

Dear Parents/Guardians,

Starting in **January**, your student's Health class will address topics in sexual health education. Consistent with [district policy 2123](#), content will address AIDS and sex education, including information about human anatomy, reproduction and related topics. AIDS prevention education will be limited to the discussion of the life-threatening dangers of the disease, its spread and prevention.

The district's adopted curriculum, *Get Real: Comprehensive Sex Education That Works*, will be used for instruction. The following topics will be addressed, dependent on grade level:

Grade 6	Grade 7
☐ Classroom Climate ☐ Communication and Refusal Skills ☐ Relationships and Boundaries ☐ Anatomy and Reproduction <i>Penis and related parts</i> ☐ Anatomy and Reproduction <i>Vagina and related parts</i> ☐ Puberty ☐ Abstinence ☐ Decision-Making and Values ☐ HIV/AIDS ☐ Consent and Bystander Skills	☐ 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 ☐ Sex Trafficking (not part of the Get Real Curriculum but recommended by OSPI)
High School Family Health	High School Second Time Self-Paced
☐ 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 & Accessing Sexual Health Care ☐ HIV/AIDS ☐ Consent and Bystander Skills	☐ HIV/AIDS / Preventing STIs ☐ Consent and Bystander Skills ☐ Gender Identity and Expression

If you would like to preview the curriculum, please us this link:

<https://bit.ly/SexEdCurriculumReview>.

If you have questions, please contact your student's teacher.

You may also attend a curriculum presentation on Zoom November 24 at 5:30 PM.

Topic: Heatherwood MS Sexual Health Parent Meeting
Time: Nov 24, 2025, 05:30 PM Pacific Time (US and Canada)
Join Zoom Meeting

<https://everettsd.zoom.us/j/7736191356?omn=81246809237>

Meeting ID: 773 619 1356

Passcode: Health

District policy allows you to opt your student out of all or a portion of instruction. If you do NOT want your student to receive sexual health instruction, please visit <https://www.everettsd.org/Page/38405> to complete the district opt-out form.

Students who opt out of instruction will receive alternative class assignment(s) not addressing sexual health topics.

Teachers will begin the lessons for all students who have NOT opted out in January. Any questions, feel free to reach out to your child's Health Teacher.

Heatherwood Health Department