

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

If you wish to opt your child out of all or some of the grade two Family Life Education lessons, please complete this form and **return it to your child's classroom 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 two 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: Good and Bad Hugs**

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

- Appropriate expressions of affection are healthy for the individual and the family
- Recognizing inappropriate expressions and demonstrate skills to respond to inappropriate expressions

\_\_\_\_\_ **Lesson 2: Good and Bad Touches**

Students will identify inappropriate approaches from family members, neighbors, strangers and others. Students will identify trusted adults to go to for help and how to say "no."

- Review of good and bad touching; difference between appropriate and inappropriate expressions of affection and behavior
- It is okay to say no to inappropriate approaches
- Trusted adults include parent or guardian, teacher, guidance counselor, grandparent, clergy or religious leader, other adult family member

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

**Date** \_\_\_\_\_