



Dear 4th Grade Parent/Guardian,

Your student will be participating in health education units specific to 4th Grade. These units of study encompass Comprehensive Health, Substance Abuse, and Sexual Abuse Prevention. Each lesson complies with the Oregon Laws and Standards (OAR 581-022-1210, OAR 581-22-0413, OAR 581-022-1440, ORS 336.455, ORS 339.351 to 364, SB 856) and will be taught throughout the year.

The Salem-Keizer School District's health education program aligns with the 2016 Oregon Health Education Standards and Performance Indicators. These standards reflect medically accurate and age-appropriate content for each grade level. They emphasize the teaching of functional health knowledge that supports students in developing the essential health skills necessary to practice a lifetime of health and wellness. The district has researched and adopted the 2021 The Great Body Shop Curriculum and Fight! Child Abuse instructional materials to support the teaching of these standards.

If interested in previewing materials, please click on the QR Code for access to the 4th Grade Health Curriculums or reach out to your child's school office to schedule a time to review the health materials.

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <b>Fall Health Lessons Aligned to Oregon Health and Erin's Law Standards</b> </div>  </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 5px;"> <span>TGBS</span> <span>fightchildabuse.org</span> </div>		
<b>Unit 1:</b> Community Safety	<b>Lesson 1:</b> Who Keeps Us Safe and How They Do It  <b>Lesson Objectives:.</b> <ul style="list-style-type: none"> <li>Define <i>community</i> and explain how the organization of each local government department helps to keep us safe through people, regulations, and laws.</li> <li>Demonstrate respect for the people, rules, and laws that protect you and those you love by selecting and implementing a method of expressing appreciation.</li> <li>Practice following community regulations and respecting people who keep us safe.</li> <li>Compare and contrast local government departments to determine roles in keeping the community safe.</li> </ul>	<b>2016 Oregon State Health Standards</b> <ul style="list-style-type: none"> <li>HE.3.4.3 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.</li> </ul>
<b>Fight! Child Abuse Prevention</b>	<b>Lesson 1:</b> Protect Yourself Rules/Secrets <b>Lesson 2:</b> Can't Go Home <b>Lesson 3:</b> Smart Choices Online <b>Lesson 4:</b> Tell/ Guide to Rules  <b>Lesson Objectives:</b> <ul style="list-style-type: none"> <li>Identify safe people and places to go to if feeling unsafe or threatened (e.g., school counselor, police department, fire department).</li> </ul>	<ul style="list-style-type: none"> <li>HE.1.4.6 Identify human reproductive systems including reproductive anatomy and function.</li> <li>HE.1.4.13 Explain that everyone has the right to say who touches their body, when and how.</li> <li>HE.1.4.14 Describe why it is never ok to touch someone, or make someone touch you if they don't want to.</li> </ul>

	<ul style="list-style-type: none"> <li>Describe ways to seek assistance if worried, abused, or threatened.</li> <li>Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions.</li> <li>Demonstrate the ability to ask a trusted adult for help when feeling personally threatened or unsafe, including while using the Internet.</li> </ul>	<ul style="list-style-type: none"> <li>HE.3.4.10 Identify sources of support such as parents or other trusted adults they can tell if they are being sexually harassed or abused.</li> </ul>
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**Winter Health Lessons Aligned to Comprehensive Sexuality Education or Erin's Law Standards**

<b>Unit 6:</b> Be Cool, Keep Clean	<b>Lesson 1:</b> Hormones and Body Changes <b>Lesson 4:</b> Looking Good, Feeling Great  <b>Lesson Objectives:</b> <ul style="list-style-type: none"> <li>Define the immune system and discover its ability to fight germs.</li> <li>Show how you respect your great body by setting up standards of care to live by.</li> <li>Role-play how a healthy immune system fights germs.</li> <li>Set goals to build and maintain a healthy defense system.</li> <li>Discover how illness and disease have affected your community.</li> <li>Show how important you feel it is to treat those who are ill with kindness and dignity.</li> <li>Design a fundraiser to help those in the community afflicted with a terminal illness.</li> <li>Predict the consequences to a community that turns its back on those afflicted with a disease.</li> </ul>	<b>2016 Oregon State Health Standards</b> <ul style="list-style-type: none"> <li>HE.1.4.6 Identify human reproductive systems including reproductive anatomy and function.</li> <li>HE.1.4.7 Recognize that abstinence is the most effective method of protection from STD/HIV and pregnancy. HE.1.4.9 Define sexual orientation.</li> <li>HE.1.4.10 Describe differences and similarities of how individuals identify regarding gender or sexual orientation.</li> <li>HE.3.4.4 Describe sources of medically-accurate information about human sexual and reproductive anatomy.</li> <li>HE.3.4.5 Identify people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty.</li> </ul>
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## Opting Out

According to OAR 581-022-1440 (2), each school district shall teach age-appropriate, comprehensive sexuality education, HIV/AIDS and STD prevention in elementary and secondary schools. Please take notice that pursuant to Oregon Compiled Laws regarding Comprehensive Sexuality Education, including Erin's Law [OAR 581-022- 1440 (5), ORS 336.455, ORS 336.035(2)], parents may request that their child be excused and exempted, for the current school year (see request date below), from the following school instruction and/or activities. An alternative assignment will be provided.

Have you previewed the 23-24 curriculum/materials? **YES / NO** (circle one)

Please indicate the reason for request: [OAR 581-022-1440 (5), ORS 581-021-0009, ORS 326.051]

<input type="checkbox"/> Religious Beliefs	<input type="checkbox"/> Disability	<input type="checkbox"/> Sexual Education	<input type="checkbox"/> Other reason
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### To Opt Out:

Check the units and lessons from which you would like your child to be excused and exempted (please note that many lessons cover multiple standards and by opting out you are choosing to opt-out of the entire lesson (or unit): [ORS 336.035(2)] An alternative assignment will be provided.

Unit 1: First Aid Facts	Fight! Child Abuse Prevention	Unit 6 Be Cool, Keep Clean
<input type="checkbox"/> <b>Lesson 1:</b> Who Keeps Us Safe and How They Do It	<input type="checkbox"/> <b>Lesson 1:</b> Protect Yourself Rules/Secrets <input type="checkbox"/> <b>Lesson 2:</b> Can't Go Home <input type="checkbox"/> <b>Lesson 3:</b> Smart Choices Online <input type="checkbox"/> <b>Lesson 4:</b> Tell/ Guide to Rules	<input type="checkbox"/> <b>Lesson 1:</b> Hormones and Body Changes <input type="checkbox"/> <b>Lesson 4:</b> Looking Good, Feeling Great

Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian's Name(s): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_