

Consent to Human Sexuality Instruction

Dear Parent or Guardian,

As part of the district’s High School Health Education curriculum (Health I), students receive instruction related to human sexuality. The School Health Advisory Council (SHAC) makes recommendations for curriculum materials aligned to the State Board of Education’s approved state standards (Texas Essential Knowledge and Skills) and the requirements under state law related to instruction in human sexuality, sexually transmitted diseases, human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS). The school board then adopts the materials and determines the specific content of the instruction.

In accordance with state law a parent may:

- Remove their child from the human sexuality instruction without academic, disciplinary, or other penalties. Students who are opted out are expected to complete alternative health education assignments provided by the teacher in a safe and supervised on-campus location.
- Review, receive a copy of, or purchase a copy of curriculum materials depending on the copyright of the materials. Please contact Dr. Roina Baquera, Director of Health and Physical Education for more information at 817-814-2595 or via email at roina.baquera@fwisd.org
- Become involved in the development of this curriculum by becoming a member of the district’s SHAC or attending SHAC meetings. Please contact Dr. Roina Baquera, Director of Health and Physical Education for more information at 817-814-2595 or via email at roina.baquera@fwisd.org
- Use the district’s grievance procedure concerning a complaint.

There are 9 lessons included in the Sexual Health Unit:

Lesson Title	Concepts Covered
Understanding Sexuality	Discuss aspects of sexuality; gender identity; taking care of the body; listening and communicating
Review of the Reproductive Systems	Review anatomy and physiology; how the menstrual cycle is related to pregnancy
Abstinence: What’s in It for Me?	Identify the benefits of abstinence and healthy ways to express feelings that support abstinence

Avoiding Pregnancy	Reinforce that abstinence is the only 100% effective way to prevent pregnancy; evaluate contraception methods and human use reality rates of preventing unintended pregnancy
STIs: The Facts	Identify how STIs are transmitted; common symptoms; treatment and prevention methods
HIV: The Facts	Examine facts about HIV transmission, treatment, and prevention methods
Getting Tested for HIV, Other STIs & Pregnancy	Describe how testing for HIV, STIs, and pregnancy occur and the importance of testing
Using Condoms	Reinforce that abstinence is the only 100% effective way to prevent pregnancy and STIs; learn the proper steps for condom use
Parenting and Paternity Awareness	Learn the rights, responsibilities, and benefits of establishing paternity; understand Texas child support services

Visit this website for a more detailed overview and description of each lesson:
www.fwisd.org/Page/5343

We welcome and encourage all parents to review the health curriculum. Please contact the Health and Physical Education Department at 817-814-2595 or:
 Roina I. Baquera, PhD Health and Physical Education Director roina.baquera@fwisd.org
 Chris Moore, M.S. Adolescent Health Coordinator chris.moore@fwisd.org

Please read, complete, and return this form to your child’s teacher by October 6, 2022 (Fall Semester) or February 28, 2023 (Spring Semester).

School Name: _____ **Class Period** _____

Instructor Name: _____

My child (print 1st and last name) _____, **will:**
 (place an X in front of your choice)

_____ **Opt- IN:** participate in all lessons associated with Human Sexuality

_____ **Opt- OUT:** be excused from the above-mentioned Human Sexuality lessons

Parent/Guardian Signature _____ **Date** _____

Printed Parent/Guardian Name _____