



## 7<sup>th</sup> Grade Health Education

Dear Parent/Guardian:

Health Education provides students with the knowledge and skills they need to be healthy throughout their lifetime. Florida law requires the teaching of a Comprehensive Health Education curriculum in grades K-12. The intent of a comprehensive health education program is to motivate students to maintain and improve their health, prevent disease, and avoid or reduce health-related risk behaviors.

Duval County Public Schools (DCPS) utilizes a curriculum which will address the following 12 components under Florida State statute 1003.42 (2)(n)-Required Instruction:

- Community Health
- Consumer Health
- Environmental Health
- Family Life
- Injury Prevention & Safety
- Internet Safety
- Mental & Emotional Health
- Nutrition
- Personal Health
- Prevention & Control of Disease
- Substance Use & Abuse
- Teen Dating Violence
- Human Trafficking
- Character Education

Included in these content areas, recent State Board of Education rulings have strengthened requirements for instructional time and content in Mental and Emotional Health Education; Substance Use and Abuse Education; and Child Trafficking and Prevention Education. In accordance with these rulings, additional curricula/lessons have been created to meet these requirements and will be covered over the course of the year.

Seventh graders will receive 7 lessons of instruction in learning and practicing ways to resist pressure to have sex. Pressures regarding sexual intercourse are considered. The 7 lessons feature short-term consequences of unplanned sex, information about sexually transmitted disease, and applying refusal skills in a party context. Materials used with these lessons will be available for you to preview by appointment at your child's school or you may view a curriculum overview on the DCPS's website by visiting <https://bit.ly/3gMxCjf> or by scanning the following QR code.



Parental/guardian involvement is a very important component when covering health-related topics. Such involvement can help make the information, skills, and strategies more personal and meaningful to your child. These lessons encourage parent/guardian-child dialogue to provide an opportunity for discussion of the family's values and beliefs. The dialogue can be a catalyst to enhance overall parent/guardian-child communication.

In accordance with Florida Statutes and the Duval County Public School Board policy, parents may exempt their child from lessons pertaining to reproductive health and disease education, including HIV/AIDS and STDs. If you do NOT want your child to receive Sexual Health Education instruction, you must write a letter to the school principal requesting that your child be excused from these lessons. Alternate learning will take place for a student excused from said lesson(s) covering pertinent health education content, excluding content which the student is exempted from taking. Opting out with parent permission from this portion of the course does not exempt a student from any required assessment or assessment items, including End of Course Exams or state assessments.

Information about State Board of Education rulings, district policy, curriculum overviews, and contact information related to Comprehensive Health Education can be found at <https://bit.ly/3v8rsQa>. If you have any questions, please contact your child's teacher, school principal or, district health specialist at [hepe@duvalschools.org](mailto:hepe@duvalschools.org)

Sincerely,

---

(Principal's Name/Signature)

---

(Health Teacher's Name/Signature)

Revised 10/2021