

Mask Exemptions



Forced masking of school children is unnecessary, ineffective, and harmful. Mask exemptions are only temporary solutions. Instead, it is time to PUT THE KIDS FIRST by making changes at the school board and legislative levels. Here's how:

ACT NOW: Ask your Governor to lift COVID-19 restrictions in schools

Mask Resources



[More Resources](#)



[Step-by-Step Guide](#)



[Reference Guide](#)

TWO MOMS JUST LIKE YOU FROM IOWA DID IT. YOU CAN TOO. HERE'S HOW THEY DID IT:



These two moms, located in the same Iowa school district, didn't like the harm they saw happening to their children from masking and social distancing and decided to unite to take a stand. They organized in late March of this year, and by late May Iowa had new legislation signed into law prohibiting the forced masking of kids in school. Now, they are telling their story as they spread "freedom over fear" and inspire others to get involved and take action.

Steps You Can Take:



Step One: In just 30 seconds, send a letter to your governor and your State Department of Education asking them to do their part to lift COVID-19 restrictions in schools.



Step Two: Sign up to receive instant access to our presentation to share with your local school board and department of education officials.



Step Three: Download our Step-by-Step guide! Stand for Health Freedom has also created a step-by-step guide to empower YOU to permanently lift COVID restrictions in schools.

Solution Series: Putting Kids First – Helping Parents Address School Mandates



A discussion on school medical mandates and what parents and community leaders can do to be equipped to talk about these confusing and challenging policies with their schools, and the options they have to help support their children.

Access the Full Presentation

to share with your local school board and department of education officials:



Resources for parents pursuing other schooling options:

- Public School Exit — Alternative school options for your child's education
- Homeschooling For Rookies — Podcast with Heidi St. John
- HSLDA — Support for every stage of your homeschool journey
- Homeschool.com — Homeschool resources and support groups
- National Homeschool Association — Homeschool resources and training
- Benefits of Unschooling — National Homeschool Association
- Happiness is Here — Blog about parenting and homeschooling
- Stories of an Unschooling Family — Homeschooling resources, stories and community
- The Smart Homeschooler Academy — Learn how to Raise a More Intelligent Child and an Excellent Reader
- Protecting Our Children – The Homeschooling Choice | Make Americans Free Again
- Letter and Form Document Resources Against Mandates | CHD California Chapter
- Step-by-Step Instructions to Unmask Children: How to Get on a School Board Agenda | PERK
- Tool Box with a Right to Refuse Packet | PERK
- List of Child Harm Imposed from Lockdowns | PERK
- The Science Behind Masks Harming Children | PERK

A HUGE thank you to Stand for Health Freedom for the information and resources contained in this document.

STAND FOR HEALTH FREEDOM



Health Freedom Advocacy Center

We provide free tools to help you protect your medical freedom and the ability to choose what's best for you and your family.

— Stand for Health Freedom / Andy Hinterplattner / Aug 11