



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

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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: Doing My Part**

- During this unit students will understand and discuss constructive group activities, and they will develop an increased understanding of roles, duties, and responsibilities within the family.

_____ **Unit 2: Keeping My Changing Body Healthy and Safe**

- During this unit students will discuss alternatives to unhealthy and uncomfortable situations, the importance of nutrition and hygiene, and the dangers of substance abuse.

_____ **Unit 3: Reproduction and the Incredible Human Body**

- In this unit students will study the endocrine and reproductive systems, and they will explore physical changes that occur during puberty.

_____ **Unit 4: Mass Media and Stereotyping**

- This unit offers students the chance to explore both general and gender stereotyping in the media and the resulting effects on young people.

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