

# Hillsborough Middle School

## Family Life Education Program

Dear Parents/Guardians:

Today's children are facing new challenges every day that threaten their physical, emotional and social well-being. The Hillsborough Middle School Family Life Education program strives to provide its students with the knowledge and skills needed to make healthy, responsible, and risk free choices now and in the future.

Upon completion of the grade 8 health curriculum, students will be able to:

- Discuss the physical, emotional and social changes associated with puberty and adolescence.
- Understand the dangers of eating disorders and how to avoid those and other health issues by developing a positive body self-image.
- Identify the organs of the male and female reproductive system, describe the functions of those organs, and discuss reproductive system diseases and disorders.
- Discuss the stages of pregnancy and fetal development.
- Discuss the physical, emotional and social consequences of early sexual activity such as teen pregnancy, sexually transmitted diseases, reputation and effect on one's future.
- Understand the components that make up one's sexuality including biological sex, gender identity, gender expression and sexual orientation.
- Describe and discuss the effectiveness of various methods of contraception and recognize abstinence as being the only 100% safe method for avoiding the consequences of sexual activity.

For questions or concerns regarding the curriculum, please email Gina Kay at [rkay@hps.us](mailto:rkay@hps.us). If you feel that any component of the health education program is in conflict with your family's religious beliefs or values, you may request an alternative learning experience for your child during the time the topic is in discussion. See below.

It is my opinion that our Family Life Education curriculum addresses vital issues facing our children, and that it is an essential part of the building blocks the Middle School experience offers your child.

Sincerely,  
Dr. Joseph Trybulski

Pursuant to N.J.S.A. 18A: 35-4.7, any child whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education or sex education is in conflict with his conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course.