PARENTS' HEALTHCARE BILL OF RIGHTS

1. **Right to Vaccine Autonomy:** Parents hold ultimate authority to decide on vaccinations for their children, free from school-based coercion including School Based Health Centers, misinformation, or threats of exclusion. This safeguards against industry-driven requirements that may overlook individual health risks and family preferences.

2. **Right to Transparency and Opt-Out in Sensitive Curriculum:** Parents will receive prior notification of any lessons on gender, sexuality, or ideological topics, along with the unconditional right to opt their children out without penalties. This ensures schools respect family values and prevent the imposition of external agendas.

3. **Right to Science-Based Nutrition Education:** School nutrition curricula will be rooted in independent, evidence-based science, uninfluenced by food industry lobbying. It will highlight the risks of additives, GMOs, excessive sugars, and their links to youth metabolic disorders, empowering students with accurate health knowledge.

4. **Right to Healthy School Meals:** Cafeterias will be required to provide nutrient-dense options free from high levels of sugars, artificial additives, seed oils, or pesticides. Parents have the right to review sourcing transparently and challenge menus influenced by corporate interests, promoting genuine child wellness.

5. **Right to Refuse Overmedicalization:** Parents have the right to be informed of non-essential mental health screenings or psychiatric medications administered through schools and able to decline for their children. Schools will seek to end the overprescription trend that often medicalizes typical childhood behaviors and will instead encourage focus on underlying factors like nutrition and environment.

6. **Right to Physical Activity and Screen Limits:** Schools will guarantee daily physical education, unstructured recess, and strict limits on screen time to combat sedentary lifestyles and digital overexposure, which hinder physical and cognitive development in school aged children.

7. **Right to Informed Consent for All Health Interventions:** No school-initiated health program, screening, or treatment may proceed without explicit parental consent and comprehensive disclosure of risks and benefits. This upholds family sovereignty against potential governmental or corporate encroachments that could jeopardize child safety.