



Jonathan Hart, Ph.D., *Superintendent*
Sarah Pauch, *Supervisor of Math, Science & Technology*

jhart@readington.k12.nj.us
spauch@readington.k12.nj.us

P.O. Box 807 • 52 Readington Road • Whitehouse Station, NJ 08889 • (908)-534-2195 • (908) 349-3042 fax

Dear Parent or Guardian:

The Readington Township School District acknowledges that parents/guardians are the primary educators for their child/children. To that end, we are writing to inform you that in the upcoming weeks, **Eighth Grade** students will begin to explore health standards under the domains of Personal Growth and Development and Social Sexual Health. We value the importance of partnering with families as we educate students on the knowledge and skills they need in order to lead a healthy, active life.

We invite you to examine and discuss this information with your child before this content is presented at school. The curriculum guide is available on the district website for your review ([Our District /Curriculum Department/Curriculum Documents](#)). You are also welcome to contact your child's Health Teacher for further details about the content of the lessons.

During the weeks of May 15th and 22nd the certified health/physical education teachers will present health lessons during your child's regularly scheduled health class that include the following information:

Day 1: Relationships & Consent

- Trustworthy partners have specific characteristics.
- The services of a professional can be needed to intervene in a relationship.
- There are different types of sexual harassment, and they all have potential consequences.
- Sexting and improper use of technology through social media have potential consequences.
- Trusted adults including parents, family members, caregivers, and school staff can provide guidance and support in situations of sexual harassment, abuse, assault, or exploitation.
- Sexual assault or an abusive relationship needs to be reported.
- Some factors can affect sexual consent.

Day 2: Contraception and Pregnancy Options

- There are multiple signs of pregnancy. There are tests to determine if someone is pregnant.
- There are three options available for every pregnancy (becoming a parent, adoption, and abortion).
- There are multiple resources to assist with parenting.
- Abstinence is the most effective way to prevent pregnancy.
- Correct and consistent use of a birth control method can impact how effective it is at preventing pregnancy.
- Contraception methods can be short or long-term and vary in effectiveness.

Day 3 State and Federal Laws

- There are professionals at school and in the community available to assist with health issues.
- There are state and federal laws related to the age of consent, confidentiality in a healthcare setting, sexting, and sex trafficking.
- There are trusted adults and community resources that students can go to if they or someone they know is being sexually harassed, abused, assaulted, or exploited.

Although we encourage families to have their students participate in this essential health topic, we want to remind Parents/Guardians that they do have the option of excluding their child from any portion of health education instruction if it conflicts with conscience, moral, or religious beliefs. If this is the case with your child, please [CLICK HERE to fill out the EXCLUSION FORM](#). **This form must be completed before May 1st.** Students who are excused will be assigned to a separate classroom for the identified lessons.

Sincerely,

The RMS Health and Physical Education Teachers: Jim Casertano, Michelle Hodge, Adam Lillia,
Stephanie Sperone, Paul Yunos and Sarah Pauch, Supervisor