

## **IHAM – HEALTH EDUCATION AND EXEMPTION FROM INSTRUCTION**

### *Category P*

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 and review health and physical instruction materials which will be made reasonably accessible to parents/guardians and others to the extent practicable.

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

Parents/guardians, or students over eighteen years of age, who do not want their child to participate in a particular unit of health or sex education instruction, 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 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.

### **Legal References:**

*NH Code of Administrative Rules, Section Ed306.40, Health Education Program; NH Code of Administrative Rules, Section Ed 306.41, 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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