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

If you wish to opt your child out of all or some of the grade eight 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/middle-school-academics-7-8/family-life-education-fle](https://www.fcps.edu/academics/middle-school-academics-7-8/family-life-education-fle). Lessons are available in FCPS 24/7 (Blackboard) Parent View. Lessons are available in FCPS 24/7 (Blackboard) Parent View at [https://fcps.blackboard.com/](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 eight Family Life Education 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: Adolescent Development and Decision Making
Students will review the emotional and social changes that occur during adolescence.
- Emotional and social development; importance of the peer group
- Effect of brain development on decision making.
Students will practice applying the decision-making process to situations related to adolescent development.

____ Lesson 2: Individual Identity
Students will identify that development of individual identity occurs over a lifetime and includes the component of sexual orientation and gender identity.
- Factors that influence the development of individual identity such as capabilities
- Includes sex assigned at birth, gender identity (includes transgender), gender role, and sexual orientation (includes heterosexual, bisexual, and homosexual).

____ Lesson 3: Dating Relationships
Students will identify family and personal expectations of dating relationships and investigate the influence of mass media messages on dating and sexual behavior.
- Peer pressure and media messages about dating; strategies for dealing with peer pressure
- Families and cultures may have different values and expectations about dating

____ Lesson 4: Exploitation
Students will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for exploitation.
- Physical, emotional, and sexual abuse and neglect
- Dangers and repercussions of using personal electronic exchanges or social media to engage in sexually explicit communications (includes sharing sexually explicit images)

____ Lesson 5: Sexual Abuse
Students will define sexual abuse, dating violence, and discuss prevention strategies, coping strategies, and sources of help.
- Personal prevention skills, avoidance of potentially dangerous situations, lures and techniques used by abusers, and sources of support; trusted adults (parent/guardian, teacher, guidance counselor, health care provider, religious leader, School Resource Officer)
- Human (teen sex) trafficking
Students will demonstrate resistance skills.
- Assertive communication skills and refusal strategies

___________________________________   _____________________________
Parent/Guardian Signature   Date
Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Eight: 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 eight 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: Anatomy and Reproduction
Students will review the physical, social, and emotional changes that occur during adolescence and identify and describe the anatomy and physiology of the reproductive systems.
- Effects of hormonal changes on social, emotional, and physical development during puberty
- Internal and external structures, menstrual cycle, erections, ejaculations, and nocturnal emissions

Students will examine and describe the process of human reproduction.
- Ovulation, fertilization, implantation, prenatal development, and childbirth (stages of labor and types of deliveries)
- Physical ability to conceive a child comes before psychological, emotional, spiritual, financial, and social readiness

____ Lesson 2: Sexually Transmitted Infections
Students will describe causes, effects, modes of transmission, treatment, and prevention of sexually transmitted infections (STIs).
- Bacterial STIs - gonorrhea, chlamydia, and syphilis
- Viral STIs - human papilloma virus (HPV), genital herpes, Hepatitis B and C, and HIV
- Oral and anal sex are briefly defined and identified as risk factors for the transmission of STIs
- Sexual abstinence and abstaining from intravenous drug use are the only way to eliminate the risk of contracting STIs
- Use of alcohol and drugs and their effect on decision making

____ Lesson 3: Abstinence
Students will describe the consequences of teen sexual activity and explore the benefits of abstaining from sexual activity until marriage.
- Reasons why some teenagers may become sexually active
- Physical, social, emotional, and financial impact of premarital sexual activity and teen pregnancy
- Positive alternatives to sexual activity to include decisions consistent with one’s personal and family values and supportive of personal health and the well-being of others
- Setting personal boundaries and respecting the boundaries of others (includes introduction of consent)

____ Lesson 4: Contraception
Students will identify reliable methods of pregnancy and disease prevention.
- Barrier and hormonal methods (examples, how the methods work, how they are obtained, and their relationship to disease prevention)
- Abstinence is the only method that is 100 percent effective in preventing pregnancy and preventing contraction of sexually transmitted infections.

___________________________________   Date ______________________
Parent/Guardian Signature