

## HEALTH EDUCATION AND EXEMPTION FROM INSTRUCTION

Consistent with Department of Education requirements, health and physical education, including instruction about parts of the body, reproduction, and related topics, will be included in the instructional program.

Instruction must be appropriate to grade level, course of study, and development of students and must occur in a systematic manner. 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 health and physical instruction materials which will be made reasonably accessible to parents/guardians and others to the extent practicable.

Parents and legal guardians shall be notified by e-mail, letter, website or phone call, not less than two (2) weeks in advance of use of the curriculum course material to be used for instruction of human sexuality or human sexual 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.

Parents/guardians who wish to review or inspect health and physical education materials may arrange a meeting with the Principal to review the materials.

### **Opt-Out Procedure and Form**

Students over eighteen years of age who do not want to participate in a particular unit of health or sex education for religious reasons or religious objections are allowed to opt out of such instruction. Likewise, parents/guardians who do not want their child to participate in a particular unit of health or sex education for religious reasons or objections are allowed to opt out of such instruction on behalf of their child.

Students over eighteen years of age who do not want to participate in a particular unit of health or sex education, or parents./guardians who do not want their child to participate in a particular unit of health or sex education, as stated above, must complete a Health and Sex Education Exemption/Objectionable Course Material Opt-Out Form notifying the Principal of their intent. Students over eighteen years of age or parents/guardians and the Principal shall agree upon an alternative learning experience in lieu of the particular unit of study, at the students' or parents'/guardians' expense, sufficient to enable the student to meet state requirements for education in the particular subject area.

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(continued)**

The name of the student over eighteen years of age and the name of the parents/guardians, and any specific reasons disclosed to school officials for objection to the material shall not be public information and shall be excluded from access under RSA 91-A.

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.

See also Merrimack School Board policy IGE, Exceptions to Use of Specific Course Materials.

**Legal References:**

RSA 186:11, IX-c & IX-e Notice to Parents/Guardian Required  
NH Code of Administrative Rules, Section Ed 306.40, Health Education Program  
NH Code of Administrative Rules, section Ed 302.41, Physical Education Program  
RSA 186:11, IX-b, Health and Sex Education  
Appendix IHAM-R, Health or Physical Education Opt-Out Form

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