

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

If you wish to opt your child out of all or some of the Kindergarten 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 Kindergarten 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: Family Words**

Students will recognize that everyone is a member of a family and identify members of their individual families.

- Identify adult and child members of their families living in the same home
- Family structures included will be traditional or two-parent families – mother, father, and children; extended families – relatives other than the immediate family living in the home; single-parent families; adoptive families; foster families; families with stepparents; and blended families.

\_\_\_\_\_ **Lesson 2: Families Are Special**

Students will identify positive ways in which family members and friends show love, affection, respect, and appreciation for each other.

- Appropriate behaviors such as hugging, listening, protecting, providing guidance, encouraging, and praising
- Concept that some behaviors may be inappropriate will be introduced

\_\_\_\_\_ **Lesson 3: Good Touch, Bad Touch**

Students will identify elements of good and bad touches by others.

- Elements of good touches by others will be defined by the following: touching that can be done in front of anyone, touching that is not a secret, touching that makes the child feel good, touching that is done to keep the child clean or provide medical care, and touching that is an appropriate expression of affection by a family member
- Bad touches will be defined by the following: touching of private areas/parts of the body (areas covered by bathing suit or underwear), touching to be kept secret, and touching that makes a child feel bad or uncomfortable

\_\_\_\_\_ **Lesson 4: Responses to Inappropriate Behaviors**

Students will demonstrate how to say “no” to inappropriate behaviors from family members, neighbors, strangers, and others.

- Saying “no” in a loud voice, standing up straight, and looking at the person
- Trusted adults who can help the child will be identified
- Students will learn to keep telling until someone listens and helps them

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

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