



Opt-Out Form

Please submit this form to your school's principal or assistant principal.

*According to Oregon Law, parents can opt their children out of any or all sexuality education components. However, parents cannot opt their children out of the entire health course or program without written documentation of a religious or disability-related reason. In those cases, parents would also have to demonstrate to the school district how to comply with the Health Education Standards with alternative instruction.

Student Name:
Parent/Guardian Name:
School/ Grade Level/ Teacher:
ODE Health Standards for which I am requesting exemption:
Proposed alternative activity:
Notes/Comments: