

**Lynchburg City Schools  
Family Life Education  
First 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:

[http://www.doe.virginia.gov/instruction/family\\_life\\_education/index.shtml](http://www.doe.virginia.gov/instruction/family_life_education/index.shtml)

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**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

**First Grade Family Life Education SOLs**

- 1.1 The student will experience continuing success and positive feelings about self.
- 1.2 The student will experience continuing respect from others.
- 1.3 The student will become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.
- 1.4 The student will develop an understanding of the importance of a family and of different family patterns.
- 1.5 The student will identify family members and their responsibilities in contributing to the successful functioning of the family.
- 1.6 The student will realize that human beings and other mammals have babies and that the babies can be breast fed.
- 1.7 The student will use correct terminology when talking about body parts and functions.
- 1.8 The student will express his or her feelings of happiness, sadness, and anger to the teacher.
- 1.9 The student will become aware of appropriate behavior to use in dealing with his or her feelings.
- 1.10 The student will experience the logical consequences of his or her behavior.
- 1.11 The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.
- 1.12 The student will demonstrate strategies for responses to inappropriate approaches from family members, neighbors, strangers, and others.