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

**Middle School – Grade 7**

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 Human Growth & Development 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. **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.**

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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. Explain how hard work and hope are as important as ability when working toward a goal. (3 days)
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| 1. Give examples of how family, culture, media, peers, and personal beliefs impact decision-making. (2 days)
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| 1. Explain the relationship between self-confidence and success in life. (1 day)
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| 1. Discuss why it is wrong to tease, bully, or allow others to bully. (2 days)
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| 1. Analyze the impact of media on the decisions we make. (1 day)
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| 1. Describe ways to show courtesy and respect for others when their views are different from your own. (1 day) Sexual Orientation and Gender Identity
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| 1. Explain the importance of healthy relationships with family and friends. (5 days)
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| 1. Demonstrate healthy communication skills. (4 days)
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| 1. Describe the harmful effects of alcohol and tobacco use. (10 days)
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| 1. Describe the physical, social, and emotional changes that occur during puberty. (3 days)
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| 1. Describe the human reproduction process. (6 days)
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| 1. Explain the benefits of sexual abstinence. (3 days)
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| 1. Discuss ways to reduce the risk of pregnancy. (1 day)
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| 1. Explain how STDs (sexually transmitted diseases) are spread. (2 days)
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| 1. Explain the current status of Nebraska Law.
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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

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