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Family Life Education Information and Exemption Form 2019-2020 First Grade

Dear Parent/Guardian:

During the 2019-2020 school-year, your child will be included in Family Life Education (FLE) lessons. The purpose of FLE is, among other things, to teach students to develop a positive self-image, to combat unwanted peer pressure, and to understand age-appropriate aspects of their own growth and development. You can access more information about the program by reviewing the summaries below or by visiting the library at your child's school.

PLEASE NOTE: You do not need to return this form unless you are opting your child out of some or all of the Family Life Education lessons.

In order to exclude your child from any or all FLE content, please sign and date below and return this form to your child's classroom teacher.

Child's Name _____ Classroom Teacher _____

Directions: Please check those lessons in which you do not want your child to take part.

____ **Unit 1: Creating our Learning Community**

- During this unit students will begin to develop a sense of self, learn how to develop healthy relationships, and learn how to maintain their personal safety.

____ **Unit 2: We Are Family**

- In this unit students will continue to develop a sense of self and will continue to see themselves within a family unit and a school community.

____ **Unit 3: It's My Body, and I'm in Charge**

- During this unit students will develop strategies to maintain their personal safety in a variety of settings.

If you have any questions or concerns, please contact Mike Humphreys, ACPS Instructional Specialist for Health/PE & Family Life Education, at Michael.humphreys@acps.k12.va.us or 703-619-8020.

Parent/Guardian Signature

Date