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Together We Are Inspiring Life-Long Learners

OPT-OUT FORM – HIV/AIDS Prevention and Sexual Health Instruction for 4th – 8th Grades

The purpose of HIV/AIDS Prevention and Sexual Health instruction is to establish common learning goals across the district and to provide all students with medically accurate, age-appropriate, and bias-free information to help them make decisions that positively impact their lifelong health and wellness. HIV/AIDS Prevention and Sexual Health lessons are aligned with state academic standards in Health. RCW 28A.300.475 <https://app.leg.wa.gov/rcw/default.aspx?cite=28A.300.475>

Our website and our school nurse will provide you with specific information on what will be covered in your student's class pertaining to HIV/AIDS Prevention and Sexual Health. Resources related to HIV/AIDS Prevention and Sexual Health lessons are available for parent review on the district website. You may choose to excuse your student from participating in the lessons by completing this form and returning it to the school nurse by February 17, 2026.

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

After reviewing the Index School District curricular resources, I would like to request that my child opt out of participating in the HIV/AIDS Prevention and Sexual Health lessons. 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 ALL HIV/AIDS Prevention and Sexual Health lessons**
- Opt out of some specific lessons (Please refer to parent letter from teacher and list specific lessons below.)**

4th, 5th, 6th Grades – Puberty, hygiene, reproductive system, HIV/AIDS, consent

7th & 8th Grades – All of the above, STDs, birth control, condoms

Student Name _____

Parent Name _____

Parent Signature _____ Date _____

Helpful video from Seattle Public Schools – <https://vimeo.com/651455376>