

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

If you wish to opt your child out of all or some of the grade nine 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/high-school-academics-9-12/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 nine 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: Family Foundations**

Students will identify the family as a basic unit of society and his or her responsibility as a member of the family.

- Family strengths, different types of families, family influences on society, identification of roles within a family, and how those roles change throughout life
- Students' roles in families now and possible roles in the future

\_\_\_\_\_ **Lesson 2: Sexual Violence Prevention**

Students will identify types of abuse and exploitation and identify prevention strategies and resources for help.

- Emotional, verbal, physical, and sexual abuse, neglect, and human (teen sex) trafficking
- Internet safety and personal safety in the community
- Resources for help for self and others

\_\_\_\_\_ **Lesson 3: Exploitation**

Students will identify effects, prevention strategies, and appropriate resources for help and reporting for sexual abuse.

- Sexual assault, rape, intimate partner violence, incestuous behavior, molestation, gang sexual abuse, human (teen sex) trafficking, and incest
- Bystander awareness and intervention strategies
- Resources for help and reporting

\_\_\_\_\_ **Lesson 4: Healthy Relationships**

Students will identify factors that contribute to healthy relationships in families, friendships, and dating.

- Communication skills, conflict resolution
- Respect for others' decisions, identification of coercive behavior
- Establishing and maintaining personal boundaries
- Affirmative consent

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

Date \_\_\_\_\_

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

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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 nine 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: Human Reproduction**

Students will review the structures and functions of the male and female reproductive systems and explain the process of fertilization.

- Human reproductive anatomy, physiology, conception, ovulation, and fertilization

\_\_\_\_\_ **Lesson 2: Pregnancy and Childbirth**

Students will describe pregnancy and birth and analyze factors associated with a healthy pregnancy.

- Signs and symptoms of pregnancy, stages of pregnancy, birthing options; community resources for pregnancy testing
- Preconception and prenatal care; effects of substance use on pregnancy and fetal development
- Roles of the mother and father during pregnancy and birth

\_\_\_\_\_ **Lesson 3: Abstinence**

Students will identify sexual abstinence as the appropriate choice for adolescents and identify appropriate methods for expressing feelings and affection.

- Benefits of choosing sexual abstinence, consequences of sexual activity
- Effective strategies for abstinence, maintaining respect for self and others
  - Communication, assertiveness, personal boundaries

\_\_\_\_\_ **Lesson 4: Contraception**

Students will examine methods of contraception.

- Barrier, hormonal, and surgical contraceptive methods; effectiveness for prevention of pregnancy and disease prevention
- Abstinence as the only 100% effective method for preventing pregnancy and most effective method for preventing sexually transmitted infection

\_\_\_\_\_ **Lesson 5: Sexually Transmitted Infections**

Students will review information about bacterial, viral, and parasitic sexually transmitted infections to include prevention, transmission, diagnosis, and treatment.

- Bacterial, viral, and parasitic STIs; prevention, transmission, diagnosis, testing and treatment resources
  - Prevention includes abstinence from sexual activity as the most effective method for preventing STIs and abstinence from intravenous drug use, use of condoms, and use of pre-exposure prophylaxis (for HIV prevention)

\_\_\_\_\_ **Lesson 6: Human Sexuality**

Students will recognize development of sexuality as a lifelong aspect of personality.

- Sexuality evolves from infancy to old age
- Sexual orientation terms heterosexual, homosexual, and bisexual; and the gender identity term transgender will be defined.
- Students with questions or concerns advised to talk with a parent or other trusted adults such as member of the clergy and health care providers
- Emphasis on tolerance and nondiscrimination of all people

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

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