

**Excusal from Class or Program
(District Policy 5250)**

"Parents Rights to Conscience Act of 1979." N.J.S.A. 18A:35-4.7. Any child whose parent or guardian presents to the school principal a signed statement that any **part** of the instruction in health, family life education or sex education is in conflict with his conscience, or sincerely held moral or religious beliefs shall be excused from that **portion** of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom. L.1979, c. 428, s. 2, eff. Feb. 11, 1980.

The Department of Education does not allow parents to opt their child out of health instruction as a whole. **Below is a link to the Family Life/Sex Education lessons for the grades in which they are taught and links to the opt-out forms for students in those grades. Please be sure to review the lessons so you can make an informed decision about opting your child out.**

Please note: If you choose to opt your first grade student out of the health standards, you will be opting them out of the CAP (Child Assault Prevention) program, which we encourage all children to attend to learn valuable information about protecting themselves in a variety of situations. Some of the content covered in CAP is related to specific health standards. For more information about the NJCAP program, click [here](#).

Should you wish to opt your child out of any or all of the family life or sex education lessons, please complete the form below for the correct grade level for your child.

If you have any questions, please contact the curriculum department.

[Family Life/Sex Education Lessons](#)

[1st Grade Opt Out Form](#)

[2nd Grade Opt Out Form](#)

[5th Grade Opt Out Form](#)

[8th Grade Opt Out Form](#)