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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>