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## Family Life Education Information and Exemption Form 2019-2020 Third 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 going to 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: Expressing and Protecting Oneself**

- During this unit students begin to explore outlets for personal expression, they learn safety behavior at home, and they further their understanding of "good touch" and "bad touch."

\_\_\_\_\_ **Unit 2: Friendship and Family Change**

- In this unit students begin to understand acceptance and belongingness into various groups, and are introduced to possible family upheaval (moving, sibling loss, etc.) and coping options.

\_\_\_\_\_ **Unit 3: My Body and My Baby Brother**

- During this unit students are taught names and functions of external reproductive organs, the varying rate of growth we each experience, and the concepts of pregnancy, reproduction, and fetus growth.

\_\_\_\_\_ **Unit 4: Media Influences**

During this unit, students are able to examine the various persuasive techniques used in commercials to create emotion surrounding a product.

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](mailto:Michael.humphreys@acps.k12.va.us) or 703-619-8020.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date