



Family Life Opt Out Form

Clear Form

Frederick County Public Schools
191 South East Street
Frederick, Maryland 21701

Form #002-F04
March 2026

Opt Out Form for Family Life Education as part of Comprehensive Health Education for students in grades Pre-K through 12.

There will be an opportunity for parents/guardians to preview student material. Further information about the parent preview is shared in an email.

Student First Name: _____

Student Last Name: _____

Parent First Name: _____

Parent Last Name: _____

School: _____

Grade: _____

State regulation requires students who opt out of family life instruction receive materials related to menstruation. Your student will be provided a short packet of information related to menstruation.

A parent packet was created to help you talk to your student about menstruation.

Students who are opted out of family life lessons will be receiving alternate health education lessons.

☐ I understand that I am opting my students out of the family life lessons as part of comprehensive health education.

Parent Signature: _____ Date: _____