

Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade One: Emotional and Social Health

If you wish to opt your child out of all or some of the grade one Family Life Education lessons, please complete this form and **return it to your child's classroom teacher prior to FLE instruction**. Additional information for lesson objectives and media descriptions is available at <https://www.fcps.edu/academics/elementary-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 one Family Life Education lessons.

CHILD'S NAME _____ Classroom Teacher _____

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

_____ **Lesson 1: My Family Community**

Students will describe a community as people living and working together and will understand that family members make up a community.

- Family structures: two-parent/guardian families (mother and father, two mothers, two fathers, and children), extended families – relatives other than the immediate family living in the home, single-parent/guardian families, adoptive families, foster families, families with stepparents, and blended families
- Definition of community and how they work

_____ **Lesson 2: Family Jobs**

Students will identify responsibilities of different family members.

- Adult responsibilities such as providing food, shelter, and clothing
- Child responsibilities such as picking up toys and doing homework

_____ **Lesson 3: Good Touch, Bad Touch**

Students will identify physical affection as an expression of friendship, celebration, and a loving family.

- Positive physical expressions of affection from friends and family
- Difference between appropriate and inappropriate expressions of affection
- Review of good and bad touches

_____ **Lesson 4: Responses to Inappropriate Behaviors**

Students will identify strategies to respond to inappropriate behavior from family members, neighbors, strangers, and others.

- Methods of avoiding and dealing with inappropriate behaviors
- Identify trusted adults who can help them if someone makes them feel uncomfortable
- How to respond to inappropriate use of communication devices

Parent/Guardian Signature

Date _____