If you wish to opt your child out of all or some of the grade ten Family Life Education lessons, please complete this form and return it to your child’s Health/PE teacher prior to FLE instruction. Additional information for lesson objectives and media descriptions is available at https://www.fcps.edu/academics/high-school-academics-9-12/family-life-education-fle. Lessons are available in FCPS 24/7 (Blackboard) Parent View at https://fcps.blackboard.com/.

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

CHILD’S NAME _________________________________   Health/PE Teacher _______________________

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

____ Lesson 1: Health Awareness and Self-Examinations  
Students will discuss sex-specific health concerns.  
• Early detection strategies (self-examinations and medical examinations)  
• Warning signs of various gynecological disorders, breast cancer (female and male), and testicular cancer  
• Testicular self-examination (boys only) and breast self-awareness (girls and boys separately)

____ Lesson 2: Contraception  
Students will identify how contraceptive methods work and will identify the advantages of abstaining from sexual activity.  
• Barrier, hormonal, behavioral and surgical methods  
• Reproductive anatomy and physiology  
• Sexual abstinence as the appropriate choice for adolescents  
• Effective strategies for resisting peer pressure

____ Lesson 3: Unplanned Pregnancy  
Students will discuss abortion and the different opinions in society about abortion.  
• Abortions can be spontaneous (i.e. miscarriage) or induced  
• Varying opinions concerning abortion will be discussed  
• Physical, emotional, and psychological risks  
• Local, state and federal laws (Virginia Parental Notification, Safe Haven, and Roe v. Wade)  
Students will discuss adoption as a positive choice in the event of an unwanted pregnancy.  
• Benefits of adoption for parents, child, family, and community  
• Community resources for further information and support

____ Lesson 4: Sexually Transmitted Infections  
Students will examine the most common bacterial, viral, and parasitic sexually transmitted infections (STIs).  
• Bacterial, viral, and parasitic infections; and prevention, transmission, diagnosis, health consequences, and treatment of STIs  
• Abstinence from both sexual activity (including oral and anal sex) and intravenous drug use as the most effective way to minimize the risk of contracting STIs  
• Prevention will include use of condoms and pre-exposure prophylaxis (for HIV prevention)  
• Effects of alcohol and drug use on decision making
• Community health resources for further information, assistance, and support

Lesson 5: Human Sexuality
Students will recognize development of sexuality as an aspect of one’s total personality.
• Sexuality develops throughout a lifetime; includes attitudes, values, and behaviors
• Sexual orientation and gender identity terms; focus on appreciation for individual differences
• Students with questions or concerns about their sexual orientation or gender identity will be advised to talk with a parent or other trusted adult such as members of clergy and health care providers

Lesson 6: Relationships
Students will examine teen dating relationships, teen dating violence, and human (teen sex) trafficking; and strategies for risk reduction, prevention, and available support services.
• Elements of healthy and unhealthy dating relationships
• Abusive dating relationships will include verbal, physical, emotional, and sexual abuse; Internet exploitation, human (teen sex) trafficking
• Affirmative consent
• Abuse is never the fault of the victim; responsibility lies with the perpetrator of abusive and coercive behaviors
• Risk reduction strategies will include establishing personal boundaries and being respectful of personal boundaries and the boundaries of others, bystander awareness, and intervention strategies
• Resources for information, assistance, and support

_________________________________________  Date ____________________________
Parent/Guardian Signature