

# LIME KILN MIDDLE SCHOOL

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November 2018

Dear Parent or Guardian,

We will soon begin a meaningful unit in the health education curriculum entitled Sexual Health. Due to the sensitive nature of this instruction, as directed by Maryland State Regulations (COMAR 13A.04.18.01), "students may be excused from this unit of the program upon a written request from their parents/guardians". To assist you in making a decision about your child's participation in this unit, **you may contact your child's health education teacher to make arrangements to preview the instructional materials that will be used in the classroom.**

Attached you will find a list of the objectives for this unit. Please complete and return the exclusion form below only if you do NOT wish to have your child participate in the Sexual Health curriculum.

As always, we support you as the primary educator of your child with regard to sexual health and value your ability to place this information in a moral context.

Any student who has been excused from this unit of instruction will be provided with an independent alternative, the Health Education Enrichment Packet. The length of time spent on the alternate lessons will be the same number of days as will be spent on the unit. More information will be sent home with students who are excused.

Sincerely,

Health Education Teacher

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## SEXUAL HEALTH UNIT EXCLUSION FORM

Complete and return this form **ONLY** for **EXCLUSION** from the unit. No form is needed for a child to be included in the unit.

Student Name \_\_\_\_\_ Date \_\_\_\_\_

I wish to have my child, **EXCLUDED** from the Sexual Health unit of the Health Education curriculum.

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

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Contact Number/Email: \_\_\_\_\_

## HCPSS SECONDARY SEXUAL HEALTH CURRICULUM

### Objectives 2018/2019

#### 6<sup>th</sup> Grade

##### Health Content Concepts

- Identify physical and nonphysical changes that occur during puberty
- Identify positive ways to manage emotions
- Explain the anatomy and physiology of the human reproductive system
- Explain the menstrual cycle and its relationship to conception and pregnancy
- Describe the process of human reproduction

#### 7<sup>th</sup> Grade

##### Health Content Concepts

- Explain the male and female reproductive systems as they relate to fertilization
- Describe changes that occur to the mother and fetus during the stages of pregnancy
- Identify protective factors for a healthy pregnancy

##### Interpersonal Communication and Decision Making

- Apply personal and interpersonal skills to support sexual health

##### Decision Making and Advocacy

- Explain the term abstinence as it applies to healthy sexuality

#### 8<sup>th</sup> Grade

##### Health Content Concepts

- Describe the components of sexuality to include biological, psychological, cultural, and ethical
- Describe components of healthy relationships
- Review the anatomy and physiology of the male and female reproductive system
- Describe the prevention, symptoms, and treatment of sexually transmitted infections to include HIV/AIDS
- Describe various contraceptive methods and their effectiveness in reducing the risk of pregnancy

##### Accessing Information

- Identify sources of support for sexual health
- Identify behaviors that support sexual health