Family Life Opt Out Form

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

Form #002-FO4
Regulation 500-01
November 2026

Clear Form

Form Use

As part of comprehensive Health Education instruction (PreK-12), FCPS will conduct instruction in Family Life and Human Sexuality. Due to the sensitive nature of this instruction, as directed by Maryland State Regulations (COMAR 13A.04.18.01), students may be excused from this unit of the program upon request from their parents/guardians. Parents/guardians use this form to excuse their student from Family Life and Human Sexuality instruction within the PreK–12 Health Education program, as permitted under COMAR 13A.04.18.01. Only complete this form to opt out.

Instructions

Complete the student information, check the opt-out box, and sign and date the form. Return it before the unit begins; for students in PreK–5, give it to the classroom teacher, and for students in grades 6–12, give it to the Health Education teacher. Excused students will complete alternate assignments independently and will still receive required information on menstruation.

Student Information

Student Name *Last, First*		**School Name**	
Student Grade		**Teacher Name** *Classroom Teacher for Grades Prek-5 OR Heath teacher for grades 6-12*	

Opt Out Request

☐ **I do not want my student to be included in instruction in Family Life and Human Sexuality.**

By checking this box, I understand that:

- My student will complete alternate assignments independently and will be excused from class sessions for the duration of the unit.
- My student will still receive information regarding menstruation, as required by COMAR 13A.04.18.01.

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Signatures

Parent/Guardian Printed Name	
Parent/Guardian Signature	
Date	

Submission Requirements

Parents/Guardians

Return the completed and signed form to your child's classroom teacher (PreK–5) or Health Education teacher (6–12) before the unit begins. This form must be completed annually and provided to the appropriate teacher each year of FLHS instruction: the classroom teacher in elementary, and the Health Education teacher in secondary.

Teacher Requirements

Date Received	

Confirm receipt with the family and keep a copy on file. Provide alternate assignments for the duration of the unit.