

Tips for talking to your child about sexuality

- Take advantage of “teachable moments” to discuss and share your views about human sexuality topics that are part of music, TV, movies, news, or other moments where issues arise.
- Give correct sexuality information. Children want to get the facts from **you**.
- Talk about your values regarding sexual behavior.
- Let your child know that you are open to talking.
- Communicate what you believe is right and wrong.
- Listen. Sometimes, the less you say, the more a child will talk.
- Teach your child ways to make good decisions about sex.
- Coach kids on what to say and do to get out of risky situations.
- Start talking early. It will keep lines of communication open throughout your lives together.

If you have questions or want more specific information, talk to your child's Health Education Teacher or contact the Office of Health, Physical Education, and Dance.



ANNE ARUNDEL
COUNTY PUBLIC SCHOOLS

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Anne Arundel County Public Schools



**Family Life and
Human Sexuality
High School
Health A**



Parents and Teachers—Partners in Education

The Family Life & Human Sexuality Unit

All students in high school participate in comprehensive health education instruction for one semester of the year. The 6-7-day *Family Life and Human Sexuality Unit* is one of several units taught during health education. This unit is based on national and state education standards, and is required by Maryland State regulations.

What are the goals of these lessons?

We believe strongly that parents should take the lead in all learning relating to family life and human sexuality. This partnership between the school and the family ensures your child is provided with the most respectful and appropriate information so that they understand and appreciate what is happening during this very important time in their lives.

Our goals are to:

- *support parents as the primary sexual educators*
- *promote healthy attitudes on human sexuality*
- *encourage abstinence as the safest, healthiest choice for adolescents*
- *counteract negative messages about sexuality portrayed in the media*
- *help students navigate through early adolescence—a time of significant change in growth and development*

Are boys and girls taught separately?

No. High school health education is taught in a coeducational setting with boys and girls learning the material simultaneously.

Are you showing pictures?

Yes. We use a variety of appropriate visuals to enhance the lessons. All materials have been approved through the AACPS Materials of Instruction review process and include:

- *simplified illustrations/animations showing the changes to the human body that occur during puberty, including the menstrual cycle*
- *detailed illustrations and cross sections of the human anatomy and reproductive system, labeled with appropriate terminology*
- *illustrations of the reproductive process, including fetal development and childbirth*

Can I review the curriculum?

Of course. We invite every parent to attend a meeting at their school to review the information and materials used in these units. If you cannot attend the school meeting, you may schedule one with the Office of Health, Physical Education, and Dance.

What if I don't want my child to participate in these lessons?

No problem. If you are not comfortable with the curriculum or the materials, return the opt out letter to your school. Your child will receive appropriate alternative instruction in a different setting.

What do students learn?

Specific outcomes and activities are appropriate for students at each grade level.

Healthy Relationships and Consent

- Compare and contrast characteristics of healthy and unhealthy relationships.
- Summarize the importance of talking with parents and other trusted adults about relationships and sexual health.

Gender Identity and Expression

- Differentiate between sex assigned at birth, gender identity, and gender expression.

Sexual Orientation and Identity

- Define sexual identity and explain a range of identities related to sexual orientation.
- Identify how school and community can promote dignity and respect for people of all sexual orientations and gender identities and expressions.

Anatomy and Physiology

- Summarize the human reproductive systems and their functions.
- Summarize the relationship between the menstrual cycle and conception.

Sexual Health

- Compare and contrast types of contraceptive and disease-prevention methods.
- Evaluate community services and resources related to sexual and reproductive health.
- Identify the laws related to reproductive and sexual health care services.