

**Fairfax County Family Life Education**

**OPT-OUT REQUEST FORM  
Grade Seven**

If you wish to opt your child out of all or some of the grade seven Family Life Education lessons, please complete this form and **return it to your child's Health/PE teacher by the second week of school.**

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

**CHILD'S NAME** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_ **Health/PE Teacher** \_\_\_\_\_

**Human Growth and Development Lessons**

➤ *Please see separate opt out form for Human Growth and Development Lessons.*

**Emotional and Social Health Education Lessons**

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

\_\_\_\_\_ **Lesson 1**     *The student will identify physical, emotional, and social changes that occur during the middle school years.*

\_\_\_\_\_ **Lesson 2**     *The student will explore changes in peer relationships during adolescence.*

\_\_\_\_\_ **Lesson 3**     *The student will describe how adolescent development affects family relationships and practice effective strategies for communicating with family members.*

\_\_\_\_\_ **Lesson 4**     *The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety.*

\_\_\_\_\_ **Lesson 5**     *The student will explore safety issues related to the internet.*

\_\_\_\_\_ **Lesson 6**     *the student will explore the relationship among positive self image, healthy development, and healthy decision making during the middle school years. The student will utilize decision making strategies to make healthy, safe, and responsible decisions related to the physical, emotional, and social changes that occur during the middle school years.*

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

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

**(Form continues)**

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Grade Seven: Human Growth and Development**  
*All lessons are taught in gender-separate groups.*

If you wish to opt your child out of all or some of the grade seven FLE Human Growth and Development (HGD) lessons, please complete this form and **return it to the school office or your child's Health/PE teacher by the second week of school.**

**PLEASE NOTE:** You do not need to return this form unless you are opting your child out of all or some of the grade seven Human Growth and Development lessons.

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

SCHOOL \_\_\_\_\_ Health/PE Teacher \_\_\_\_\_

**Human Growth and Development Lessons**

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

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

\_\_\_\_\_ **Lesson 1**    The student will examine the physical and emotional changes that occur during adolescence.

\_\_\_\_\_ **Lesson 2**    The student will identify the components of the male and female reproductive systems and describe how their functioning changes during puberty.

\_\_\_\_\_ **Lessons 3/4**    The student will list common sexually transmitted diseases (STDs), including HIV, and identify behaviors which eliminate an individual's risk of contracting STDs.

\_\_\_\_\_ **Lesson 5**    The student will list and discuss the benefits of abstaining from sexually activity until marriage.

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

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