

Fairfax County Family Life Education

**OPT-OUT REQUEST FORM
Grade Two**

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 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 two Family Life Education lessons.

CHILD'S NAME _____

SCHOOL _____ **TEACHER** _____

Emotional and Social Health Education Lessons

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

- _____ **Lesson 1** *The student will recognize that in life there are patterns that occur again and again.*

- _____ **Lesson 2** *The student will learn how to cope with inevitable everyday losses and disappointments.*

- _____ **Lesson 3** *The student will identify methods of stress reduction.*

- _____ **Lesson 4** *The student will identify ways of relaxation through appropriate communication.*

- _____ **Lesson 5** *The student will focus on achieving a single goal.*

- _____ **Lesson 6** *The student will identify appropriate and inappropriate touches, make a distinction between them, and identify someone to whom to report inappropriate touches.*

- _____ **Lesson 7** *The student will learn that abuse is never the victim's fault.*

Parent/Guardian Signature

Date