If you wish to opt your child out of all or some of the grade eleven Family Life Education lessons, please complete this form and return it to your child's Social Studies 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 eleven Family Life Education lessons.

CHILD'S NAME _______________________________   Social Studies Teacher _________________

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

____  **Lesson 1: Prevention of Pregnancy and Sexually Transmitted Infections**
Students will identify how sexually transmitted infections are contracted and how to prevent contraction.
- Sexual and nonsexual high-risk behaviors
- Bacterial STIs - gonorrhea, chlamydia, syphilis, trichomoniasis)
- Viral STIs - herpes, hepatitis, HPV, and HIV
- Signs and symptoms of infection, treatment methods, prevention
- Abstinence from sexual activity, abstinence from intravenous drug use, use of condoms and use of pre-exposure prophylaxis for HIV prevention

Students will identify methods of contraception.
- Barrier, hormonal, and surgical methods; how to obtain
- Effectiveness for prevention of pregnancy and disease; misconceptions
- Abstinence as the only 100% effective method for preventing pregnancy and most effective way to prevent sexually transmitted infection

____  **Lesson 2: Relationships**
Students will examine healthy and unhealthy relationships, dating violence, and strategies for risk reduction, prevention, and available support services.
- Identification of controlling behaviors and coerced sexual activity including human (teen sex) trafficking and digital/social media abuse
- Establishing and reinforcing personal boundaries regarding sexual activity; affirmative consent; risk reduction strategies to help prevent abuse; risks associated with substance use
- Information, assistance, and support; trusted adults include family, member of the clergy, and community health resources
- Bystander awareness and intervention strategies.

Parent/Guardian Signature _______________________________   Date ____________