

Dear NP3 Parent/Guardian:

August 7, 2023

This letter is to inform you about your child's participation in learning the content and skills of the California State Health Standards. The Health lessons will take place within your child's enrichment class over a two week period and **ALL** students will participate in the health lessons at varied times throughout the school year. Your child's learning will be guided by the seventh grade California State Health standards on Nutrition concepts, Injury Prevention and Safety, Substance Abuse, and Comprehensive Sexual Health. Lessons will be centered around healthy decision making, risk reduction and disease prevention.

The California Healthy Youth Act requires school districts to provide students with integrated, comprehensive, accurate, and unbiased comprehensive sexual health and HIV prevention education at least once in middle school and once in high school. The updated Education Code requirements ensure that students of all genders and sexual orientations are affirmatively included and reflected in instruction on healthy relationships and comprehensive sexual health and HIV prevention education.

The content in the comprehensive sexual health lessons will include information on:

- Anatomy and physiology of the reproductive systems (including pregnancy)
- Consent & Healthy relationships
- STI/HIV/AIDS prevention education

This comprehensive sexual health content will be taught in the last 2-3 days that your student is in Health enrichment. The California Healthy Youth Act states that ALL students participate in Comprehensive Sexual Health education unless a parent/guardian voluntarily removes their student from the instruction. A parent or guardian of a student has the right to request that their student not receive parts or all of the comprehensive sexual health education. If you do not want your student to be present for the comprehensive sexual health education and/or parts of the comprehensive sexual health instruction during their scheduled time please send an email to your child's counselor

immediately with your student's first and last name. Not sending an email will be considered permission for your student to receive all/or parts of the comprehensive sexual health instruction. Opting out of the comprehensive sexual health content does not exclude your child from receiving the other Health lessons. Please feel free to email me any questions you may have regarding the comprehensive sexual health curriculum or call me at 916-567-5740 x47211.

Please see 7th advisory schedule below for Health lesson dates:

Aug 21-Sep 1 (Winberg 7th advisory)

Sept 11-Sept 22 (Carey 7th advisory)

Oct 23-Nov 3 (Self-Kim 7th advisory)

Nov 6-Nov 17 (Larin 7th advisory)

Nov 27-Dec 14 (Hendrix 7th advisory)

Jan 16-Jan 29 (Williams 7th advisory)

Jan 30-Feb 9 (Armes 7th advisory)

Sincerely,

Cherise Wabinga, MA, PPS

Health Teacher (she/her)

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