



**STATE OF HAWAII**  
DEPARTMENT OF EDUCATION  
**Niu Valley Middle School**  
**An International Baccalaureate MYP World School**  
310 HALEMAUMAU STREET  
HONOLULU, HAWAII 96821-2099  
U.S.A.  
Ph. (808) 307-6800, Fax (808) 377-2444  
[www.niuvalleymiddle.org](http://www.niuvalleymiddle.org)

August 2023

Dear 6<sup>th</sup> Grade Parent/Guardian,

In order to support students making decisions that promote healthy behaviors, schools are required to provide comprehensive sexual health education that follows the requirements set forth in the Hawaii Revised Statutes (HRS) 321-11.1, Hawaii State Board of Education Policy 103.5, and aligns with Hawaii Content and Performance Standards III.

Studies continue to show that parents want their children to be educated on adolescent changes, encouraged to define and communicate their boundaries, advised to gain support from credible sources and trusted adults, and guided in healthy decision-making. As part of 6<sup>th</sup> Grade Physical Education and Health at Niu Valley, content delivered will be age appropriate, medically accurate and factual based. These lessons at school will be the start to a conversation that we hope you will continue to build on at home.

Lessons will include approved curriculum from HealthTeacher.com:

- **Lesson 1:** Ground Rules & Recognizing Boundaries/Respect
- **Lesson 2:** Changing Bodies
- **Lesson 3:** Abstinence & Preventing STI/HIV
- **Lesson 4:** Communication, Decision Making and Community Resources

If you are interested in more information – please visit [www.niuvalleymiddle.org](http://www.niuvalleymiddle.org) for curriculum overviews, Sexual Health Education Policy 103.5, resources for parents to continue the conversation and a list of community resources. Should you have more questions, you can contact me to schedule a time that works for both of us to talk.

I truly believe ‘it takes a village’ and am looking forward to partnering with you to support your child. Together we can help them navigate the many changes that occur during adolescence in a way that promotes healthy lifestyles today and for their future.

Sincerely,

A handwritten signature in black ink, appearing to read "Emily Hahn".

Emily Hahn  
Physical Education and Health Teacher

A handwritten signature in black ink, appearing to read "Laura Ahn".

Laura Ahn  
Principal





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## Niu Valley Sexual Health Education Opt-Out Form

Parents and legal guardians have the right to have their child not participate in the approved Sexual Health curriculum. If this form is signed and returned, it will act as a written request to excuse your child from the above lessons. In that case, alternate health assignments will be provided at a separate location for your child. If a signed copy of this form is not received by the beginning of the instruction, it will be assumed that your child has approval to participate in the curriculum.

Fill out and return the following Opt-Out if you wish to **not** have your child participate in the Sexual Health portion of NVMS 6<sup>th</sup> Grade Health curriculum.

I wish to NOT have my child participate in the 4 planned lessons

Date: \_\_\_\_\_

Student Name: \_\_\_\_\_

Physical Education/Health Period: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

*\*Teachers & Office Staff – Please return this form to Ms. Hahn in D2\**

