

# Los Osos Middle School

## Middle School Sexual Health Education

Dear Parent/Guardian of \_\_\_\_\_,

**It is required that parents/guardians be notified prior to instruction. Please initial here \_\_\_\_\_**

San Luis Coastal Unified School District offers a Health & Family Living Unit for students enrolled in middle school science classes. This year in 8th grade, this unit includes instruction on sexual health, which addresses many of the sexual health issues students face, or may face, in their lifetime. Some of these issues include:

- *Pregnancy, Gestation and Human Development*
- *Birth control*
- *Emergency contraceptive methods*
- *Developing healthy relationships*
- *Accessing sexual & reproductive health care resources*

The Sexual Health instruction is guided by several state laws including teaching that abstinence from sexual intercourse is the only 100% effective protection against unwanted teenage pregnancy, sexually transmitted diseases, and Acquired Immune Deficiency Syndrome (AIDS) when transmitted sexually. Comprehensive Sexual Health Education is required by Education Code 51930-51939. We will be using Positive Prevention *PLUS* curricular materials for this unit.

All written or audiovisual materials to be used in this unit are available for inspection upon request. If you would like to schedule a time to review these materials, please contact the Instructional Services Department at 805-549-1277 or LOMS at (805) 534-2835.

**As a parent/guardian, nothing can replace the teaching you provide. It is *you* who can best communicate sexual health issues in the context of your family's beliefs and values in a way that meets your teen's needs. Please consider using your student's participation in this unit as an opportunity to communicate with your teen about these very important issues.** There will be some optional/extra credit assignments for this reason.

State law allows you to remove your student from sexual health instruction. If you do not want your student to participate in comprehensive sexual health or HIV prevention education, please give a written request to us by \_\_\_\_\_.

Sincerely,

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