



# La Grande SCHOOL DISTRICT

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George Mendoza

Updated: 9/2022

Dear LMS Parents and Students,

The Physical Education Department at La Grande Middle School would like to inform you of the health curriculum content. 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 within our middle school PE classes. More information and links can be found on the attached district resource. This unit has mature content. There will not be any videos shown, but there are some mature images.

Topics addressed in the Reproductive and Sexual Health Unit will include:

- Puberty/Body Changes
- Reproductive systems
- Menstrual Cycle
- Pregnancy Risk/Conception
- Abstinence
- STD's
- HIV/AIDS
- Sources for Individual Information and Services

### Why are we discussing these topics at school?

The following are Oregon State Health Standards are required by the State of Oregon:

- 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 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5: Students will demonstrate the ability to use decision making skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

### 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 (check the first option).** 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 state requirements. If you do not complete and return this form to LMS staff, it is assumed that your student can fully participate in the health course and the connected Reproductive and Sexual Health Unit described above.

- I **DO NOT** give permission for my student to participate in the required Reproductive and Sexual Health Unit.
- I **DO NOT** want my student to participate in the LMS Health Class AND the Reproductive and Sexual Health Unit based 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 the LMS Health Class AND the Reproductive and Sexual Health Unit based 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: 4/2023

## **OPPORTUNITY & EXCELLENCE**

Union County School District Number One

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