

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

If you wish to opt your child out of all or some of the grade five 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-file>. 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 five 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: Roles, Duties, and Responsibilities**

Students will identify roles, duties, and responsibilities of family members.

- Changing roles, duties, and responsibilities of family members; how roles change throughout life

\_\_\_\_\_ **Lesson 2: Child Abuse and Neglect**

Students will define child abuse and child neglect and identify adults whom they can confide in and who will help them.

- Physical abuse, verbal abuse, sexual abuse, and neglect
- Sources of help including parent/guardian, other adult family member, teacher, school counselor, clergy or religious leader

\_\_\_\_\_  
**Parent/Guardian Signature**

**Date** \_\_\_\_\_

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Grade Five: 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 five 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.

- Physical changes: growth spurt, increased sweat production, skin changes, mood swings, growth of pubic and underarm hair, increased shoulder width in boys and breast and hip development in girls, menstruation, erections, and nocturnal emissions
- Menstruation: Girls - intended use and proper disposal of personal hygiene products; Boys - brief mention of personal hygiene products during instruction about menstruation
- Development of a positive attitude toward oneself during puberty; appreciation for individual differences; relationship between changes that occur during puberty and the ability to conceive and bear children

\_\_\_\_\_ **Lesson 2: The Reproductive System**

Students will identify the structures and functions of the male and female reproductive systems.

- Functions of the male reproductive organs - penis, testicles, vas deferens, scrotum, urethra
- Functions of the female reproductive organs - uterus, ovaries, vagina, cervix, fallopian tubes

\_\_\_\_\_ **Lesson 3: Human Reproduction**

Students will be introduced to the basic process of human reproduction.

- Uniting of the egg and the sperm through sexual intercourse
- Prenatal development and birth (baby leaves the mother's body through the vagina or through a surgical procedure called Cesarean section)
- Umbilical cord, placenta, and amniotic sac introduced

\_\_\_\_\_ **Lesson 4: Abstinence and Refusal Skills**

Students will explore the benefits of abstinence from sexual intercourse.

- Consequences of sexual intercourse on healthy physical, emotional, social, and intellectual development
- Practice refusal skills in situations related to adolescent development
- Physical changes which prepare a person to become a mother or father occur before a person is emotionally, intellectually, spiritually, financially, and socially mature

\_\_\_\_\_ **Lesson 5: Sexually Transmitted Infections**

Students will be introduced to the most common sexually transmitted infections (STIs).

- Bacterial STIs (curable - chlamydia, gonorrhea, syphilis)
- Viral STIs (incurable - genital herpes, human papilloma virus [HPV], HIV/AIDS)
- Abstinence from sexual intercourse and needle sharing as the only 100% effective way of avoiding STIs

\_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Signature**