



La Grande

SCHOOL DISTRICT

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Dear LHS Parents and Students,

As the first semester is coming to an end, the Health Department would like to inform you of the health curriculum content when we return from the Holiday Break. It is required by the State of Oregon (i.e., OAR 581-022-2050, Oregon Health Education Standards, Oregon Department of Education Sexuality Education) to teach a Reproductive and Sexual Health Unit in Health I, which is a required class for all sophomores. More information and links can be found on the attached district resource. This unit is mature in content and will be discussed from January 3rd – 21st. There will not be any videos shown, but here may be some mature images on Google Slides. Some topics we will be discussing will include:

- Contraception
- STIs
- Pregnancy/conception/abstinence
- Sexuality/sexual orientation
- Lifespan of sexual development
- Menstrual cycle
- Reproductive systems

Why are we discussing these topics at school?

The following are Oregon State Health Standards which require us to do so:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Can I opt my student out of this curriculum?

According to Oregon law, parents can opt their children out of any or all Reproductive and Sexual Health Unit components. However, parents cannot opt their children out of the entire health course or program without written documentation of a religious or disability-related reason. In those cases, parents would also have to demonstrate to the school district how they would be complying with the Health Education Standards with alternative instruction. **If you wish to opt your student out of portions or all Reproductive and Sexual Health Unit components or the entire health course, please indicate your intentions below.** Please remember that opting your student out of the full health course will require you to demonstrate how you will be meeting those standards from home to meet diploma and graduation requirements. If you do not complete this form, it is assumed that your student can fully participate in Health I and the connected Reproductive and Sexual Health Unit described above.

- [] I **DO NOT** give permission for my student to participate in the required human sexuality unit in Health I.
- [] I **DO NOT** want my student to participate in Health I base on my religious beliefs. I **WILL** meet with school administration on how to meet these requirements outside of school.
- [] I **DO NOT** want my student to participate in Health I base on my disability-related issues/barriers. I **WILL** meet with school administration on how to meet these requirements outside of school.

Parent Signature: _____ Date: _____

Updated: 3/2022