

**Lynchburg City Schools  
Family Life Education  
8th 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:

[http://www.doe.virginia.gov/instruction/family\\_life\\_education/index.shtml](http://www.doe.virginia.gov/instruction/family_life_education/index.shtml)

**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

**EIGHTH GRADE**

- 8.1 The student will relate stages of human development to his or her own developmental level.**
- 8.2 The student will recognize the development of sexuality as an aspect of the total personality.**
- 8.3 The student will become aware of the need to think through decisions and to take responsibility for them.**
- 8.4 The student will identify the issues associated with friendships.**
- 8.5 The student will recognize the nature of dating during adolescence.**
- 8.6 The student will interpret the messages in society related to sexuality.**
- 8.7 The student will describe strategies for saying "no" to premarital sexual relations.**
- 8.8 The student will develop the coping skills needed to deal with stress.**
- 8.9 The student will identify the stresses related to changing relationships in the home, school, and community.**
- 8.10 The student will analyze the issues related to teenage pregnancy.**
- 8.11 The student will review facts about pregnancy prevention and disease control.**
- 8.12 The student will describe the effects of alcohol and drug use and abuse on families and peer relationships.**
- 8.13 The student will identify the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, and molestation.**
- 8.14 The student will recall the ways in which the HIV virus is transmitted and prevented.**