Secondary Health Curriculum
Parent Information Presentation
November 9, 2022
Welcome!

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Whole Student

Comprehensive Health Curriculum
Botwin Life Skills

Middle School

▷ Self-Image
▷ Making Decisions
▷ Smoking, Alcohol, Marijuana
▷ Violence
▷ Anxiety, Anger
▷ Communication Skills
▷ Social Skills

▷ Assertiveness
▷ Resolving Conflict
▷ Media Influences
▷ Peer Pressure
Second Step

Middle School

- Growth Mindset
- Goal Setting
- Bullying and Harassment
- Empathy
- Strong Emotions
- Stress
- Healthy Relationships
- Perspective
- Conflict Resolution
HealthSmart

- Nutrition & Physical Activity
- Tobacco, Alcohol & Other Drug Prevention
- Emotional & Mental Health
- Abstinence, Puberty & Personal Health
- HIV, STI & Pregnancy Prevention
- Violence & Injury Prevention
State and District Requirements

- HIV/AIDS prevention
  - Annually
  - Beginning in 5th grade
- Comprehensive Sexual Health
  - Annually and recurring
  - Age-appropriate
  - Inclusive
  - Medically and Scientifically Accurate
  - Effective 12/2020

- RCW 28A.300.475
- Board Policy 2125
  - 2125P (Procedure)
Website

▸ Access to the Instructional Materials
  ▸ Username: reviewer@monroe.wednet.edu
  ▸ Password: HealthyKids943

▸ Original Webinar from HealthSmart

▸ Frequently Answered Questions from OSPI (Office of the Superintendent of Public Instruction)

▸ Frequently Asked Questions from the community

▸ Opt Out Forms
Scope and Sequence
Grades 6-7

6 Taught in Science
- ABST Lesson 1: Stay Healthy for a Lifetime
- ABST Lesson 2: Keeping my Body Healthy
- ABST Lesson 3: Protecting my Body from Disease
- VIP Lesson 14: Resisting Dares
- VIP Lesson 13: Feelings & Fights
- VIP Lesson 15: Conflict Resolution
- HIV Lesson 6: STI Facts
- HIV Lesson 7: HIV Facts

7 Taught in Science
- HIV Lesson 1: Understanding Sexual Health
- ABST Lesson 4: Talking About Sexuality
- ABST Lesson 5: A Body with a Vagina
- ABST Lesson 6: A Body with a Penis
- ABST Lesson 7: Puberty
- ABST Lesson 8: Menstrual Cycle/Pregnancy
- ABST Lesson 10: Feelings & Relationships
- HIV Lesson 6: STI Facts
- HIV Lesson 7: HIV Facts
Scope and Sequence
Grade 8

Part 1: Sexual Health & Reproduction
- HIV/STI Lesson 2: Sexual Identity & Sexual Stereotyping
- ABST Lesson 7: Puberty (Review)
- ABST Lesson 6: A Body with a Penis (Review)
- ABST Lesson 5: A Body with a Vagina (Review)
- ABST Lesson 8: The Menstrual Cycle & Pregnancy (Review)
- HIV Lesson 5: Reproduction & Teen Pregnancy
- HIV Lesson 14: Preventing Pregnancy
- HIV/STI: Lesson 4 Healthy Romantic Relationships
- ABST Lesson 14: Resisting Sexual Pressure

Part 2: Sexually Transmitted Disease
- ABST Lesson 3: Protecting my Body from Disease
- HIV/STI Lesson 6: STI Facts
- HIV/STI Lesson 8: STI & Responsible Actions
- HIV/STI Lesson 7: HIV Facts
- HIV/STI Lesson 12: Using Condoms for Safer Sex
- ABST Lesson 9: Taking Care of Sexual Health
- ABST Lesson 11: Benefits of Abstinence
Scope and Sequence
Grades 9-12

9-12

▷ ABST Lesson 7: Understanding Sexuality
▷ ABST Lesson 8: Review of Reproductive Systems
▷ ABST Lesson 9: Taking Care of your Sexual Health
▷ ABST Lesson 10: Abstinence: What’s in it for me?
▷ ABST Lesson 15: Resisting Sexual Pressure
▷ HIV/STI Lesson 4: Understanding Affirmative Consent
▷ HIV/STI Lesson 5: Avoiding Pregnancy
▷ HIV/STI Lesson 6: STIs: The Facts

9-12 (cont.)

▷ HIV/STI Lesson 7: HIV: The Facts
▷ HIV/STI Lesson 11: Using Condoms
▷ HIV/STI Lesson 12: Negotiating Condom Use
▷ HIV/STI Lesson 14: My Commitment to Protect Myself
▷ VIP Lesson 15: Preventing Dating Violence
▷ VIP Lesson 17: Understanding Sexual Exploitation
▷ VIP Lesson 18: Understanding Sexual Abuse
▷ VIP Lesson 19: Protecting Yourself
Opting Out

- Families are provided notice 30 days before instruction begins
- **Families can opt out at any time**
- Opt out forms are available on the website
- Human Growth and Sexuality lessons could begin on **December 12, 2022**
  - 8th grade and high school
  - 6th and 7th grade in Spring
Opting Out

To find the form, go to [https://www.monroe.wednet.edu/](https://www.monroe.wednet.edu/)
- Click on
- Select Learning & Teaching
- Click Health and Sexual Health Education on the left
- Scroll down and select an opt out form in your home language
Opt Out Forms

Exclusion Request Form
Human Growth and Sexuality - HIV/AIDS Instruction

Directions: Please complete the form below and submit this form to the Learning & Teaching Department of the Monroe School District at least 10 days prior to the planned instruction. This will allow us time to process and ensure that the parent/guardian request is fulfilled. If you have questions, please call the Learning & Teaching Department at (360) 804-2550.

Student: ___________________________ Grade: ____________
School: ___________________________ Teacher: ______________

Please initial below to indicate instruction to be excluded:

___ I request my son/daughter be excluded from the Human Growth and Sexuality instruction.

I understand this instruction is one of the components of comprehensive health education for grades K-12 in the Monroe School District. I also understand that the materials and curriculum for this program can be reviewed on the Health and Sexual Education page of the Monroe School District website at www.monroe.wednet.edu (Departments > Learning & Teaching) or at Monroe School District administration office at 14692 179th Ave. SE, Monroe, WA 98278.

___ I request my son/daughter be excluded from the HIV/AIDS instruction.

As stated by state law (RCW 28A.230.070), I have attended the informational session and/or have reviewed the curriculum prior to initiating this request for exclusion. A recording of the presentation can be viewed on the Health and Sexual Health Education page of the Monroe School District website at www.monroe.wednet.edu.

I have initialed above as appropriate to indicate the instruction to be excluded. I have read and understand the information and my responsibility regarding exclusion.

Signature of Parent/Guardian ___________________________ Date ____________

Printed Name of Parent/Guardian ___________________________

For School District Use

Signature: ___________________________

Director of Curriculum and Assessment ___________________________

Date ___________________________

School Board Policy: 2125P & 2126
Legal References: RCW 28A.230.070 & RCW 28A.300.375
Revised: 09/16/2022
Thank you!

Any questions?
You can find me at
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