriculum is based on the Maryland State Curriculum and complies with COMAR regulations. The specific outcomes and activity is designed to be developmentally appropriate for students at each of the three grade levels.

**As directed by state regulation, parents/guardians may choose that their child not participate in the Family Life and Human Sexuality and/or the HIV/AIDS units.** Students whose parents prefer for them not to receive instruction in either of these units will be provided with an independent alternative assignment. During our **Back to School Night** on **Wednesday September 12, 2018**, parents may preview the Family Life & Human Sexuality and HIV/AIDS lessons.

Please sign and return the bottom portion of this form **ONLY if you DO NOT want your child to participate in the Family Life and Human Sexuality Lessons and/or the HIV Lessons.**

\*There is no need to complete this form if you grant your child permission to participate in these lessons.

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My child **DOES NOT** have permission to participate in the: (please check)

Family Life & Human Sexuality Lessons

HIV/AIDS Lessons (6<sup>th</sup> & 8<sup>th</sup> Grade)

Student name (print) \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian name (print) \_\_\_\_\_

Parent/ Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Phone # \_\_\_\_\_ Health Teacher \_\_\_\_\_