

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Modified Lessons: Human Growth and Development Grades 4-12**  
**(Selected Special Education Students)**  
*Lessons are taught in gender-separate groups for grades four - eight.*

The modified lessons on Human Growth and Development (HGD) are designed for students with low incidence disabilities as part of the Family Life Education (FLE) Program. Please note that not all lessons will be conducted each year. Please consult with your child's special education teacher for specific lessons of instruction each year. If you wish to opt your child out of all or some of the modified 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 <http://www.fcps.edu/is/hpe/file.shtml>. 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 modified lessons for Human Growth and Development.**

CHILD'S NAME \_\_\_\_\_ TEACHER \_\_\_\_\_

**Human Growth and Development Lesson Topics**

**I wish to opt my child out of the following lesson topics:**

*(Please check those lesson topics in which you do not want your child to take part.)*

\_\_\_\_\_ **Puberty and Personal Hygiene (Grades 4-12)**

- The student will recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.

\_\_\_\_\_ **Reproductive Systems (Grades 5-12)**

- The student will identify the structures and functions of the male and female reproductive systems.

\_\_\_\_\_ **Human Reproduction (Grades 5-12)**

- The student will be introduced to the basic process of human reproduction from fertilization to birth.

\_\_\_\_\_ **Benefits of Abstinence (Grades 5-12)**

- The student will explore the benefits of abstinence from sexual intercourse.

\_\_\_\_\_ **Introduction to Sexually Transmitted Diseases (including HIV) (Grades 5-12)**

- The student will be introduced to sexually transmitted diseases (STDs); how they are spread, how to prevent the spread of STDs, and basic information about HIV/AIDS.

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

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