

**AUBURN SCHOOL DISTRICT**  
**HEALTH EDUCATION AND EXEMPTION FROM INSTRUCTION**

Consistent with Department of Education requirements, health and physical education including the human reproductive system and human sexual health, will be included in the instructional program.

Instruction must be appropriate to grade level, course of study, and development of students. The Superintendent will require that faculty members who present this instruction receive continuing in-service training, which includes appropriate teaching strategies and techniques.

Parents/guardians will have the right to inspect and review health and physical instruction materials that will be made reasonably accessible to parents/guardians and others to the extent practicable.

Parents/guardians shall be notified by e-mail, other written means, website/social media postings or phone call, not less than two (2) weeks in advance of use of the curriculum course material to be used for instruction of health and physical education, that the material is available for inspection at the school. The notice will identify and provide contact information for the member of staff or faculty whom a parent or guardian should contact to arrange an opportunity to inspect the curriculum course material.

**Opt-Out Procedure and Form**

Parents/guardians, or students over eighteen years of age, who do not want their child to participate in a particular unit of health or physical education instruction for religious reasons or religious objections, are allowed to have their child opt-out of such instruction.

Parents/guardians who wish to have their child opt-out of such instruction are required to complete the district opt-out form and state the particular unit of the curriculum in which the student is not to participate. Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment sufficient to meet state requirements for health education. The alternative assignment will be provided by the health or physical education teacher in conjunction with the Principal.

Parents/guardians who do not want their child to participate in a particular unit of health or physical education must complete a Health or Physical Education Opt-Out Form. Opt-Out Forms are available from either the health education teacher or the Principal.

Opt-out requests must be submitted annually and are valid only for the school year in which they are submitted.

Adopted: June 9, 2009  
Revised: January 9, 2018

**Legal References:**

NH Admin Rules, Sec. Ed 306.40, Health Education Program, NH Admin Rules, Sec. Ed 306.41, Physical Education Program, RSA 186:11, IX-b, Notice to Parents/Guardian Required, RSA 186:11, IX-b, Health and Sex Education, US Constitution 1232h, (c) (1) (C), Protection of Pupil Rights