

**Lynchburg City Schools  
Family Life Education  
Third 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>

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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

**Third Grade Family Life Education SOLs**

- 3.1 The student will demonstrate a sense of belonging in group work and play.
- 3.2 The student will express what he or she likes about himself or herself to continue developing a positive self image.
- 3.3 The student will become aware of the changes occurring in family life that affect daily living and produce strong feelings.
- 3.4 The student will give examples of healthy coping strategies for dealing with the feelings produced by changes in the family.
- 3.5 The student will identify and use correct terms for external body parts associated with reproduction and elimination.
- 3.6 The student will recognize that while all human beings grow and develop in a given sequence, rates and patterns vary with individuals.
- 3.7 The student will become aware that both a male and a female are necessary to have a baby.
- 3.8 The student will comprehend that the baby grows inside the mother's body for nine months and then is born.
- 3.9 The student will describe the types of behavior that enable him or her to gain friends or to lose friends.
- 3.10 The student will practice safety rules in the home.
- 3.11 The student will demonstrate to others how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, and others.
- 3.12 The student will be conscious of how commercials use our emotions to make us want products.