



**Consent to Human Sexuality Instruction**

Dear Parent or Guardian:

As part of the district’s 6<sup>th</sup> Grade “Moving to Wellness” course, 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 instruction. 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](mailto: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](mailto:roina.baquera@fwisd.org)
- Use the district’s grievance procedure concerning a complaint.

**The five units of the Moving to Wellness Health Curriculum are:**

- Emotional & Mental Health
- Personal Health & Nutrition
- Tobacco, Alcohol & Other Drug Prevention
- Safety & Preventing Violence
- Abstinence & Puberty

The **Abstinence & Puberty Unit** is made up of 11 individual lessons taught late in the spring semester.

<b>Lesson Title</b>	<b>Concepts Covered</b>
Talking About Sexuality	Talking with parents about sexuality; aspects of sexuality; gender identity; taking care of the body; listening and communicating
The Reproductive System: A Body with a Vagina	Anatomy and physiology
The Reproductive System: A Body with a Penis	Anatomy and physiology
Puberty	Physical, emotional, and social changes of puberty
The Menstrual Cycle & Pregnancy	Ovulation and fertilization



Taking Care of Sexual Health	Practicing good hygiene; monitoring the body; talking to parents about seeing a doctor
Benefits of Abstinence	Create a list of benefits of abstinence
Resisting Sexual Pressure	Refusal skills; setting and respecting limits
Protecting My Future	Setting personal goals to reinforce abstinence
Healthy Romantic Relationships	Identify qualities of healthy and unhealthy relationships

Visit this website for a more detailed overview of each lesson: [www.fwisd.org/Page/5343](http://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](mailto:roina.baquera@fwisd.org)  
Chris Moore, M.S. Adolescent Health Coordinator [chris.moore@fwisd.org](mailto:chris.moore@fwisd.org)

**Please read, complete, and return this form to your child’s teacher by February 28, 2023 (Spring Semester).**

**School Name:** \_\_\_\_\_ **Class Period** \_\_\_\_\_

**Instructor Name:** \_\_\_\_\_

**My child (print 1<sup>st</sup> 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** \_\_\_\_\_