

Notice for all Grade 7 and 8 Parent/Guardians Regarding the Teaching of Human Sexuality and Human Sexual Development

Under [Massachusetts state law](#), all parents/guardians of students in our schools will be notified in writing of the courses and curriculum we offer that primarily involve human sexual or human sexuality issues.

Students in middle school take one semester of Wellness each year. The Nock Middle School uses the [HealthSmart Curriculum](#). In grade 7, as a part of the overall health curriculum, students participate in one lesson entitled “Healthy Romantic Relationships.” Other topics in this course include healthy eating, qualities of healthy relationships, conflict resolution, and tobacco and other drugs.

In grade 8, students continue with the HealthSmart Curriculum and a unit that covers healthy eating, body image, managing stress, anti bullying, drug and alcohol use as well as two lessons entitled “Benefits of Abstinence” and “Peer Power for Abstinence.”

The lessons are developmentally appropriate and well researched. Our health and wellness teachers are certified educators who have a strong background in effectively teaching health courses. We understand that parents have the prime responsibility for educating their children in human sexuality; our lessons are designed to compliment family conversations, while helping young people develop mature and responsible attitudes towards their own health and wellness.

As is [school policy](#), any parent may exempt their child from any portion of the curriculum that primarily involves human sexual education or human sexual issues, without penalty to the student, by sending a letter to the school Principal requesting an exemption. Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment.

In addition, if a parent/guardian would like to inspect and review program instruction materials for the HealthSmart lessons, you may arrange with the Principal to review the copyrighted materials at the school.