



Appleton Area School District

P.O Box 2019- Appleton WI- 54912- 920-832-6106

HEALTH PARENT/GUARDIAN FORM FAMILY LIFE UNIT

Dear Parent/Guardian:

In Family & Consumer Science we will be covering human growth and sexuality. Sexuality, and expression of one's sexuality, is an important part of each person's identity. Achieving healthy sexuality and learning about this aspect of ourselves begins at birth and continues throughout our lives. This important and multidimensional concept involves anatomy, physiology, and growth and development, including self-esteem, self-care, communication, healthy relationships, decision making, body image, reproductive systems, pregnancy, contraception and a host of other relevant topics.

Although parents are the primary sexuality educators of their children, children also receive messages about various aspects of sexuality from many other sources, including family members, friends, peers, schools, media, faith communities, and other institutions. Our school hopes to partner with parents/guardians to provide children and adolescents with accurate and developmentally appropriate sexuality education or human growth and development (HGD) instruction.

Key outcomes of human growth and development instruction include:

- Abstinence from sexual activity as the expectation for youth
- Understand healthy relationships
- Promoting the use of protection and contraception when sexual activity is initiated
- Decision Making
- Effective Communication
- Decreasing substance abuse, specifically as it related to engaging in risky sexual activity
- Pregnancy
- Age of consent
- Increasing positive communication around healthy sexuality throughout the lifespan

These outcomes are reached through the presentation of medically accurate information coupled with practicing communication, decision making and advocacy skills, among others.

If you would like your child to work independently with you rather than complete the requirements in class, please contact your child's health teacher using the information below in order to complete the independent study option. The curricula as well as teacher support materials can be viewed online through the [Health & Human Performance page of the district's website](#) (visit www.aasd.k12.wi.us - click on Teaching & Learning followed by Standards & Curriculum) or in the school's LMC.