

Information & Instructions for Parent/Guardian Opt-Out Form for Oregon Public Schools

Purpose

This form is designed to make it easy for parents and guardians to decide what instruction, services, and other aspects of public education they **do not** want for their children. This generally includes these areas:

1. Comprehensive Sexuality Education
2. Health screenings, vaccinations/immunizations, and other healthcare services
3. Mental health screenings and other services
4. Controversial standards, curriculum, materials, and instruction
5. Student Engagement: Student Groups, surveys, and research studies

The opt-out form is an assertion of your legal rights. You do not have to justify or explain your decisions, and you do not need the school's permission or agreement as they must comply with your request per the applicable rules & laws.

What you need to do

Follow the instructions below to complete the form and deliver it to the school. **Please keep in mind that you will need to provide an Opt-Out form each school year.**

1. Use the form starting on the next page.
 - a. Check any box for what you want to opt your child out of.
 - b. To be clear, checking the box indicates you DO NOT want that item for your child.
2. Print two copies of the form. Sign and date both copies in ink.
3. Take both forms to your child's school and ask the principal or school secretary to sign and date them.
 - a. School staff can place the school "Received" stamp (with date included) on each copy of the notice in lieu of signing.
 - b. If you cannot deliver the form in person, you can send to the school principal by Certified Mail, Signature Requested or email/call the principal that you will send the form in with your child.
 - c. **IMPORTANT NOTE:** You do not need nor are you asking for their agreement or authorization. The school signature or dated "Received" stamp is only to serve as proof that the school was put on notice of your legal rights and that the violation of your rights could be legally actionable.
4. Keep one copy (signed or stamped) for your family and ask the school to keep a copy in your child's school records (the cumulative file).
5. Ask the principal/office secretary to send a copy of the form to each of your child's teachers & other required staff.
 - a. Optional but recommended: Email a copy to your child's classroom/homeroom teacher.
6. Educate your child to let you know if they are compelled to participate in any of the education, services, groups, or other activities you specifically opted them out of.

Optional steps

1. Set a reminder before the start of the next school year to fill out a new copy of this form. For example, you can put a reminder in your phone's calendar app for next year.
2. Share this Opt-Out Form with other parents and guardians in your community.

Provided by Save Oregon Schools

Visit our website at SaveOregonSchools.org for the most up-to-date version of this form and other information.
Form last updated: August 21, 2022.



Parent/Guardian Opt-Out Form for Oregon Public Schools

Please take notice that pursuant to Oregon Compiled Laws OAR 581-021-0046(5), OAR 581-022-1440(5), OAR 333-050-0100(19), ORS 433.267, ORS 336.035(2), ORS 336.211(3), ORS 336.216, ORS 336.465, ORS 337.300, ORS 433.321(7), and other referenced rules and laws, my child is to be excused and exempted, for the current school year, from the following school instruction, services, and/or activities. This opt-out applies to all checked boxes below:

Comprehensive Sexuality Education

Note to Parents/Guardians: Fill in boxes in Option 1 or 2, not both.

Option 1 – Opt-Out of Entire Comprehensive Sexuality Education Program

Sex Education – The entirety of the instruction in sex education, including family planning; human sexuality; the emotional, physical, psychological, hygienic, economic, and social aspects of family life; reproductive health. This shall be considered continuing written notice that my child will not be enrolled in sex education class without my prior written authorization. [1]

Option 2 – Opt-Out of Individual Components

- Sexual Identity and Expression** – Instruction in sexual activity / intercourse, orientation, expression, preference, relationships, and the way they interact with emotional, physical, social, and spiritual life. [1]
- Sexual Health / STD and STI Education** – Instruction in HIV/AIDS education; and the recognition, prevention, and treatment of sexually transmitted diseases (STDs) and sexually transmitted infections (STIs). [1]
- Family Planning** – Instruction in family planning, contraception / birth control, miscarriages, abortion, and related topics. [1]
- Gender Identity and Expression** – Instruction involving gender identity, expression, transition, fluidity, pronouns and related topics other than instruction of gender as biological sex (male and female). [1]
- Interpersonal Violence** – Instruction in all types of violence (i.e. bullying, sexual harassment, sexual abuse, sexual assault, dating violence, domestic violence) that may occur in a variety of relationships (i.e. peer-to-peer, family, romantic, sexual). [1]
- Sexually Explicit Material** – Instruction on the topic of sexually explicit material (i.e. pornography) and/or the use of sexually explicit material in the course of providing instruction. [1]
- Controversial Educational Methods** – Instruction in any topic of sex education done through a culturally reflective and/or responsive method, trauma-informed, intersectional, and/or other controversial educational methods. [1]
- Human Anatomy, Physiology, and Puberty** – Instruction related to human development and anatomy, including reproductive systems, and their development through puberty. [1]

Health Screenings, Vaccinations/Immunizations, and Related Services

- Immunization** - Submission to any and all vaccinations. [2]
- Hearing** - Participation in hearing testing and screening, or submission of statement of examination. [3]
- Vision** - Participation in vision testing and screening, or submission of statement of examination. [4]
- Growth & Development** (Height & Weight) Participation in testing or submitting measurements. [5]
- Scoliosis** - Participation in Scoliosis/posture screening, or submission of statement of examination. [5]
- Dental Health** - Participation in dental health screening, examination, or submission of statement of examination. [6]

Mental Health, Identity, and Related Topics

- Mental Health Screening** – Participation in any sort of mental health screening, survey, or examination. [7]
- Mental or Behavioral Health Engagement** – Engagement in any mental or behavioral health and wellness discussions or meetings with a counselor, social worker, or other medical professional without my prior written authorization. [8]
- Gender and Sexuality** - Participation in any instruction, activity, or discussion related to my child’s gender identity, gender expression, gender dysphoria, or sexuality or that of any family member. [9]

Controversial Standards, Curriculum, Materials, and Instruction

- Optional 2021 Social Sciences Standards** - The entirety of instruction in Social Sciences targeted to standards added and/or revised in the optional 2021 release by the Oregon Department of Education. Without my prior written authorization, my child is to be instructed and assessed using the official 2018 Social Sciences standards. [10]
- Racist / Discriminatory Instruction** - Participation in any instruction, activity, discussion, or assessment that uses the lens of Critical Race Theory, Critical Theory, and related subjects. Includes but is not limited to: White fragility, guilt, privilege, and supremacy; Whiteness as property; intersectionality; anti-racism; decolonization; Social / Racial Justice; endemic racism; interest convergence; standpoint theory; critique of liberalism; and counter-narratives. [10]
- Social-Emotional Learning** - Participation in any instruction, activity, discussion, or assessment involving social-emotional learning without my prior written authorization. [11]

Student Engagement: Student Groups, Surveys & Data, and Research Studies

- Student Groups** - Presentation of or participation in any extracurricular student groups without my prior written authorization. [12]
- Affinity Groups** - Participation in any Affinity, Allyship, or similar groups that are organized around a particular identity or characteristic (i.e. race, skin color, sexual preference, etc.) without my prior written authorization. [12]
- Surveys & Data** - Participation in any survey, analysis, or evaluation (i.e. SEED, Student Health Survey) or similar method of data collection; and the collection, disclosure, or use of personal information collected for marketing purposes without my prior written authorization. [5,13]
- Research Studies** - Participation in any research study, whether conducted by district staff, students, guests, contractors, consultants, or other 3rd parties, without my prior written authorization. This includes the release and/or use of identifiable or anonymized data regarding my child. [5]

This shall be considered continuing written notice that my child will not be enrolled in any classes or receive any instructions in the selected areas without my prior written authorization. I am requesting alternative academic instruction for my child for any instruction related to my opt-out selections. [14]

Keep this signed, written notice on file in my child’s cumulative folder. This notice supersedes all prior Opt-Out notices.

Child’s Name _____ Grade Level _____ Date _____

Parent/Guardian’s Name(s) _____

Parent/Guardian’s Signature(s) _____

Information for School Staff

These are the relevant Oregon Administrative Rules (OAR), Oregon Revised Statutes (ORS), and Federal Laws noted in the above form. They provide additional context and support regarding specific opt-outs.

- 1) OAR 581-021-0009, OAR 581-022-1440(5), ORS 336.035(2), ORS 336.465
- 2) Because of religious or philosophical convictions or other objections. ORS 433.267, OAR 333-050-0100(19)
- 3) Because it violates my personal religious beliefs ORS 433.321(7)
- 4) Because it violates my or my child's personal religious beliefs OAR 581-021-0031, ORS 336.211(3)
- 5) Family Educational and Privacy Rights, 20 U.S.C. § 1232g; Protection of Pupil Rights Amendment (PPRA), 20 U.S.C. § 1232h; ORS 336.184, OAR 581-021-0265.
- 6) Because it violates my or my child's personal religious beliefs OAR 581-021-0017, ORS 336.213(3), ORS 336.214
- 7) ORS 336.216
- 8) Whether related to any disciplinary action (ORS 339.240, ORS 339.250) or for any other purpose (ORS 336.216)
- 9) U.S. Constitution First Amendment.
- 10) Oregon State Standards and the district adopted, supplementary, and teacher provided curriculum and related educational resources that include or promote these concepts are in direct conflict with OAR 581-021-0009, OAR 581-021-0045, OAR 581-021-0046, ORS 336.082, ORS 336.086, and ORS 337.260, U.S. Constitution First Amendment. Therefore, I do not want my child to participate in any related instruction, activity, or discussion.
- 11) Including but not limited to SEL strategies using the CASEL Framework and the more recent Transformative SEL.
- 12) OAR 581-021-0050; OAR 581-021-0055; ORS 339.880; ORS 339.885; Equal Access Act, 20 U.S.C. §§ 4071-4074
- 13) SEED is the Student Educational Equity Development Survey
- 14) Freedom from harassment, suspension, or expulsion: It is understood that according to ORS 336.465, refusal to take part or participate in any class, course, survey, assembly, or school-sponsored activity on human sexuality or HIV/AIDS shall not be reason for harassment, suspension, or expulsion of a student.

For any question or clarification needed about the selections indicated for the specified child, please contact the parent(s)/guardian(s) indicated on the form.

For any questions or issues specific to the unpopulated form itself (i.e. rules, statutes, or laws cited for a particular item) please contact Save Oregon Schools through our website at [SaveOregonSchools.org](https://www.saveoregonschools.org).

For school office / staff use: