# Family Life Education Notification

Personal Boundaries and Body Safety Lesson

**Dear Parents/Guardians,**

During the month of November, elementary school counselors will use the CharacterStrong curriculum to deliver a Family Life Education lesson on personal boundaries and body safety. The lesson helps students develop age-appropriate personal safety skills, recognize healthy boundaries, identify trusted adults, and practice help-seeking strategies.

## Topics include:

- Personal boundaries and personal space; safe, unsafe, and unwanted touch
- Trusted adults, help-seeking, and self-advocacy skills
- Responding when a boundary is crossed
- Respecting others' boundaries and communicating personal boundaries

**Review of materials:** Please contact the school counseling department with questions or to arrange a review of the lesson's copyrighted presentation material.

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## Family Life Education Opt-Out Form
## Personal Boundaries and Body Safety Lesson

**Important:** Only complete and return this form if you do **NOT** want your child to participate. If you want your child to participate, no action is needed.

Return completed forms to your child's teacher. The teacher will deliver this document to the school counseling department in a timely manner.

**Student's First and Last Name:** _____

**Grade Level:** _____

**Teacher's Name:** _____

I do **not** want my child to participate in the personal boundaries and body safety Family Life Education lesson. I prefer that my child be provided an alternate educational activity during the lesson period.

**Parent/Guardian Name:** _____

**Parent/Guardian Signature:** _____

**Date:** _____

*Thank you for partnering with us to support students' safety, well-being, and healthy development.*