

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

If you wish to opt your child out of all or some of the grade six 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 six 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: Child Abuse and Neglect**

Students will demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse.

- Defining types of abuse
- Importance of reporting
- Resources for the reporting and treatment of child abuse and family violence

Students will explain that there are laws protecting children from inappropriate and abusive behavior of others.

- Defining sexual, emotional, and physical abuse and neglect
- Helping children understand what behavior should be expected from adults
- Ways to respond positively to family members and younger children in students' care
- Defining and describing human (child/teen sex) trafficking

\_\_\_\_\_ **Lesson 2: Community Health Care Agencies**

Students will become aware of school and community health-care services and how to access these services.

- Services for child abuse prevention; treatment of abuse victims; mental health counseling; substance abuse prevention and treatment and support groups; health care services
- Role of primary care provider, local health department, police department, other safety services
- Resources for help include trusted adults such as parents/guardians, school personnel, coaches, and clergy

\_\_\_\_\_ **Lesson 3: Social Media and Text Messaging**

Students will examine the positive aspects and misuse of social media and text messaging.

- Positive aspects of social media and text messaging
- Misuse of social media and text messaging; consequences of engaging in cyberbullying and sexually explicit communication (sexting)
- Strategies for appropriate use of technology
- Strategies for responding to/dealing with inappropriate online communication.

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

Date \_\_\_\_\_

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Grade Six: 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 six 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 and Hygiene**

Students will explore the physical, emotional, and social changes that occur during puberty and relate personal hygiene to these changes.

- Physiological, psychological and social changes; ways to cope with changes
- Relationship among bodily changes, good personal hygiene and positive interactions with others is emphasized
- Girls only review the use and proper disposal of personal hygiene products.

\_\_\_\_\_ **Lesson 2: Reproductive Systems**

Students will review the structures and functions of the male and female reproductive systems and how these change during puberty.

- Structure and function of the reproductive organs

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

Students will expand prior knowledge of the process of human reproduction.

- Fertilization, prenatal development, fetal support structures, prenatal care, and birth
- Physical readiness to become a mother or father precedes the psychological, emotional, intellectual, spiritual, financial, and social maturity needed to raise a family

\_\_\_\_\_ **Lesson 4: Sexually Transmitted Infections**

Students will study basic facts about sexually transmitted infections (STIs).

- Viral (genital herpes, human papilloma virus [HPV], HIV/AIDS)
- Bacterial STIs (chlamydia, gonorrhea, syphilis)
- Consequences and prevention of STIs through sexual abstinence, fidelity within marriage, available vaccinations, and avoidance of needle sharing and intravenous drug use

\_\_\_\_\_ **Lesson 5: Abstinence and Refusal Skills**

Students will identify reasons for avoiding premarital sexual intercourse.

- Physical, psychological, social, academic, spiritual, and financial consequences of premarital sexual intercourse
- Benefits of sexual abstinence
- Refusal skills

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

Date \_\_\_\_\_