

## Opting Out Now!

There is a national movement afoot. Parents and guardians are exercising their right to decide whether they want their children exposed to certain sexuality education content, participate in school surveys or statewide testing, receive physical/mental health assessments without parental consent, etc.

Safeguard your child by writing your own or modifying an existing opt-out letter. Do this each year - preferably at the beginning of the year, but any time is ok. An [opt-out letter](#) specifies what you, the parent/legal guardian, will allow and/or not allow your child to be taught or exposed to while on school property or at a school-sponsored event.

Your child's school may have opt-out forms available. See [Sample Opt-out Letters/Resources](#). Opt-out letters can be as simple or detailed as you want. You should do the following to be most effective:

- 1 Send your Opt-out letter to your child's school principal.
- 2 Ask for a defined date in which you want written confirmation that the administration received it and provide details as to how you can be assured that your requests will be honored.
- 3 If you do not get an adequate and timely response from the principal, re-send your letter to the Superintendent and copy members of the School Board and principal.
- 4 Send letters by registered mail so that you have a signed confirmation that it was received or send a joint email to all of the recipients.
- 5 Keep a dated and signed copy each year.
- 6 Discuss with your child why you are opting out.

An opt-out form and/or notification request is not a complaint against the school. Rather, it is an exercise of your parental rights and a means to guide/monitor your child's education, health, safety and wellbeing. You should fully expect that your child will not be subjected to retaliation, shaming or any other public conversation or discussion about this opt out/notification request.

Here are a few examples of parents and guardians promoting opting-out:

<http://www.kmtv.com/news/local-news/group-hands-opt-out-forms-for-ops-sex-ed-class>

<http://www.nycparentschoice.org/take-action/opt-your-kids-out>

<https://optoutoregon.org/how-to-opt-out/>