

Sexual Health Education Curriculum

Opt-out Form

REQUEST TO EXCUSE STUDENT FROM COMPREHENSIVE SEXUAL HEALTH EDUCATION INSTRUCTION

I have attended the school's/district's presentation of the comprehensive sexual health education instruction including the HIV prevention education program for my student's grade level.

Check all that apply below:

- ☐ I object to the participation of my student in the HIV prevention education program and request that they be excused from participation in the _____ grade presentation.
- ☐ I object to the participation of my student in the comprehensive sexual health education program and request that they be excused from participation in the _____ grade presentation.
- ☐ I object to the participation of my student in the comprehensive sexual health education program and request that they be excused from participation in the _____ grade presentation for the following parts of the curriculum.

Check specific topics below:

FLASH Curriculum – Grade 5

- ☐ Introduction and Friendship
 - ☐ Family
 - ☐ Self-Esteem
 - ☐ Decision Making
 - ☐ Consent and Boundaries
 - ☐ Refusal and Rejection Skills
 - ☐ Puberty 1
 - ☐ Puberty 2
 - ☐ Reproductive System and Pregnancy
 - ☐ Intro to HIV and AIDS
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Get Real Curriculum – Grade 6

- ☐ Classroom Climate
- ☐ Communication and Refusal Skills
- ☐ Relationships and Boundaries
- ☐ Anatomy and Reproduction –
Penis and related parts
- ☐ Anatomy and Reproduction –
Vagina and related parts
- ☐ Puberty
- ☐ Abstinence
- ☐ Decision-Making and Values
- ☐ HIV/AIDS
- ☐ Consent and Bystander Skills

Get Real Curriculum – Grade 7

- ☐ Classroom Climate
 - ☐ Media Literacy and Sexuality
 - ☐ Gender and Sexual Identity
 - ☐ Creating a Safe School Environment
 - ☐ Deciding About Sexual Behavior
 - ☐ Defining and Maintaining Abstinence
 - ☐ Introduction to Sexually Transmitted
Infections
 - ☐ Introduction to Protection Methods
 - ☐ HIV/AIDS
 - ☐ Consent and Bystander Skills
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Get Real Curriculum – Family Health

- ☐ Introduction to Sexuality
- ☐ Sexual and Reproductive Anatomy
- ☐ Gender, Sex and Shared Responsibility
- ☐ Gender and Sexual Identity
- ☐ Comprehensive Protection Methods
- ☐ Preventing STIs
- ☐ Sexual Risks and Low-Risk Intimacy
- ☐ Negotiating Postponement and Protection
- ☐ Social Media Literacy and Sexuality
- ☐ Healthy and Unhealthy Relationships
- ☐ Assessing Risk and Accessing Sexual Health Care
- ☐ HIV/AIDS
- ☐ Consent and Bystander Skills

2nd time – Self-Paced – Grade 10-12

- ☐ HIV/AIDS / Preventing STIs
- ☐ Consent and Bystander Skills
- ☐ Gender Identity and Expression

Student Name

Student ID

Grade

School

Teacher Name

Parent/Guardian Name
(please print)

Parent/Guardian Signature

Date

After completing, please email this signed opt-out form directly to your student's teacher so that necessary accommodations can be made. Please mail the original to your student's school.

Adopted: November 2024