

Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Ten: Family Life Education

If you wish to opt your child out of all or some of the grade ten Family Life Education lessons, please complete this form and **return it to your child's Health/PE 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-file>. 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 ten Family Life Education lessons.

CHILD'S NAME _____ Health/PE Teacher _____

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

Emotional and Social Health

_____ **Lesson 1: Relationships**

Students will examine teen dating relationships, teen dating violence, and human (teen sex) trafficking; and strategies for risk reduction, prevention, and available support services.

- Elements of healthy and unhealthy dating relationships
- Abusive dating relationships will include verbal, physical, emotional, and sexual abuse; Internet exploitation, human (teen sex) trafficking
- Affirmative consent
- Abuse is never the fault of the victim; responsibility lies with the perpetrator of abusive and coercive behaviors
- Risk reduction strategies will include establishing personal boundaries and being respectful of personal boundaries and the boundaries of others, bystander awareness, and intervention strategies
- Resources for information, assistance, and support

Human Growth and Development

_____ **Lesson 1: Health Awareness and Self-Examinations**

Students will discuss sex-specific health concerns.

- Early detection strategies (self-examinations and medical examinations)
- Warning signs of various gynecological disorders, breast cancer (female and male), and testicular cancer
- Testicular self-examination (boys only) and breast self-awareness (girls and boys separately)

_____ **Lesson 2: Contraception**

Students will identify how contraceptive methods work and will identify the advantages of abstaining from sexual activity.

- Barrier, hormonal, behavioral and surgical methods
- Reproductive anatomy and physiology
- Sexual abstinence as the appropriate choice for adolescents
- Effective strategies for resisting peer pressure

Lesson 3: Unplanned Pregnancy

Students will discuss abortion and the different opinions in society about abortion.

- Abortions can be spontaneous (i.e. miscarriage) or induced
- Varying opinions concerning abortion will be discussed
- Physical, emotional, and psychological risks
- Local, state and federal laws (Virginia Parental Notification, Safe Haven, and Roe v. Wade)

Students will discuss adoption as a positive choice in the event of an unintended pregnancy.

- Benefits of adoption for parents, child, family, and community
- Community resources for further information and support

Students will discuss the decision to keep and parent the child.

- Considerations and possible impacts of deciding whether to keep and parent a child

Lesson 4: Sexually Transmitted Infections

Students will examine the most common bacterial, viral, and parasitic sexually transmitted infections (STIs).

- Bacterial, viral, and parasitic infections; and prevention, transmission, diagnosis, health consequences, and treatment of STIs
- Abstinence from both sexual activity (including oral and anal sex) and intravenous drug use as the most effective way to minimize the risk of contracting STIs
- Prevention will include use of condoms and pre-exposure prophylaxis (for HIV prevention)
- Effects of alcohol and drug use on decision making
- Community health resources for further information, assistance, and support

Lesson 5: Human Sexuality

Students will recognize development of sexuality as an aspect of one's total personality.

- Sexuality develops throughout a lifetime; includes attitudes, values, and behaviors
- Sexual orientation and gender identity terms; focus on appreciation for individual differences
- Students with questions or concerns about their sexual orientation or gender identity will be advised to talk with a parent or other trusted adult such as members of clergy and health care providers

Parent/Guardian Signature

Date