

Fairfax County Public Schools Family Life Education
OPT-OUT REQUEST FORM
Emotional and Social Health Safety Unit
Modified Lessons for Grades 7-12 (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 [Middle School \(7-8\)](#) , [High School \(9-12\)](#). Lessons are available in [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: Family**

The student will identify the 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.

The student will develop an increased understanding of the roles, duties, and responsibilities of family members.

_____ **Lesson 2: The role of the family**

The student will develop an increased understanding of the roles, duties, and responsibilities of family members.

_____ **Lesson 3: Responsibility**

The student will become aware of the need to assume responsibility within the family, within groups, and within the larger community.

The student will develop an increased understanding of the roles, duties, and responsibilities of family members.

_____ **Lesson 4: Change in Families**

The student will give examples of healthy coping strategies for dealing with the feelings produced by changes in the family.

The student will recognize that change is an inevitable part of life.

The student will identify grieving as a normal process which follows a loss.

_____ **Lesson 5: Personal Space**

The student will realize that physical affection can be an expression of friendship, celebration, and love.

_____ **Lesson 6: Friends**

The student will explore changes in peer relationships during adolescence.

_____ **Lesson 7: Dating**

Students will become aware of basic dating skills.

_____ **Lesson 8: Workplace Behaviors and Relationships**

Students will learn about getting along with others at work and appropriate workplace behaviors.

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.)

School Safety Rules

_____ **Lesson 1: Basic Safety**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

_____ **Lesson 2: School Rules**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety.

_____ **Lesson 3: Rule # 4: Be Nice**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for all types of exploitation (bullying).

_____ **Lesson 4: Bus Safety**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

Community Safety Rules

_____ **Lesson 5: Community Rules**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for all types of exploitation.

_____ **Lesson 6: Pedestrian Safety**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

_____ **Lesson 7: Group Safety**

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

Lesson 8: Private Parts

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for all types of exploitation.

Home Safety Rules

Lesson 9: Home Rules

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore safety issues related to the Internet.

Descriptive Statement: Instruction includes how predators can use the Internet to exploit young people, common techniques and lures used by Internet predators, and strategies for protecting personal information and seeking adult support in uncomfortable situations.

Lesson 10: Emergencies

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

Lesson 11: Home Safety

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

Lesson 12: Internet Safety

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore safety issues related to the Internet and strategies for protecting personal information and seeking adult support in uncomfortable situations.

Lesson 13: Social Media-Electronic Devices

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore safety issues related to the Internet and strategies for protecting personal information and seeking adult support in uncomfortable situations.

Lesson 14: Unit Review

The student will explore personal safety issues relevant to the middle school years and identify strategies for maintaining personal safety (and avoiding risky situations).

The student will explore safety issues related to the Internet and strategies for protecting personal information and seeking adult support in uncomfortable situations.

The student will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for all types of exploitation.

<p>Emotional and Social Health Self Unit Lesson Topics and Lesson Objectives</p>
--

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: Interests

The student will examine his or her own capabilities. This includes assisting in the enhancement of self-concept by identifying personal strengths.

Lesson 2: IEP Goal Setting

The student will examine his or her own capabilities. This includes assisting in the enhancement of self-concept by identifying personal strengths.

Introduction to the IEP meeting – what is it and why is it important?

Writing interests, strengths, capabilities and career goals on transition page of IEP.

Lesson 3: IEP meeting (*this lesson is intended for students who will be/are participating in their IEP meetings*)

The student will examine his or her own capabilities. This includes assisting in the enhancement of self-concept by identifying personal strengths.

Practice running your IEP meeting.

Discuss your personal strengths, capabilities and goals at your IEP meeting.

Lesson 4: Responsibility

The student will take responsibility for his or her behavior.

To learn what responsibility means.

To learn how to act responsibly.

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.

Students will learn about different emotions and how to handle them.

Lesson 6: Depression (*This short lesson can be used as an extension lesson to Lesson 5: Emotions. Teachers are to use their discretion to decide if this lesson is beneficial for students*).

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.

Define depression.

Students will learn about depression and what to do.

Lesson 7: Coping with Change

The student will identify physical, emotional, and social changes that occur during the middle school years.

Help students understand that change is an inevitable part of life.

Help students cope with different situations that arise when change occurs.

Lesson 8: Coping with Stress

The student will recognize the effects of varying degrees of stress on the mind and body.

The student will use a variety of techniques to relieve stress.

Define stress.

Identify causes of stress in the environment and how to overcome stressors.

Date _____

Parent/Guardian Signature _____