Family Life Middle School (6-8) "**OPT OUT**" PROCEDURE FORM

Suffolk Public Schools follows the Virginia Standards of Learning (SOLs) for Family Life Education, as outlined by the Virginia Department of Education. These standards guide the topics and skills taught at each grade level. Parents/guardians have the right to review the curriculum and may choose to opt their child out of specific topics. Please review the chart below and indicate any areas from which you wish your child to be excused.

Family Life VA SOL's: https://www.doe.virginia.gov/teaching-learning-assessment/instruction/family-life-education			
Topic	**VA SOL**	**Grade Topic Taught**	**Opt Out**
Puberty	6.1,6.2,6.3,6.6,7.2, 8.1	6th, 7th, & 8th	☐
Baby Growth & Development	6.6	6th	☐
STD's	8.11 & 8.14	8th	☐
Sex, Self Respect, & Social Media	7.5, 7.6	7th	☐

Following my careful review of the Family Life Education Curriculum and Program, I request that my child be opted out of the objectives/topics indicated above. I understand that this Opt-Out Form applies only to the 2026–2027 school year. An alternative assignment of equal credit will be provided to meet my child's individual needs. I understand if this form is not returned to the school prior to the start of Family Life instruction, my child will participate in Family Life Education. Please note: one form must be completed per student.

Student Name (First, Last) _____ Grade: _____

School: _____ PE Teacher: _____

Parent/Guardian(s) Full Name: _____

Parent/Guardian(s) Signature: _____ Date Signed: _____