

**GREAT MEADOWS REGIONAL SCHOOL DISTRICT**

PO Box 74 Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

Business Office: Phone: 908-637-8672 ~ Fax: 908-637-6356

**MICHAEL MAI**

*Superintendent of Schools/Director of Special Services*

**Kathy Ascolese**

*Confidential Secretary  
Superintendent/Special Services*



**Amanda Kinney**

*Acting Business Administrator/  
Board Secretary*

September 2023

Dear Parent/Guardian:

It is mandated by the State of New Jersey that all public school students be given a comprehensive health education program. This health education program is provided by the Great Meadows Regional School District through a coordinated, sequential, age appropriate curriculum. (NJ.AC. 6:29-4.1.)

To complete the health course of study a student is expected to participate in all areas of the curriculum. Attached is an outline of the strands for your child's grade level explaining the information to which your child will be introduced. If a parent/guardian feels that any of the 2020 Strands are in conflict with sincerely held moral or religious beliefs then, pursuant to N.J.A.C. 6:29-4.2, the pupil may be exempted from that part of the instructional program. If your child does not participate in this unit he/she will be given alternate assignments. The responsibility of educating this exempted unit of study lies with the parent/guardian.

The Health Curriculum can be reviewed on the reverse side of this form or online at:

<https://gmrtdnj-public.rubiconatlas.org/>

Please return this attachment **ONLY** if you choose to have your child **OPT OUT** of specific units of study.

I have reviewed the attached descriptions of the revised Health and Physical Education Standards and I wish to have my child, \_\_\_\_\_, **OPT OUT** from participation in learning activities pertaining to the Strands circled below:

- **Social and Sexual Health**

Homeroom Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Print Parent's Name: \_\_\_\_\_

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## 7th Grade Health Class

### Social and Sexual Health

**Relationships are influenced by a wide variety of factors, individuals, and behaviors.**

- 2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships
- 2.1.8.SSH.4: Compare and contrast the characteristics of healthy and unhealthy relationships.
- 2.1.8.SSH.5: Analyze the similarities and differences between friendships, romantic relationships and sexual relationships.
- Learn how to communicate by learning how to recognize and manage emotions, being aware of other's emotions, active listen, and how to navigate disagreements
- Learn how to recognize healthy/unhealthy relationships by understanding boundaries, balanced and imbalanced power, if the relationship is stable or unstable, and accepting or unaccepting.