



CHD BACK-TO-SCHOOL CAMPAIGN

CHD's BACK TO SCHOOL TOOLKIT

*Protect Their Health. Know Your Rights.
Ask the Right Questions.*



WHAT'S INSIDE

01 Informed Consent & Vaccines

Ask informed questions before making vaccine decisions for your child.

02 Safe Food

Promote healthier school meals through transparency and informed choices.

03 Safe Tech

Understand classroom technology and advocate for safer digital learning environments.

04 School-Based Health Centers

Know what you're consenting to before your child receives school-based healthcare.

05 Curriculum, Books & Privacy Rights

Understand your rights regarding curriculum, library access, and student privacy.



Why This Matters

As you prepare for back-to-school, it's important to make informed decisions about your child's health and education by knowing your rights and asking the right questions.

Our Back-to-School Toolkit will **help you understand vaccine requirements and exemption options, cafeteria menus and alternatives, classroom technology risks, curriculum and library policies**, and — in a growing number of districts — **on-campus health clinics** that can treat your child without you in the room.

You don't need to be an expert. You just need to ask the right questions.



01

Informed Consent & Vaccines

Ask informed questions before making vaccine decisions for your child.



01 Informed Consent & Vaccines

- The recommended childhood vaccine schedule has grown from 5 doses by age 18 in 1962 to more than 90 doses today.
- Five states — New York, Maine, Connecticut, West Virginia, and California — allow only medical exemptions, **not religious or philosophical ones**.
- The Vaccine Information Statement given at most pediatrician visits is general and often doesn't detail serious adverse events — the full risk data is in each vaccine's package insert.

DID YOU KNOW?

In clinical trials for a widely used childhood Hepatitis B vaccine, children were monitored for adverse reactions for just 4 days after the shot.



01 Informed Consent & Vaccines

1. What vaccines does our state require for school entry — and does our state allow religious or philosophical exemptions?
2. Can I see the full package insert — not just the Vaccine Information Statement — for each required vaccine?
3. Where do I find my state's medical, religious, or philosophical exemption process?
4. Who at school can walk me through our options — and who can't?

Get This Guide: Get the Informed Consent & Vaccines guide — important questions for your pediatrician or school nurse.



02

Safe Food

*Promote healthier school meals
through transparency and informed
choices.*



02 Safe Food

- Nearly 30 million children eat school-provided meals every day — often making up the majority of their daily nutrition.
- A 2024 investigation found up to **38 different pesticides in a single elementary school lunch**, and lead in 100% of tested samples.
- Over 70% of children's diets today consist of ultra-processed foods, which a 2024 BMJ review linked to 32 different health conditions.

DID YOU KNOW?

Testing found cadmium — a known carcinogen — in school lunch samples at levels 12 times higher than the FDA's limit for bottled water.



02 Safe Food

1. Can we see full ingredient lists and any independent testing results for cafeteria meals?
2. Are pesticides, additives, or GMOs used in any meal ingredients?
3. Is there a whole-foods or clean-label option for students who want one?
4. How do we get involved in the school's wellness committee or lunch program planning?

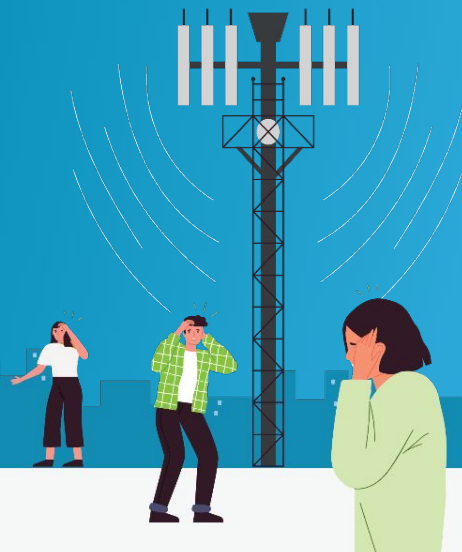
Get This Guide: Get the Safe Food guide — 5 questions for your school's food services director or your next PTA meeting.



03

Safe Tech

*Understand classroom technology
and advocate for safer digital
learning environments.*



03 Safe Tech

- Children's developing brains and bodies absorb more wireless radiation than adults, and they face a lifetime of cumulative exposure.
- A 2025 review commissioned by the World Health Organization found 'high certainty' evidence that cell phone radiation causes cancer in animals.
- Some schools sign multi-year cell tower deals — often **without notifying parents until after the contract is signed.**

DID YOU KNOW?

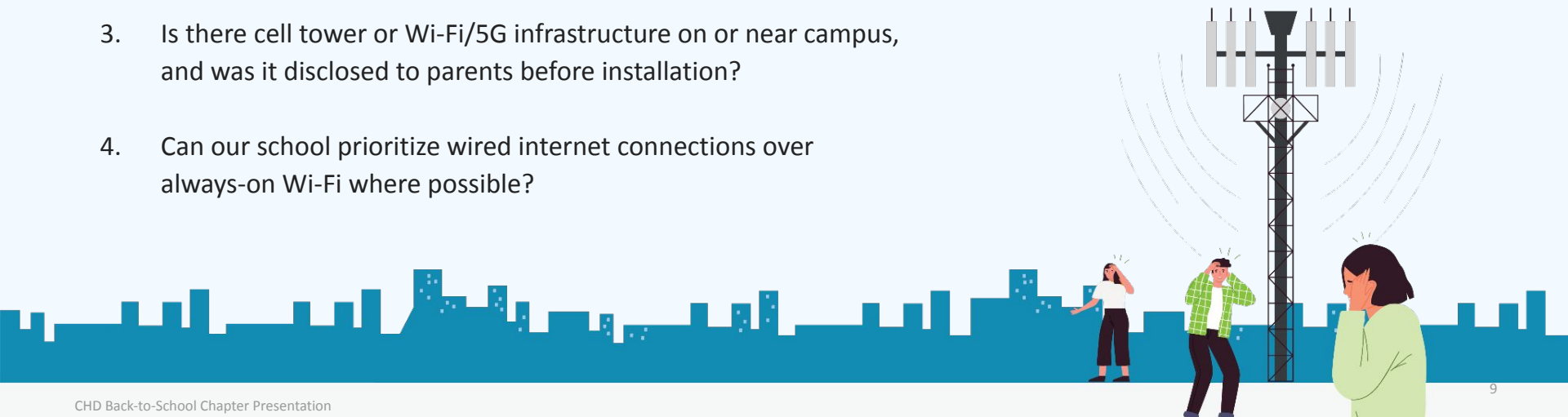
Wireless earbuds like AirPods sit near and transmit through the brain — experts recommend wired alternatives, especially for children.



03 Safe Tech

1. What is our school's screen-time policy, by grade level?
2. What student data is collected through school devices and apps — and who has access to it?
3. Is there cell tower or Wi-Fi/5G infrastructure on or near campus, and was it disclosed to parents before installation?
4. Can our school prioritize wired internet connections over always-on Wi-Fi where possible?

Get This Guide: Get the Safe Tech guide — 5 questions for your child's teacher or IT department.



04

School Based Health Centers

Know what you're consenting to before your child receives school-based healthcare.

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04 School Based Health Centers

- School-based health centers function like full-service medical clinics — offering primary care, screenings, reproductive health services, and mental health counseling, often through third-party providers, not school staff.
- HHS awarded \$25 million in 2023 to expand school-based health centers nationwide, and Medicaid rules were simplified for school-based billing.
- Some schools use blanket consent-to-treat forms signed at the start of the year, and in some states, **minor consent laws allow certain treatments without parents being informed.**

DID YOU KNOW?

Research shows school-based health centers increase vaccination rates, especially for HPV — and some vaccines can be given without a parent present, depending on local law.



04 School Based Health Centers

1. Does our school have an SBHC, mobile clinic, or school-linked health program — and what services does it offer?
2. Can I get a Non-Consent Form on file instead of signing a blanket consent-to-treat form?
3. What written notice will I receive before any new provider or service is added?
4. Who can access my child's records from screenings or services provided at school?

Get This Guide: Get the Safe Health guide — important questions about consent and notification at your school's health center.



05

Curriculum, Books & Privacy Rights

Understand your rights regarding curriculum, library access, and student privacy.

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05 Curriculum, Books & Privacy Rights

- In 2025, the U.S. Supreme Court ruled in *Mahmoud v. Taylor* that **public schools must let parents opt their children out of curriculum that conflicts with their religious beliefs.**
- Some states require schools to post their library catalog online so parents can restrict which titles their child can access.
- The federal Protection of Pupil Rights Amendment (PPRA) **protects student privacy on topics like political beliefs, mental health, and religious practices in school surveys.**

DID YOU KNOW?

PPRA covers eight protected areas — including a family's religious practices, political beliefs, and mental health — in any school survey or evaluation.



05 Curriculum, Books & Privacy Rights

1. Is objectionable curriculum opt-in or opt-out — and what support is provided to students who don't participate?
2. Can I review our school's library catalog, and how do I raise concerns about a specific title?
3. What are our rights under the Protection of Pupil Rights Amendment (PPRA)?
4. Who do I contact to formally request curriculum materials before the school year starts?

Get This Guide: Get the Curriculum & Privacy guide — 5 questions about opt-outs, library materials, and PPRA rights.



The Complete Toolkit — Free

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All 5 guides, in one place — each with 5 direct questions to bring to your school, pediatrician, or school board.



**Informed Consent &
Vaccines**



Safe Food



Safe Tech



**School-Based Health
Centers**



**Curriculum, Books &
Privacy Rights**



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Children's
Health Defense 

