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Dear Parents/Guardians:

As part of the middle and high school instructional health program, all students starting in grade seven are provided the opportunity to participate in Family Life and Human Development. This unit is one of several units taught in health education. It was developed based on national and state health education standards and accordance with Maryland State Regulations (COMAR 13A.04.18). Specific outcomes and activities are designed to be developmentally appropriate for students in each grade level. Updated curriculum guides aligned with state standards and videos for instruction are in place.

Students in grades five through eight receive Family Life and Human Development in same-gender classes, and nurses, or certified instructors, are the primary educators for this unit. The information provided promotes abstinence as the safest, healthiest choice for adolescents. Students may be excused from the Family Life and Human Development Unit upon completion of the bottom of this form, from their parent or guardian. Appropriate alternative instruction will be provided for those being excused. Parents are invited to review the information and materials used in the unit. On the back of this form, you will find specific information about the instructional lessons that will be taught in the unit.

The teachers and nurses responsible for instruction were selected and trained for this particular program. If you do not wish your child to participate in the program, please complete the form at the bottom of this letter and return it to the school. Unless the school receives written communication from the parents/guardians requesting that a student be excused from the program, he/she will automatically be included in the program. Students excused will be provided an alternative instructional program.

Parents requesting more information about the content of the program are asked to contact the school.

Sincerely,

Louis H. Taylor
Superintendent of Schools



RETURN TO YOUR CHILD'S SCHOOL

I request that my son/daughter, _____, **not attend the grade 7** Family Life and Human Development unit portion of health education.

Date

Signature



Brief Description of Unit

The seventh grade Family Life and Human Development unit is a component to help students understand the growth and development process that involves starting a family when mature and ready. The focus of the unit is on family relationships, influence on adolescent sexual development, communication between parents and children about human sexuality, physiology of the reproductive system, making good choices, consequences of behavior, and abstinence. Certified instructors will teach this unit in same-gender classes.

Content Outline

State Outcome: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and growth and development throughout the life cycle.

A. Lesson Topic: Adolescence and Social Health

- define the family as a basic unit of society
- learn about family relationships
- identify components of healthy relationships
- describe why relationships with peers and family change during puberty

B. Lesson Topic: Adolescence and Reproduction

- define puberty
- learn about hormones and their impact
- physical and emotional reproductive changes to the body
- positive and negative behaviors and how they affect decision-making
- define abstinence and its importance
- explain the gestation process of fetal development
- learn and practice refusal skills
- impact of teen pregnancy
- Introduction to Acquired Immune Deficiency Syndrome (AIDS)