

**Lynchburg City Schools  
Family Life Education  
9th 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:

<https://www.doe.virginia.gov/teaching-learning-assessment/instruction/family-life-education>

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**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

**NINTH GRADE**

- 9.1 The student will understand the human growth and development cycle.
- 9.2 The student will explain the importance of the family as a basic unit of society and his or her responsibility as a member of the family.
- 9.3 The student will recognize the development of sexuality as an aspect of the total personality.
- 9.4 The student will review and apply the decision-making process.
- 9.5 The student will review the nature and purposes of dating.
- 9.6 The student will realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage.
- 9.7 The student will interpret the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, and molestation, and human sex trafficking.
- 9.8 The student will relate specific information on substance use and abuse to each stage of the life cycle.
- 9.9 The student will be able to explain the process of reproduction.
- 9.10 The student will demonstrate understanding of specific health issues, including the ability to conduct self-examinations.
- 9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.
- 9.12 The student will explain the transmission and prevention of the HIV.
- 9.13 The student will identify the effects of discrimination.
- 9.14 The student will begin to identify educational and career goals.