



Murrieta Valley Unified School District

High School Health Education Parent/Guardian Letter

Dear Parent/Guardian,

This letter is to inform parents/guardians of the requirements outlined in California Education Code 51930-51939 (California Healthy Youth Act) regarding sexual health education and HIV prevention education. In alignment with Board Policy 6142.1, the District shall comply with the requirements of the law. As a parent/guardian, you have the right to excuse your student from comprehensive sexual health education and HIV prevention education by submitting your request in writing to the District, as explained below.

The health course utilizes the District textbook, Lifetime Health, and supplemental resources, including videos and other classroom activities to address the State of California requirements in sexual health education and HIV prevention. Curriculum will be taught by District personnel. All teachers have been trained to provide instruction in an unbiased, factual-based manner. The textbook and supplemental resources are available for preview. You may schedule a time to preview materials and/or obtain a copy of the California Health Youth Act by contacting your School's Principal or the MVUSD Secondary Education office at (951) 696-1600 x1018.

Instruction and materials must be medically accurate, objective, age-appropriate and inclusive of all students, as defined by law. The law requires that instruction and materials encourage students to communicate with parents, guardians or other trusted adults about sexual health and human sexuality.

The purpose of this instruction, as delineated under Education Code section 51930, is to:

- Provide students with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy.
- Provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.
- Promote understanding of sexuality as a normal part of human development.
- Ensure students receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end.
- Provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors.

The health instruction will include the following sexual and reproductive health topics:

Topic A

Reproductive Systems
Child Growth and Development
Pregnancy (Safe Surrender, Legally Available Pregnancy Outcomes)
Pregnancy Service Providers
Prenatal Care

Topic C

Abstinence
FDA Approved Contraceptive Options and Effectiveness
HIV/STI's/AIDS (Antiviral, Needles, Protection, Transmission, Testing)

Topic B

Relationships (Dating, Marriage, Parenting, LGBTQ+)

Topic D

Yes Means Yes Law
Sexual Harassment (Abuse, Assault, Laws)
On-Line Safety (Sexting)
Sex Trafficking

As a parent/guardian, you may choose to excuse your student from any or part of the comprehensive sexual health or HIV prevention education. If you choose to do so, please provide a signed, written note to your school principal by _____. The note should state that you are excusing your student from the instruction. Specify whether you are excusing your student from all or a specific part of the instruction, include the student's name, and include the signature of the parent or guardian. The note does **not** need to provide a reason for the excusal.

Sincerely,

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Assistant Superintendent, Educational Services
Murrieta Valley Unified School District