

IHAM-HEALTH EDUCATION & EXEMPTION FROM INSTRUCTION

Category: Required

Related Policy: IGE, IHAM-R

Consistent with state law and Department of Education requirements, health and physical education, including, instruction about parts of the body, reproduction, sexuality education, human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS) and related topics, will be included in the instructional program. Sexuality education shall include instruction relative to abstinence and sexually transmitted infections and related topics.

Instruction must be appropriate to grade level, course of study, and development of students and must occur in a systematic manner. The Superintendent will require that faculty members who present this instruction receive continuing in-service training, which includes appropriate teaching strategies and techniques.

Parents and legal guardians shall be notified by email, other written means, website/social media postings, or phone call, not less than two (2) weeks in advance of use of the curriculum course material to be used for instruction of human sexuality, sexual education, sexual orientation, gender, gender identity, or gender expression.

Accordingly, the notice will identify and provide contact information for the Principal or other staff member a parent or guardian should contact to arrange an opportunity to review the curriculum course material. However, no notice is required if a District employee is responding to a question from a student during class.

In accordance with the federal Protection of Pupil Rights Amendment, as a School District that receives federal Department of Education funds, the Superintendent shall develop procedures to allow the parent/guardian of a student to review any instructional material used as part of the educational curriculum for the student. The procedures will provide reasonable access to instructional material within a reasonable period of time after the request is received.

Opt-Out Procedure and Form

Parents/guardians, or students over eighteen years of age, who do not want their child to participate in a particular unit of health or sex education instruction for religious or other objections are allowed to have their child opt-out of such instruction. (Note: Per RSA 186:11, IX-c, Parents/guardians have additional opt-out rights under Board policy IGE.)

Parents/guardians who do not want their child to participate in a particular unit of health or for religious reasons must complete a Health and Sex Education Exemption: Opt-Out Form, see Board policy IHAM-R. Opt-Out Forms are available from either the health education teacher or the Principal. Opt-out requests must be submitted annually and are valid only for the school year in which they are submitted. Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment sufficient to meet state requirements for health education. The alternative assignment will be provided by the health or physical education teacher in conjunction with the Principal and approval by parent/guardian.

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District Policy History:

First Reading: May 11, 2010, October 25, 2022, March 18, 2025

Second Reading: June 2, 2010, November 15, 2022, April 8, 2025

Final Adoption: June 2, 2010

Revised: December 20, 2022, April 8, 2025

Legal References:

NH Statutes	Description
RSA 186:11, IX	<u>, Instruction as to Intoxicants and Sexually Transmitted Diseases</u>
RSA 186:11, IX-b	<u>Health and Sex Education</u>
RSA 186:11, IX-c	<u>Objectionable Course Material</u>
RSA 186:11, IX-e	<u>Notice to Parents/Guardian Required</u>

NH Dept of Ed Regulation	Description
N.H. Code Admin. Rules Ed 306.40	<u>Health Education Program</u>
N.H. Code Admin. Rules Ed 306.41	<u>Physical Education Program</u>

Federal Statutes	Description
20 U.S.C §1232h, (c)(1)(C)	<u>Protection of pupil rights</u>

Legal References Disclaimer: These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.