

**Fairfax County Public Schools Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Emotional and Social Health Safety Unit**  
**Modified Lessons for Grades 1- 6 (Selected Special Education Students)**

The modified lessons on Emotional and Social Health (ESH) are designed for students with low incidence disabilities as part of the Family Life Education (FLE) Program. There are three units within the modified curriculum for ESH – relationships, safety, and self, described below. Please note that not all lessons will be conducted each year. Please consult with your child’s special education teacher for specific lessons of instruction each year. If you wish to opt your child out of all or some of the modified 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 [Elementary \(K-6\)](#). Lessons are available in FCPS 24/7 (Blackboard) Parent View [FCPS 24/7 \(Blackboard\) Parent View](#).

**PLEASE NOTE: You do not need to return this form unless you are opting your child out of all or some of the modified lessons for Emotional and Social Health.**

CHILD'S NAME \_\_\_\_\_ TEACHER \_\_\_\_\_

**Emotional and Social Health - Relationships Topics and Lesson Objectives**

**I wish to opt my child out of the following lessons:**

*(Please check those lesson topics in which you do not want your child to take part.)*

\_\_\_\_\_ **Lesson 1: The Family**

The student will identify members of his or her own family.  
The student will recognize that everyone is a member of a family and that a family is the first experience of community, which is made up of many families that are alike and different.

\_\_\_\_\_ **Lesson 2: Change in Families**

The student will identify unpleasant situations and ways to cope with losses.  
The student will learn to cope with inevitable everyday losses and disappointments.  
The student will identify emotions that result from changes in family life and changing relationships with friends.

\_\_\_\_\_ **Lesson 3: Everyday Losses**

The student will learn to cope with inevitable everyday losses and disappointments.

\_\_\_\_\_ **Lesson 4: Friends**

The student will describe qualities that help gain and sustain friendships.

\_\_\_\_\_ **Lesson 5: Physical Affection**

The student will grow in awareness that physical affection can be an expression of friendship, of celebration, or of a loving family.  
The student will describe qualities that help gain and sustain friendships.

## Emotional and Social Health - Safety Lesson Topics and Lesson Objectives

I wish to opt my child out of the following lessons:

(Please check those lesson topics in which you do not want your child to take part.)

\_\_\_\_\_ **Lesson 1: School Safety**

The student will practice making appropriate self-protection decisions.

\_\_\_\_\_ **Lesson 2: Home Safety**

The student will practice making appropriate self-protection decisions.  
Learn to avoid interactions with strangers.

\_\_\_\_\_ **Lesson 3: 9-1-1 Calls**

The student will practice making appropriate self-protection decisions.  
The student will know how and where to get help in an emergency.

\_\_\_\_\_ **Lesson 4: Community Safety**

The student will practice making appropriate self-protection decisions.  
Learn to avoid interactions with strangers

\_\_\_\_\_ **Lesson 5: Transportation Safety**

The student will practice making appropriate self-protection decisions.

\_\_\_\_\_ **Lesson 6: Family Love**

The student will identify members of his or her own family.

The student will grow in awareness that physical affection can be an expression of friendship, of celebration, or of a loving family.

The student will demonstrate strategies for responding to inappropriate approaches from family members, neighbors, strangers, or others without being unduly alarmed about nonexistent dangers.

\_\_\_\_\_ **Lesson 7: Bad touches**

The student will demonstrate strategies for responding to inappropriate approaches from family members, neighbors, strangers, or others without being unduly alarmed about nonexistent dangers.

\_\_\_\_\_ **Lesson 8: Hands to Self**

The student will learn that hurting someone on purpose, physically or mentally, is unacceptable behavior.

**Emotional and Social Health - Self Lesson Topics and Lesson Objectives**

**I wish to opt my child out of the following lessons:**

*(Please check those lesson topics in which you do not want your child to take part.)*

\_\_\_\_\_ **Lesson 1: All About Me and Self Esteem**

The student will recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.

\_\_\_\_\_ **Lesson 2: Accepting Differences**

The student will recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.

\_\_\_\_\_ **Lesson 3: Responsibility at School**

The student will take responsibility for his or her behavior.

\_\_\_\_\_ **Lesson 4: Responsibility at Home**

The student will take responsibility for his or her behavior.

\_\_\_\_\_ **Lesson 5: Emotions**

The student will express his or her feelings of happiness, sadness, and anger to the teacher. The student will become aware of appropriate behavior to use in dealing with his or her feelings.

\_\_\_\_\_ **Lesson 6: Coping with Change**

The student will become aware of stressors in the environment, which may make them anxious or angry.

\_\_\_\_\_ **Lesson 7: Coping with Stress**

The student will become aware of stressors in the environment, which may make them anxious or angry.

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

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