

**Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Eleven**

If you wish to opt your child out of all or some of the grade eleven Family Life Education lessons, please complete this form and **return it to your child's Social Studies 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 eleven Family Life Education lessons.

CHILD'S NAME _____ Social Studies Teacher _____

Directions: Please check those lessons in which you do not want your child to take part.

_____ **Lesson 1: Prevention of Pregnancy and Sexually Transmitted Infections**

Students will identify how sexually transmitted infections are contracted and how to prevent contraction.

- Sexual and nonsexual high-risk behaviors
- Bacterial STIs - gonorrhea, chlamydia, syphilis, trichomoniasis)
- Viral STIs - herpes, hepatitis, HPV, and HIV
- Signs and symptoms of infection, treatment methods, prevention
- Abstinence from sexual activity, abstinence from intravenous drug use, use of condoms

Students will identify methods of contraception.

- Barrier, hormonal, and surgical methods; how to obtain
- Effectiveness for prevention of pregnancy and disease; misconceptions
- Abstinence as the only 100% effective method for preventing pregnancy and disease

_____ **Lesson 2: Relationships**

Students will examine healthy and unhealthy relationships, dating violence, and strategies for prevention and help.

- Descriptive Statement: Instruction will include controlling behaviors, sexual assault, digital abuse, human (teen sex) trafficking, coercion, and sexual consent. Refusal and prevention strategies will be discussed. Discussion will include the risks associated with substance use and emphasize the value of sexual abstinence. Family, trusted adult, and community health resources for further information, assistance, and support will be identified.

Parent/Guardian Signature

Date