

**Lynchburg City Schools
Family Life Education
5th Grade OPT-OUT FORM**

In compliance with the state mandate, your child will be included in the Family Life Education lessons this school year unless you request otherwise on the form below. In order to exclude your child from any part of this program, you must: (1) complete the form below; (2) sign the form; and (3) return it to your child's teacher no later than _____.

A summary of the Family Life Education Standards of Learning is listed below. To view a copy of the Family Life Education curriculum, please visit this website:

<https://www.doe.virginia.gov/teaching-learning-assessment/instruction/family-life-education>

PLEASE NOTE: You do not need to return this form unless you are opting your child out of participating in Family Life Education lessons

If you wish to opt your child out of the FLE curriculum, please complete as indicated below. Your child will then receive non-FLE-health instruction completed under teacher direction apart from the classroom.

_____ I do not want my child included in Family Life Education instruction.

Child's Name (Please Print)

Grade

Classroom Teacher's Name

Parent/Guardian Signature

Date

Fifth Grade Family Life Education SOLs

- 5.1 The student will define the structure and function of the endocrine system.
- 5.2 The student will identify the human reproductive organs in relation to the total anatomy.
- 5.3 The student will explain how human beings reproduce.
- 5.4 The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.
- 5.5 The student will realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.
- 5.6 The student will identify reasons for avoiding sexual activity prior to marriage.
- 5.7 The student will describe the effects of personal hygiene on one's self-concept.
- 5.8 The student will recognize the importance of contributing to a constructive group activity.
- 5.9 The student will develop an increased understanding of the roles, duties, and responsibilities of family members.
- 5.10 The student will examine the messages from mass media related to sexuality.
- 5.11 The student will develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself.
- 5.12 The student will recognize threatening or uncomfortable situations and how to react to them.
- 5.13 The student will explain the effects of substance use and abuse on the body.
- 5.14 The student will become aware of the existence of sexually transmitted infection.