

Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Ten: Human Growth and Development

If you wish to opt your child out of all or some of the grade ten 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 <http://www.fcps.edu>. 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 grade ten 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: Health Awareness and Self-Examinations**

Students will discuss gender specific health concerns including the importance of conducting particular self-examinations.

- Early detection strategies (self-examinations and medical examinations); breast cancer (female and male) and testicular cancer
- Breast self-examination (girls only) and testicular self-examination (boys only)

_____ **Lesson 2: Contraception**

Students will identify how contraceptive methods work and will identify the advantages of abstaining from sexual activity.

- Barrier, hormonal, behavioral and surgical methods
- Reproductive anatomy and physiology
- Sexual abstinence as the appropriate choice for adolescents
- Effective strategies for resisting peer pressure

_____ **Lesson 3: Unplanned Pregnancy**

Students will discuss abortion and the different opinions in society about abortion.

- Abortions can be spontaneous (i.e. miscarriage) or induced
- Varying opinions concerning abortion will be discussed
- Physical, emotional, and psychological risks
- Local, state and federal laws (Virginia Parental Notification, Safe Haven, and Roe v. Wade)

Students will discuss adoption as a positive choice in the event of an unwanted pregnancy.

- Benefits of adoption for parents, child, family, and community
- Community resources for further information and support

_____ **Lesson 4: Sexually Transmitted Infections**

Students will examine the most common bacterial, viral, and parasitic sexually transmitted infections (STIs).

- Bacterial, viral, and parasitic infections; and prevention, transmission, diagnosis, health consequences, and treatment of STIs
- Abstinence from both sexual activity (including oral and anal sex) and intravenous drug use as the only way to eliminate the risk of contracting STIs
- Effects of alcohol and drug use on decision making
- Community health resources for further information, assistance, and support

Lesson 5: Human Sexuality

Students will recognize development of sexuality as an aspect of one's total personality.

- Sexuality develops throughout a lifetime; includes attitudes, values, and behaviors
- Sexual orientation and gender identity terms; focus on appreciation for individual differences

Lesson 6: Relationships

Students will examine teen dating relationships, teen dating violence, and human (teen sex) trafficking; and strategies for prevention and help.

- Dating violence (verbal, physical, emotional, and sexual abuse, and sexual assault), Internet exploitation, and sexual consent
- Human (teen sex) trafficking
- Strategies for prevention and dealing with abuse, violence, and human (teen sex) trafficking
- Community health resources for further information, assistance, and support

Parent/Guardian Signature

Date