

**Arlington Public Schools
Family Life Education
Parent Opt-Out Form**

SCHOOL _____ DATE _____

STUDENT NAME _____ TEACHER NAME _____

STUDENTS HOME ADDRESS _____

PHONE NUMBER _____

I hereby exercise my option to have my child opt-out of the following objectives. I understand that my child will be given an alternative assignment to be completed independently in place of any objectives from which I opt-out my child. I also understand that the child is expected to comply with school rules and policies while working on the alternative assignment and that a grade will be given for this assignment.

DIRECTIONS: Please place your initials on the line next to each objective from which you opt-out your child.

- ____ 10.1 The student will determine how maturation affects adolescents.
- ____ 10.2 The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.
- ____ 10.3 The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
- ____ 10.4 The student will use the steps in the decision-making process to solve specific problems.
- ____ 10.5 The student will recognize the benefits of abstaining from premarital sexual intercourse.
- ____ 10.6 The student will recognize alternatives to premarital sexual activity for expressing feelings and affection.
- ____ 10.7 The student will explain the factors to be considered in preparing for dating and marriage.
- ____ 10.8 The student will examine factors to be considered in life-goal planning.
- ____ 10.9 The student will describe the signs and symptoms of pregnancy.
- ____ 10.10 The student will analyze the factors associated with a healthy pregnancy.
- ____ 10.11 The student will explain the importance of supportive roles of the mother and father through pregnancy and birth.
- ____ 10.12 The student will describe available birthing options.
- ____ 10.13 The student will identify the stages of the birthing process.
- ____ 10.14 The student will analyze the skills and attitudes needed to become a competent parent.
- ____ 10.15 The student will describe adjustments to be made after the birth of a child.
- ____ 10.16 The student will compile a list of community agencies and resources available to assist individuals and families.
- ____ 10.17 The student will review the positive aspects of family life as a basic unit of society and as a means of personal development.

PLEASE RETURN THIS FORM TO THE PRINCIPAL BY THE DATE ESTABLISHED BY YOUR SCHOOL

PARENT/GUARDIAN SIGNATURE _____ DATE _____