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Family Life Education Information and Exemption Form
2019-2020 Second 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: Developing a Sense of Self**

- During this unit students continue to develop a sense of self, learn how to cultivate healthy relationships while maintaining their personal safety.

____ **Unit 2: Adults Who Help Us**

- In this unit students will learn more about adults who provide care and support for them as well as "good touch" and bad touch," and the concept of "No!" in response to inappropriate approaches.

____ **Unit 3: The Incredible Human Body**

- Students become aware that babies grow inside the mother's uterus.

____ **Unit 4: Media Influences**

In this unit students will understand media attempts to influence consumers and the resulting effect on mental health such as self-esteem and body issues.

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