

Fairfax County Family Life Education

**OPT-OUT REQUEST FORM
Grade One**

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 the school office or to your child's 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 one Family Life Education lessons.

CHILD'S NAME _____

SCHOOL _____ **TEACHER** _____

Emotional and Social Health Education Lessons

Directions: Please check those grade one Emotional and Social Health Education lessons in which you do not want your child to take part.

- _____ **Lesson 1** *The student will grow in awareness that physical affection can be an expression of friendship, of celebration, or of a loving family.*
- _____ **Lesson 2** *The student will differentiate between stressful and relaxing situations.*
- _____ **Lesson 3** *The student will learn to respect and recognize problems of persons with disabling conditions to which individuals and the community can be sensitive and make adjustments.*
- _____ **Lesson 4** *The student will identify unpleasant situations and ways to cope with losses.*
- _____ **Lesson 5** *The student will demonstrate strategies for responding to inappropriate touches from family members, neighbors, strangers, or others without being unduly alarmed by nonexistent dangers.*

Parent/Guardian Signature

Date