

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

If you wish to opt your child out of all or some of the grade four 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 <https://www.fcps.edu/academics/elementary-family-life-education-file>. Lessons are available in FCPS 24/7 (Blackboard) Parent View at <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 four Family Life Education lessons.**

CHILD'S NAME \_\_\_\_\_ Classroom Teacher \_\_\_\_\_

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

\_\_\_\_\_ **Lesson 1: Emotional, Mental, and Social Needs**

Students will identify basic emotional, mental, and social needs and develop strategies to meet those needs.

- Emotional needs for love, security, belonging, and trust; mental needs of being able to think and learn; and social needs of being part of a group, getting along with others, and having privacy
- Varying needs among individuals and how needs can be met

\_\_\_\_\_ **Lesson 2: Responsibilities**

Students will identify the need to assume greater responsibility for self as an individual, as well as responsibility within family, peer groups, and larger community.

- Roles students have within their families, groups either in school or out of school, and larger community.

\_\_\_\_\_ **Lesson 3: Recognizing Threatening, Uncomfortable, and Abusive Situations**

Students will recognize threatening or uncomfortable situations and how to react to them.

- Walking alone, opening doors to strangers, receiving obscene telephone calls or email, facing dangers in public places, and sexual abuse or incest
- Ways of protecting oneself and recognizing and reporting such threats are stressed

\_\_\_\_\_ **Lesson 4: Friendship**

Students will recognize the values and challenges of friendship.

- Review of social and emotional needs; how friendship may satisfy needs to belong to a group, feel cared for, provide encouragement, and help to feel positive about oneself
- It is okay for friends to disagree

\_\_\_\_\_ **Lesson 5: Being Respectful**

Students will develop an awareness of individual differences and the importance of respecting others.

- Individuals with disabilities, differing ethnic, cultural backgrounds
- Ways to show respect for others

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

Date \_\_\_\_\_

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Grade Four: 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 four Human Growth and Development lessons.**

**CHILD'S NAME** \_\_\_\_\_ **Classroom Teacher** \_\_\_\_\_

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

\_\_\_\_\_ **Lesson 1: Puberty**

Students will recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.

Descriptive Statement: Instruction includes the following physical changes: growth spurt, increased sweat production, skin changes, mood swings, growth of pubic and underarm hair, increase shoulder width in boys, and breast and hip development in girls. In addition, the importance of personal hygiene in relation to these bodily changes is discussed. Instruction for girls includes basic anatomy of the female reproductive system, menstruation, and the intended use and proper disposal of sanitary products. Instruction for boys includes basic anatomy of the male reproductive system, erections, and nocturnal emissions. Emphasis is placed on the fact that the onset of sexual changes and growth patterns varies with individuals and that this is natural. Focus is on the development of a positive attitude toward oneself during puberty and appreciation for individual differences.

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

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