## Sample Parent/Guardian Notification Opt-Out Letter[1](#_bookmark10)

**School/School District Letterhead**

Date

Dear Parent/Guardian:

HIV/AIDS is one of the most serious health problems Americans have ever faced. Advances in medicine now allow people infected with HIV to live long lives, but there is still no cure. Educating students about making healthy choices is the only way we can help them learn to protect themselves from becoming infected.

The Commissioner's regulation §135.3 requires that HIV/AIDS education be taught to students in elementary schools as part of the sequential health education program, and secondary level schools as part of the required health education course. The HIV/AIDS Curriculum used to teach your child is science-based and age-appropriate. It focuses on how HIV affects the body, how it is transmitted, and methods of prevention. Lesson content is available in the main office and on our website at: web link . You can also talk with your child’s teacher. Sample content at the different grade levels is below.

* Elementary students learn how diseases make people sick and how to stay healthy by washing their hands, covering their coughs and other general health habits.
* Middle school students learn how HIV affects the immune system, the risks of alcohol and drug use, and the importance of communicating with parents/guardians or caregivers.
* High school students learn how to avoid behaviors that put them at risk for HIV, Sexually Transmitted Diseases (STDs) and Sexually Transmitted Infections (STIs) and unintended pregnancy.

We respect your role as parents/guardians in teaching your child about healthy behaviors related to sexuality that support your beliefs and family values. We encourage you to share your beliefs with your child while discussing the information they are receiving in health class.

You have the right to excuse or “opt out” your child from certain HIV/AIDS lessons that teach about methods of HIV/STD prevention. These “opt out” prevention lessons are identified in the HIV/AIDS Curriculum. To “opt out” your child, you must write a letter to the principal stating:

* Your child should not be in the classroom during the “opt out” prevention lessons; and
* You will teach your child about HIV/AIDS prevention at home.

If you have any questions regarding this correspondence or would like information on how to participate in the district’s HIV/AIDS Advisory Council, please contact me at .

Sincerely,

Principal & Superintendent

(include contact information here/letterhead)

cc: Educators responsible for teaching the HIV/AIDS Program

1 Source: Adapted from New York City Department of Education HIV/AIDS Curriculum