



Onslow County Schools Board of Education
200 Broadhurst Road
Jacksonville, NC 28540
(910)455-2211
www.onslow.k12.nc.us

To: Parents of Health Education Students

On _____, the teachers of Health Education students will begin a unit on Family Life Education in accordance with the objectives, guidelines, and materials directed by the Onslow County Board of Education.

(DATE)

Family Life Education centers upon the family as the key unit and irreplaceable foundation of society. The Family Education policy of the Onslow County School System is to clearly articulate, through qualified teachers and appropriate personnel, using directive teaching methods, a curriculum that is abstinence-based, family-centered, and age-appropriate. In addition, the curriculum will include information regarding reproductive anatomy, physiology, fetal development, and sexually transmitted diseases, including HIV / AIDS. in accordance with the *North Carolina Standard Course of Study for Middle School Health*. Specific standards and clarifying objectives are provided on the next page of this document.

Our children benefit the most when parents are involved and able to help students navigate factual information, critical thinking, skill development, and the motivation to make healthy, responsible choices. As required by law and beginning in seventh grade, reproductive health and safety education will include age-appropriate instruction on sexual abstinence until marriage, STDs, the human reproductive system, effective contraceptive methods for preventing pregnancy and awareness of sexual assault and sexual abuse, and sex trafficking prevention and awareness. The curriculum will promote sexual abstinence until marriage and monogamy within marriage.

Instructional materials for this unit are available for review in the school media center or through a digital link that can be shared by your child's Health & Physical Education teacher.

Parents/guardians who **do not** want their child to participate in the Family Life unit must complete the attached opt out form and return it to the child's teacher by _____. Students who do not submit an opt out form will participate in the Family Life unit of instruction.

Any student who opts out of Family Life Education will receive alternative assignments and be fully responsible for completing them.

Sincerely,

Health & PE teacher

North Carolina Essential Standards - Health Education Grades 6 – 8

Essential Standard		Clarifying Objectives	
6.ICR.2	Apply strategies and skills for developing and maintaining healthy relationships.	6.ICR.2.1	Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.
		6.ICR.2.3	Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment.
		6.ICR.2.4	Use resources in the family, school, and community to report sexual harassment and bullying.
		6.ICR.2.5	Summarize strategies for predicting and avoiding conflict.
		6.ICR.2.6	Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.
		6.ICR.2.7	Explain the signs of an abusive relationship and access resources for help.
6.ICR.3	Understand the changes that occur during puberty and adolescence.	6.ICR.3.1	Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.
		6.ICR.3.2	Summarize the relationship between conception and the menstrual cycle.
7.ICR.2	Remember abstinence from sexual activity outside of marriage as a positive choice for young people.	7.ICR.2.1	Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.
		7.ICR.2.2	Identify the positive benefits of abstinence from sexual activity outside of marriage.
7.ICR.3	Apply strategies that develop and maintain reproductive and sexual health.	7.ICR.3.1	Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.
		7.ICR.3.2	Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.
		7.ICR.3.3	Recognize that sexual harassment may contribute to sexual abuse, sexual assault and sex trafficking and the feelings that result from these behaviors.
		7.ICR.3.4	Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.
8.ICR.1	Understand healthy and effective interpersonal communication and relationships.	8.ICR.1.2	Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse, sex trafficking) and resources for seeking help.
8.ICR.2	Remember that abstinence from sexual activity outside of marriage means a positive choice for young people.	8.ICR.2.1	Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.
		8.ICR.2.2	Recall skills and strategies for abstaining from sexual activity outside of marriage.
8.ICR.3	Analyze strategies that develop and maintain reproductive and sexual health.	8.ICR.3.1	Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.
		8.ICR.3.2	Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.
		8.ICR.3.4	Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phone).



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OPT OUT FORM

I understand that the teaching of Family Life Education is part of the NC Department of Public Instruction's statewide curriculum as approved by the State Board of Education. Furthermore, I understand that the Onslow County Board of Education has approved the materials that will be used in the teaching of this curriculum.

In order for my child to not participate in the Family Life Unit, I understand that I must return this opt out form to my child's school prior to _____, the date indicated on the previous page. If I do not return the opt out form, my child will receive approved instruction in Family Life Education.

I do not want my child, (printed Student Name) _____
to receive instruction in Family Life Education as prescribed by the State of North Carolina
and the Onslow County Board of Education.

Printed Parent/Guardian Name _____

Signature or Parent/Guardian _____ Date _____