

**Lynchburg City Schools
Family Life Education
10th 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

TENTH GRADE

- 10.1 The student will determine how maturation affects adolescents.
- 10.2 The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.
- 10.3 The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
- 10.4 The student will use the steps in the decision-making process to solve specific problems.
- 10.5 The student will recognize the benefits of abstaining from premarital sexual intercourse.
- 10.6 The student will recognize alternatives to premarital sexual activity for expressing feelings and affection.
- 10.7 The student will explain the factors to be considered in preparing for dating and marriage.
- 10.8 The student will examine factors to be considered in life-goal planning.
- 10.9 The student will describe the signs and symptoms of pregnancy.
- 10.10 The student will analyze the factors associated with a healthy pregnancy.
- 10.11 The student will explain the importance of supportive roles of the mother and father through pregnancy and birth.
- 10.12 The student will describe available birthing options.
- 10.13 The student will identify the stages of the birthing process.
- 10.14 The student will analyze the skills and attitudes needed to become a competent parent.
- 10.15 The student will describe adjustments to be made after the birth of a child.
- 10.16 The student will compile a list of community agencies and resources available to assist individuals and families.
- 10.17 The student will review the positive aspects of family life as a basic unit of society and as a means of personal development.