

**Annual Notice of Human Sexuality and Responsibility
2025-2026**



Dear Parent or Guardian:

The Garland Independent School District Board of Trustees and School Health Advisory Council have approved the curriculum to be used in classrooms for the 2025-2026 school year. The district's School Health Advisory Council is appointed by the Board of Trustees and is comprised of parents, community, and district staff members to ensure local community values are reflected in the district's health education instruction. The approved curriculum meets 100% of the Texas Essential Knowledge Skills (TEKS) for Health. This includes required sensitive topics used in the district's human sexuality instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking.

All Garland ISD students enrolled in a Health class will receive age-appropriate lessons on Human Sexuality and Responsibility (HSR) and prevention. The HSR unit will be taught to students enrolled in a Health class in grades 3-6 and 9-12 during the Fall semester, and students in grades 9-12 enrolled in a high school Health I course during the Spring semester. Physical education courses include health in grades K-8. Health is a graduation requirement for high school students. You may access Skyward to see if your student is enrolled in a Health course in high school and/or physical education course in grades K-8. Parent notification letters will be sent out at least two weeks prior to the start of human sexuality instruction. Parents must provide written consent for students to participate in HSR lessons by opting in. Under Texas law, you may exempt your student from participating in the district's human sexuality instruction by opting out. Students will not be allowed to participate in any HSR instruction without written parental consent. Students will not be subject to any disciplinary action or academic penalty and will be assigned alternative assignments during HSR instruction.

Human Sexuality Instruction Requirements Under State Law

The selected Human Sexuality and Responsibility curriculum is compliant with Section 28.004 of the Texas Education Code, and in accordance, will:

- Present abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.
- Devote more attention to abstinence from sexual activity than to any other behavior.
- Emphasize that abstinence from sexual activity, if used consistently and correctly, is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with HIV/AIDS, and the emotional trauma associated with adolescent sexual activity.
- Direct adolescents to a standard of behavior in which abstinence from sexual activity before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with HIV/AIDS.
- Teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates.
- Not distribute condoms in connection with instruction relating to human sexuality.

Instruction & Content Summary

The district's human sexuality and responsibility curriculum provides information and skill development in physical, emotional, mental, and social health. The unit is aligned to the National Sexuality Education Standards which includes content on healthy relationships, personal safety, identity, anatomy and physiology, puberty, reproduction, and sexually transmitted diseases. Topics are introduced and presented at age-appropriate grade levels.

As required by state law and GISD Board Policy EHAA (Legal) and (Local), abstinence will remain the focus of all appropriate grade level lessons.

Visit the GISD [Health & Physical Education](#) web page for unit overviews by grade level and other related resources.

Curriculum Review

Under Texas Education Code 28.004, parents have the right to review or purchase curriculum materials related to human sexuality instruction at the same price paid by the school district. According to state law and district policy, parents may review curriculum at their student's campus during regular hours of operation of the campus following a written request to the principal. Some of the materials are copyrighted, therefore, parents may be required to go to the campus to view these materials or they may request electronic access for digital materials, when applicable.

Visit the GISD [Health & Physical Education](#) webpage for more information.

Opportunities for Parent Involvement

Parents or guardians have the opportunity to be involved in the development or selection of the health curriculum used in human sexuality instruction. The School Health Advisory Council (SHAC) meets regularly throughout the school year and meetings are open to the public. According to the GISD Board Policy EHAA (Legal) and (Local), the School Health Advisory Council (SHAC) shall annually review and recommend any changes to the current health education curriculum, including human sexuality education or any new program to be implemented to the district. The SHAC shall hold two public meetings if any curriculum is being adopted or revised.

Visit the GISD [Coordinated School Health](#) webpage for more information regarding the School Health Advisory Council.

Grievance Procedures

A parent may use the grievance procedure concerning a complaint of a violation of notice requirements using FNG(Local). A copy of this policy may be obtained on the district website. Parents may also use the appeals process under Texas Education Code Section 7.057.

Human Sexuality & Responsibility Instruction Opt-In

Parents of students in grades 3-12 will receive a notification to complete the Health Human Sexuality & Responsibility Opt-In Form electronically. Using this form, parents will have the ability to opt their student in or opt their student out of human sexuality and responsibility instruction in their health class.

See instructions here to complete the form: [HSR Opt-In Form Instructions](#)

Please visit the Garland Independent School District Health and Physical Education web page for more information regarding health human sexuality and responsibility curriculum.

Thank you,

GISD Health & Physical Education Department