

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

If you wish to opt your child out of all or some of the grade eight 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. Lessons are available in Schoology.

**PLEASE NOTE: You do not need to return this form unless you are opting your child out of all or some of the grade eight 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: Adolescent Development and Decision Making**

Students will review the emotional and social changes that occur during adolescence.

- Emotional and social development; importance of the peer group
- Effect of brain development on decision making.

Students will practice applying the decision-making process to situations related to adolescent development.

\_\_\_\_\_ **Lesson 2: Individual Identity**

Students will identify that development of individual identity occurs over a lifetime and includes the component of sexual orientation and gender identity.

- Factors that influence the development of individual identity such as capabilities
- Includes sex assigned at birth, gender identity (includes transgender), gender role, and sexual orientation (includes heterosexual, bisexual, and homosexual).

\_\_\_\_\_ **Lesson 3: Dating Relationships**

Students will identify family and personal expectations of dating relationships and investigate the influence of mass media messages on dating and sexual behavior.

- Peer pressure and media messages about dating; strategies for dealing with peer pressure
- Families and cultures may have different values and expectations about dating

\_\_\_\_\_ **Lesson 4: Exploitation**

Students will explore types of exploitation and identify prevention skills, coping strategies, and sources of help for exploitation.

- Physical, emotional, and sexual abuse and neglect
- Dangers and repercussions of using personal electronic exchanges or social media to engage in sexually explicit communications (includes sharing sexually explicit images)

\_\_\_\_\_ **Lesson 5: Sexual Abuse**

Students will define sexual abuse, dating violence, and discuss prevention strategies, coping strategies, and sources of help.

- Personal prevention skills, avoidance of potentially dangerous situations, lures and techniques used by abusers, and sources of support; trusted adults (parent/guardian, teacher, guidance counselor, health care provider, religious leader, School Resource Officer)
- Human (teen sex) trafficking

Students will demonstrate resistance skills.

- Assertive communication skills and refusal strategies

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

Date \_\_\_\_\_

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

If you wish to opt your child out of all or some of the grade eight 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-fle>. Lessons are available in Schoology.

**PLEASE NOTE: You do not need to return this form unless you are opting your child out of all or some of the grade eight 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: Anatomy and Reproduction** (taught gender separate)

Students will review the physical, social, and emotional changes that occur during adolescence and identify and describe the anatomy and physiology of the reproductive systems.

- Effects of hormonal changes on social, emotional, and physical development during puberty
- Internal and external structures, menstrual cycle including primary and secondary amenorrhea, erections, ejaculations, and nocturnal emissions

Students will examine and describe the process of human reproduction.

- Ovulation, fertilization, implantation, prenatal development, and childbirth (stages of labor and types of deliveries)
- Physical ability to conceive a child comes before psychological, emotional, spiritual, financial, and social readiness

\_\_\_ **Lesson 2: Sexually Transmitted Infections** (taught gender separate)

Students will describe causes, effects, modes of transmission, treatment, and prevention of sexually transmitted infections (STIs).

- Bacterial STIs - gonorrhea, chlamydia, and syphilis
- Viral STIs - human papilloma virus (HPV), genital herpes, Hepatitis B and C, and HIV
- Oral and anal sex are briefly defined and identified as risk factors for the transmission of STIs
- Sexual abstinence and abstaining from intravenous drug use are the only way to eliminate the risk of contracting STIs
- Use of alcohol and drugs and their effect on decision making

\_\_\_ **Lesson 3: Abstinence** (taught gender separate)

Students will describe the consequences of teen sexual activity and explore the benefits of abstaining from sexual activity until marriage.

- Reasons why some teenagers may become sexually active
- Physical, social, emotional, and financial impact of premarital sexual activity and teen pregnancy
- Positive alternatives to sexual activity to include decisions consistent with one's personal and family values and supportive of personal health and the well-being of others
- Setting personal boundaries and respecting the boundaries of others (includes introduction of consent)

\_\_\_ **Lesson 4: Contraception** (taught gender separate)

Students will identify reliable methods of pregnancy and disease prevention.

- Barrier and hormonal methods (examples, how the methods work, how they are obtained, and their relationship to disease prevention)
- Abstinence is the only method that is 100 percent effective in preventing pregnancy and preventing contraction of sexually transmitted infections.

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

\_\_\_\_\_  
Date

July 2024