# Alabama Parent and Student Opt-Out (In) Notice

Please take notice that my child is to be excused and exempted from the following school instruction, programs, and/or activities or I am choosing to allow the below services and instruction as conditioned on my religious beliefs. This opt-out or opt-in applies to all checked boxes below:

* **Disease Education –** Pursuant to Ala. Code § 16-41-6, this serves as notice that the teaching of diseases, drug prevention, and treatment of such violates my religious beliefs, or the beliefs of my church, and I am exercising my statutory right to exempt my children from drug and disease prevention education, and all related instructional materials and information.
* **Sex Education** – Pursuant to Ala. Code § 16-40A-2, this serves as notice that I wish to view prior to use in the classroom all educational materials and standards related to sex education.
* **Private Information** – Pursuant to 20 U.S.C. § 1232h, absent my written consent, none of the following may be undertaken regarding my child. The administration of any survey, analysis or evaluation that reveals: (1) political affiliations or beliefs of my child or me, (2) mental or psychological problems of my child or his or her family, (3) sexual behavior or attitudes, (4) illegal, anti-social, self-incriminating, or demeaning behavior, (5) critical appraisals of other individuals with whom respondents have close family relationships, (6) legally recognized privileged or analogous relationships, such as those of lawyers, physicians, and ministers, (7) religious practices, affiliations, or beliefs of my child or me, or (8) income (other than required by law to determine eligibility for participation in a program or for receiving financial assistance under such program).
* **Yoga Instruction** – I elect to opt my student out of yoga instruction per Ala. Code § 16-40-11, even with the religious components removed and wish for them to receive alternative physical education such as Pilates, stretching, or another low-intensity active strengthening and stretching activity, or another physical activity.
* **Immunization** – Pursuant to Ala. Code § 16-30-3, my child is to be exempted from immunization on the following grounds:

[ ] Medical Exemption. I am attaching a note of certification from a competent medical professional that explains why the immunization schedule is not appropriate for my child and he/she must be exempted from the schedule.

[ ] Religious Exemption. I am exempting my child from the immunization schedule because vaccination in general or certain vaccines conflict with my religious beliefs.

* **Mental Health Services –** Pursuant to Ala. Code § 16-22-16.2 I am as parent of the student named below choosing to ***opt-in*** to mental health services for my child. Specifically, I am allowing mental health services related to the following topics and refusing mental health services related to gender identity, sexuality, or LGBTQ ideology from any school official.

* **Learning Material Which Questions Moral or Religious Beliefs -** As the parent or legal guardian, the instruction identified below substantially interferes with the religious development of my child and conflicts with our family’s religious training​ and beliefs and/or moral convictions. (See *Mahmoud v. Taylor*, 606 U. S. 17, 25 (2025). Therefore, I request that my child be excused from receiving instruction​ as follows:
1. instruction or other learning materials that positively promotes sexual lifestyles other than is found between the marriage of one man and one woman;
2. instruction or other learning materials that positively promotes gender identity​ differing from biological sex.
* **Other requests based on sincerely held religious beliefs of the student or parent(s) of the student according to Ala. Code § 16-1-20.5, the Alabama Student Religious Liberties Act of 2015, which reaffirmed the religious liberties of students and parents and the Alabama Religious Freedom Amendment, Ala. Const. Art. I, § 3.01:**

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

Student’s Name Grade Level Date Parent/Guardian’s Name(s) Parent/Guardian’s Signature(s) Parent/Guardian’s Residential Address

Parent/Guardian’s Email Address

Daytime/Evening Phone Number(s)

School Name School District Received By (Print Name) Received By (Signature) Date Received

# Instructions and Information on Using the Alabama Parent and Student Opt-Out (In) Notice

**What to Do**

Note: These instructions are designed to assist you as a parent in completing the foregoing notice. These instructions should not be given to the school. Please note that pursuant to Ala. Code § 16-1-11.2 you as the parent have the right in Alabama to educate your child as you best see fit whether that is through a public school, private school, home school, or another type of educational arrangement.

1. Make copies and share this Alabama Parent and Student Opt-Out Notice with other parents.
2. This notice allows you to check each box that applies to your concerns. You can check all of the boxes, only one box, or a few boxes, depending on your particular beliefs.
3. Make two copies of the completed notice. Then, sign and date each copy in ink.
4. Send the Opt-Out Notice to the school Principal by Certified Mail, email, fax, or any other method whereby delivery can be confirmed. You do not need nor are you asking for “agreement” or “authorization.” You only need proof that you delivered the Opt-Out Notice to the school.
5. Keep one copy (with the proof of receipt) for your family and ask that the school keep a copy in your child’s school records (the cumulative file). Keep a signed copy for yourself.
6. Educate your children to report to you attempts to compel them to participate in classes or activities for which you have requested them to be opted-out.
7. Resubmit a copy of this Opt-Out Notice for each child when you enroll them for the next school year.

Pacific Justice Institute at [www.pacificjustice.org](http://www.pacificjustice.org)