Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Four: Emotional and Social Health

If you wish to opt your child out of all or some of the grade four Family Life Education lessons, please complete this form and return it to your child’s classroom teacher prior to FLE instruction. Additional information for lesson objectives and media descriptions is available at https://www.fcps.edu/academics/elementary-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 four Family Life Education lessons.

CHILD’S NAME _________________________________   Classroom Teacher _______________________

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

___  Lesson 1: Emotional, Mental, and Social Needs
Students will identify basic emotional, mental, and social needs and develop strategies to meet those needs.
• Emotional needs for love, security, belonging, and trust; mental needs of being able to think and learn; and social needs of being part of a group, getting along with others, and having privacy
• Varying needs among individuals and how needs can be met

___  Lesson 2: Responsibilities
Students will identify the need to assume greater responsibility for self as an individual, as well as responsibility within family, peer groups, and larger community.
• Roles students have within their families, groups either in school or out of school, and larger community.

___  Lesson 3: Recognizing Threatening, Uncomfortable, and Abusive Situations
Students will recognize threatening or uncomfortable situations and how to react to them.
• Walking alone, opening doors to strangers, receiving obscene telephone calls or email, facing dangers in public places, and sexual abuse or incest
• Ways of protecting oneself and recognizing and reporting such threats are stressed

___  Lesson 4: Friendship
Students will recognize the values and challenges of friendship.
• Review of social and emotional needs; how friendship may satisfy needs to belong to a group, feel cared for, provide encouragement, and help to feel positive about oneself
• It is okay for friends to disagree

___  Lesson 5: Being Respectful
Students will develop an awareness of individual differences and the importance of respecting others.
• Individuals with disabilities, differing ethnic, cultural backgrounds
• Ways to show respect for others

___________________________________________________________________________   Date _______________________

Parent/Guardian Signature
**Fairfax County Family Life Education**

**OPT-OUT REQUEST FORM**

**Grade Four: Human Growth and Development**

*All lessons are taught in gender-separate groups.*

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

CHILD’S NAME _________________________________   Classroom Teacher _______________________

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

____  Lesson 1: Puberty

Students will recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.

**Descriptive Statement:** Instruction includes the following physical changes: growth spurt, increased sweat production, skin changes, mood swings, growth of pubic and underarm hair, increase shoulder width in boys, and breast and hip development in girls. In addition, the importance of personal hygiene in relation to these bodily changes is discussed. Instruction for girls includes basic anatomy of the female reproductive system, menstruation, and the intended use and proper disposal of sanitary products. Instruction for boys includes basic anatomy of the male reproductive system, erections, and nocturnal emissions. Emphasis is placed on the fact that the onset of sexual changes and growth patterns varies with individuals and that this is natural. Focus is on the development of a positive attitude toward oneself during puberty and appreciation for individual differences.

___________________________________   Date ______________________

Parent/Guardian Signature