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Notification of Growth and Development and Child Sexual Abuse Prevention Curriculum (Fifth Grade)

Dear Parent or Guardian:

Portland Public Schools (PPS) is committed to creating safe and healthy learning environments to support the growth and development of every student. Health literacy, *the ability to access, understand, appraise, apply and advocate for health information and services* in order to maintain or enhance one's own health and the health of others, is a critical component of education in PPS; one that is necessary to build skills and provide functional knowledge for students to be healthy throughout their lives. PPS also recognizes the role of inclusive and comprehensive sexuality education in promoting health equity, supporting healthy development, and preventing violence.

This school year your child will receive growth and development education and child sexual abuse prevention curriculum as part of Portland Public School's health education and in alignment with state and district requirements.

Oregon Statutes

Oregon's Human Sexuality Law ([ORS 336.455](#), 2009), the Healthy Teen Relationship Act ([ORS 339.366](#), 2013), and Child Sexual Abuse Prevention Law ([ORS 336.059](#), 2015) collectively contribute to the Oregon Department of Education's (ODE) Human Sexuality Administrative Rule ([OAR-581-022-2050](#)) and health education content standards and performance indicators. Under these laws, school districts are required to provide "a comprehensive plan of instruction focusing on human sexuality education" which is "complete, balanced, and medically accurate."

The Oregon health education content standards (revised December 2016) ensure that comprehensive sexuality education teaches students positive attitudes and behaviors related to healthy relationships and sexuality, by using age-appropriate, and culturally inclusive materials, language, and methods. Aligned to national standards, Oregon's performance indicators are additionally aimed at preventing sexual violence and promoting student safety.

PPS Policy and Implementation Plan

[PPS Board Policy 6.40.013-P](#) (passed in June 2018; amended in March 2021) requires students to receive comprehensive health education annually in grades K-8 and for two semesters in grades 9-12. This policy, along with the PPS Comprehensive Health Education Plan, were developed by teachers, school administrators, local and state health departments, staff and other professionals from the medical community knowledgeable in the latest scientific information and effective education strategies and in accordance with federal, state, and district laws, policies, health education standards, local and district data sources, and current best practices.

Instructional Materials – Home Conversations and Opting Out

The majority of our Growth and Development lessons come from *Rights, Respect, Responsibility* (3Rs) by Advocates for Youth (3Rs.org). In order to more fully meet our state’s health standards related to sexuality education, we also supplement our curriculum with lessons from Welcoming Schools and GLSEN’s *Ready, Set, Respect* Toolkit.

Portland Public Schools acknowledges that parents/guardians are the primary educators for their children. We want our students to seek out their trusted adults to ask questions related to their growth and development. To that end, you are welcome to contact your child’s school to preview the materials before their implementation. The lessons can also be found on our website: pps.net/hape (please click on “Parents and Community” on the left-hand side of the screen). Any parent/guardian may request that their child be excused from some or all of the lessons listed below.

Sincerely,

Jenny Withycombe, PhD
Assistant Director, Health and Adapted/Physical Education
Portland Public Schools

Opt Out Form – Fifth Grade

If you do not want your student to participate in the lessons listed below, please complete this form and return to your student’s teacher.

- Rights, Respect, Responsibility (3Rs)
 - Thinking Outside the Gender Box
 - Sexual and Reproductive Anatomy
 - Puberty and Reproduction
 - It’s All About the Hormones

I wish for my child, _____, to be excused from the above lessons.
(Child’s Name)

(Parent/Guardian Name)