

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

If you wish to opt your child out of all or some of the grade seven 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 <https://www.fcps.edu/academics/middle-school-academics-7-8/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 seven Family Life Education 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: Middle School Changes**

Students will identify physical, emotional, sexual, and social developmental changes that occur during the middle school years.

- School-related changes are discussed and resources for support
- Teens are growing and developing physically, socially, psychologically, and sexually.
- Everyone is experiencing changes and the role of respectful, inclusive language in promoting an environment free of bias and discrimination.
- Definitions will be provided for sexual orientation terms heterosexuality, homosexuality, and bisexuality; and the gender identity term transgender.

_____ **Lesson 2: Friendships**

Students will explore changes in peer relationships during adolescence.

- Peer relationships and the effects of changing interests on friendships
- Peer pressure and coping with changes and loss in friendships
- Brief overview of the signs and symptoms of depression and suicide and resources for support

_____ **Lesson 3: Family Relationships**

Students will describe how adolescent development affects family relationships and practice effective strategies for communicating with family members.

- Characteristics of strong families (commitment, time together, appreciation, communication, spiritual wellness, and coping with crisis)
- Students' changing roles and responsibilities as they seek more independence and privileges

_____ **Lesson 4: Internet and Technology Safety**

Students will explore safety issues related to the Internet.

- Predators use of the Internet; common techniques and lures
- Human (child/teen sex) trafficking
- Strategies for protecting personal information and seeking adult support

_____ **Lesson 5: Developing a Positive Self-Image and Self-Esteem**

Students will explore the relationship among positive self-image, healthy development, and healthy decision making during the middle school years.

- Personal strengths
- Supporting and helping others improves self-esteem
- Seeking support in coping with the many changes of the middle school years

Date _____

Parent/Guardian Signature _____

Fairfax County Family Life Education
OPT-OUT REQUEST FORM
Grade Seven: 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 seven 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: Changes of Puberty**

Students will examine the physical and emotional changes that occur during adolescence.

- Physical and emotional changes in both males and females
- Changes that occur to males only
- Changes that occur to females only

_____ **Lesson 2: Reproductive Systems**

Students will identify the components of the male and female reproductive systems and describe how their functioning changes during puberty.

- Anatomical structures of the male and female reproductive systems
- Sexual intercourse and fertilization will be reviewed during instruction of menstruation

_____ **Lesson 3: Sexually Transmitted Infections**

Students will list common sexually transmitted infections (STIs), and identify behaviors which eliminate an individual's risk of contracting STIs.

- Bacterial STIs - chlamydia, gonorrhea, syphilis or parasitic pubic lice
- Viral STIs - genital herpes, human papilloma virus [HPV], HIV/AIDS)
- Transmission, signs and symptoms, treatments, short- and long-term consequences, and prevention
- Abstinence from both sexual contact (including oral sex) and intravenous drug use will be presented as the only way to eliminate the risk of contracting STIs

_____ **Lesson 4: Abstinence**

Students will list and discuss the benefits of abstaining from sexual activity until marriage.

- Sexual abstinence is a healthy choice
 - Positive effects on relationships, academics, short- and long-term goals, and physical, emotional, social, financial, and spiritual health

Date _____

Parent/Guardian Signature _____