

**Fairfax County Family Life Education  
OPT-OUT REQUEST FORM  
Grade Eleven**

If you wish to opt your child out of all or some of the grade eleven Family Life Education lessons, please complete this form and **return it to your child's Social Studies teacher prior to FLE instruction.** Additional information for lesson objectives and media descriptions is available at <https://www.fcps.edu/academics/high-school-academics-9-12/family-life-education-fle>. Lessons are available in Schoology.

**PLEASE NOTE: You do not need to return this form unless you are opting your child out of all or some of the grade eleven Family Life Education lessons.**

**CHILD'S NAME** \_\_\_\_\_ **Social Studies Teacher** \_\_\_\_\_

**Directions: Please check those lessons in which you do not want your child to take part.**

\_\_\_\_\_ **Lesson 1: Prevention of Pregnancy and Sexually Transmitted Infections**

Students will identify how sexually transmitted infections are contracted and how to prevent contraction.

- Sexual and nonsexual high-risk behaviors
- Bacterial STIs - gonorrhea, chlamydia, syphilis, trichomoniasis)
- Viral STIs - herpes, hepatitis, HPV, and HIV
- Signs and symptoms of infection, treatment methods, prevention
- Abstinence from sexual activity, abstinence from intravenous drug use, use of condoms and use of pre-exposure prophylaxis for HIV prevention

Students will identify methods of contraception.

- Barrier, hormonal, and surgical methods; how to obtain
- Effectiveness for prevention of pregnancy and disease; misconceptions
- Abstinence as the only 100% effective method for preventing pregnancy and most effective way to prevent sexually transmitted infection

\_\_\_\_\_ **Lesson 2: Relationships**

Students will examine healthy and unhealthy relationships, dating violence, and strategies for risk reduction, prevention, and available support services.

- Identification of controlling behaviors and coerced sexual activity including human (teen sex) trafficking and digital/social media abuse
- Establishing and reinforcing personal boundaries regarding sexual activity; affirmative consent; risk reduction strategies to help prevent abuse; risks associated with substance use
- Information, assistance, and support; trusted adults include family, member of the clergy, and community health resources
- Bystander awareness and intervention strategies.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_