



Dear Parent/Caregiver

The New Jersey Student Learning Standards - Comprehensive Health and Physical Education were revised in 2020 to address the need for students to gain knowledge and skills in caring for themselves, interact effectively with others, and analyze the impact of choices and consequences. These revised standards will be implemented in the 2022-2023 school year. We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, active life.

The seventh-grade health Human Sexuality and Healthy Relationships unit is comprised of these indicators

- :2.1.8.PGD.1: Explain how appropriate health care can promote personal health.
- **2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies.**
- 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health.
- **2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships.**
- 2.1.8.SSH.4: Compare and contrast the characteristics of healthy and unhealthy relationships.
- 2.1.8.SSH.5: Analyze the similarities and differences between friendships, romantic relationships and sexual relationships.
- 2.1.8.SSH.6: Examine how culture influences the way families cope with traumatic situations, crisis, and change.
- 2.3.8.PS.1: Assess the degree of risk in a variety of situations, and identify strategies needed to reduce deliberate and non-deliberate injuries to self and others (e.g., digital safety, sexting, dating violence, domestic violence, gang violence, human trafficking, nonconsensual sexual encounters, other threats of violence).
- 2.3.8.PS.6: Demonstrate strategies to use social media safely, legally, and respectfully (e.g., sexting, sextortion).
- 2.3.8.PS.7: Evaluate the impact of technology and social media on relationships (e.g., consent, communication, respect).
- **2.1.8.SSH.1: Differentiate between gender identity, gender expression and sexual orientation.**
- **2.1.8.SSH.2: Develop a plan for the school to promote dignity and respect for people of all genders, gender identities, gender expressions, and sexual orientations in the school community**
- **2.1.8.SSH.7: Identify factors that are important in deciding whether and when to engage in sexual behaviors.**
- **2.1.8.SSH.8: Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self-esteem, alcohol, other substances).**

Indicators that are in boldface type are new or expanded from the 2014 standards, and learning activities have been created to integrate this content. For example, indicator **2.1.8.SSH.1** has expanded from *discuss* in the 2014 standards to *differentiate* in the 2020 standards

Although we strongly encourage families to have their student(s) participate in these essential health topics, we want to acknowledge that Parents/Caregivers do have the option of excluding their child from any portion of sexuality/family life education instruction if it is in conflict with their conscience, morally, or religiously held beliefs. (*Please see the appropriate NJ Statute below)

If this is the case, please email your student's principal and the health education teacher that is listed on their schedule in Genesis. Make sure to include the students, name, grade level and school to notify which topic(s) you are opting your student(s) out of. The health teacher will then contact you to discuss the lesson or unit portions that the student will be opted out of. Students who are excused will be assigned to a separate learning area for the duration of those identified lessons.

Section: 18A:35-4.7: Parent's statement of conflict with conscience: Any child whose parent or guardian presents to the school principal a signed statement that any part of the instructions in health, family life education or sex education is in conflict with his conscience, or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom.

Sincerely,

John Harding
District Supervisor of Health & Physical Education
South Brunswick Schools