



**Opt-Out Form  
HIV/AIDS Prevention and Human Growth  
and Development/Puberty  
for 5th and 6th Grade**

The purpose of HIV/AIDS Prevention and Human Growth and Development/Puberty instruction is to establish common learning goals across the district and to provide all students with medically accurate, developmentally appropriate, and bias-free information to help them make decisions that positively impact their lifelong health and wellness. HIV/AIDS prevention and human growth and development/puberty lessons are aligned with state academic standards in health.

The essential standards that will be covered in 5th and 6th grade are as follows:

**Human Growth and Development/Puberty:**

- Understand functions of male and female reproductive systems
- Identify ways to manage physical, social, and emotional changes during puberty
- Describe how puberty and physical development vary
- Recognize that puberty prepares the body for reproduction

**HIV/AIDS Prevention:**

- Define HIV/AIDS
- Discuss how HIV is transmitted and methods of prevention
- Define abstinence (6th grade only)
- Identify examples of protective factors and examples of risk behaviors (6th grade only)

Resources related to HIV/AIDS prevention and human growth and development/puberty lessons are available for parent/guardian review at Teaching and Learning Services in the district office. You may choose to excuse your student from participating in any of the above lessons by completing this form and returning it to your student’s teacher three days prior to the planned instruction. See below.

Please note: Opt-out restrictions must be renewed each school year.

After reviewing the Snohomish School District curricular resources, I would like to request that my child opt out of participating in the HIV/AIDS prevention and human growth and development/puberty lessons. I can find state resources to share with my child at <https://ospi.k12.wa.us/student-success/resources-subject-area/sexual-health-education/hiv-and-sexual-health-education-resources>. The school will provide an alternative assignment on a different subject matter and an alternative learning environment during the delivery of these lessons.

Please select:

- Opt out** of Human Growth and Development/Puberty lessons
- Opt out** of HIV/AIDS Prevention lessons

Student Name \_\_\_\_\_ School \_\_\_\_\_  
Last, First

Parent/Guardian Name \_\_\_\_\_  
Last, First

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_