**Omaha Public Schools – Human Growth and Development Opt Out Form**

**High School – Grade 10**

In 2016 the Board of Education of the Omaha Public Schools District approved updated content standards for Human Growth and Development for grades 4th – 8th and 10th. The Board of Education provides parents and guardians the opportunity to “opt” their child out of individual lessons taught or the entire course. All students are enrolled in a quarter long class at middle school unless indicated below. If you have any questions about the lessons, please contact your child’s Human Growth teacher. **Please return this form to the school counselor if you are opting your child out of the course or opting your child out of a content standard or topic.**

**If this form is not returned, your child is enrolled in the Human Growth and Development.**

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| **Content Standards** | **Please sign your full name to opt your student out of any specific content.** |
| I wish to “opt” my child out of the entire Human Growth & Development Course. |  |
| 1. Describe how relationships can be impacted by sense of self. (2 days) |  |
| 1. Give examples of the impact media has made on teens’ perceptions of relationships and sexuality. (2 days) |  |
| 1. Explain the importance of having hope and a growth mindset in your life. (4 days) |  |
| 1. Examine how values and goals impact decision-making. (5 days) |  |
| 1. Demonstrate healthy communication practices. (6 days) |  |
| 1. Analyze relationships for healthy and unhealthy characteristics. (7 days) |  |
| 1. Explain the impact of sexual abuse, sexual assault and domestic abuse on the individual and family. (11 days) |  |
| 1. Describe ways to show courtesy and respect for others. (2 days) |  |
| 1. Assess accurate information about gender identity, biological sex, gender expression and sexual orientation. (1 day) |  |
| 1. Explain the impact of alcohol or other drug use and abuse by minors. (8 days) |  |
| 1. Describe how environment and life situations influence choices for alcohol and other drug use or nonuse. (7 days) |  |
| 1. Explain the male and female reproductive systems. (3 days) |  |
| 1. Describe the importance of medical check-ups. (2 days) |  |
| 1. Explain the benefits of abstaining from sexual activity. (3 days) |  |
| 1. Compare family planning methods for effectiveness, ease of use, cost and possible side effects. (10 days) Family Planning, Adoption Plan, Emergency Contraception, Terminating the Pregnancy |  |
| 1. Describe life consequences often faced by young families. (2 days) |  |
| 1. Describe the importance of prenatal care for the developing fetus. (5 days) |  |
| 1. Explain how to prevent the spread of sexually transmitted diseases. (10 days) |  |
| 1. Explain the current status of Nebraska Law. |  |

Student’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Year: \_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am opting my child out of Human Growth & Development Course because:

* Scheduling Conflict
* Family Decision