

**Office of Curriculum, Instruction & Assessment**

Kilo Mack, Supervisor  
Physical Education, Health & APE

Dear Parent/Guardian:

To meet state requirements for comprehensive health education instructional programs, all middle school students will be given the opportunity to participate in the Family Life and Human Sexuality Unit as part of their seventh-grade middle school health education curriculum. All materials utilized in this unit have been approved by the Family Life Committee, a state mandated, and Harford County Public Schools Board of Education sponsored committee.

This unit will cover:

- gender stereotypes
- changes that occur during puberty
- anatomy and physiology of the reproductive systems, including the menstrual cycle and the definition of hormonal birth control and its impacts on the menstrual cycle
- human reproduction including fetal development
- the types, causes, transmission, symptoms, and prevention of sexually transmitted infections (STIs) and HIV/AIDS including the definition of male contraception
- effective communication strategies to avoid or reduce health risks (including sexting)
- the advantages of abstinence and consequences of not remaining abstinent.

The HCPS procedure for family life curriculum review or unit opt out is as follows:

1. Contact your child's teacher to request a phone or in person meeting to discuss concerns and review curricular materials.
2. A phone or in person meeting will be scheduled to discuss concerns and review curricular materials.
3. If appropriate, Parent or Caregiver provides a written request to the teacher to opt child out of individual lessons or entirety of the unit within three days of the parent meeting. Students not participating in the unit will be provided with appropriate alternative health education assignments.
4. If additional questions or concerns remain after the above steps, email [AskHCPS.org](mailto:AskHCPS.org) or call at 410-809-6193 so your question can be directed to the appropriate individual or specific office.

Sincerely,

Health Education Teacher

School Principal