

**Parent's Exemption Form Prior to Mental Health and Psychological Screening or Counseling  
Subsequent to Illinois Implementing Senate Bill 1560**

To: Superintendent of Schools of \_\_\_\_\_ (district)  
and Principal \_\_\_\_\_ at \_\_\_\_\_ (name of school)

From: The Parents of \_\_\_\_\_

This letter provided by parental rights advocacy organization Awake Illinois serves to provide notice that absent (without) our/my written consent, our/my child may not be subject to any form of mental health, psychological, social services or counseling screening, surveys, or tests.

I/we formally exempt my/our child from all mental or social service programs and screening, whether directly by the school or through an affiliated resource, such as a non government organization, volunteer, and/or contracted screener. Concerns by school staff relating to our/my child's purported mental health, are to be brought to us/me for our/my attention and assessment. School staffs are not to take it upon themselves to obtain a diagnosis or to provide mental health treatment, analysis, referral or labeling of any nature. Assessment and testing are to center on academics and physical fitness only. The informed consent requirement encompasses, but is not necessarily limited to, the following activities:

1. School-based counseling related to mental health.
2. Behavioral, mental health, depression/suicide or psychological/behavioral screenings of any nature and/or diagnostic instruments (i.e., TeenScreen, Panorama Surveys, screenings pertaining to anger or peer relationships, sexual activity or orientation).
3. Group or family counseling.

This is not a complaint against the school. Rather, it is an exercise of parental rights protected by the 14th amendment to the U.S. Constitution.

Thank you for your cooperation. For clarity and mutual protection, a copy of this letter is retained by my/our attorney and/or relevant civil rights organizations. This notice remains in effect until revoked in writing by me/us and applies throughout my/our child's progression in this school district. It will be resubmitted annually for record-keeping.

This notice applies until and unless revoked in writing by us/me, and it is to follow our/my child through progressive levels of school in this jurisdiction, district or county. It will be submitted each school year for continued record keeping.

\_\_\_\_\_  
Printed Name of Parent(s) or Guardian of Student

\_\_\_\_\_  
Dated

\_\_\_\_\_  
Signature of Parent(s) or Guardian of Student

\_\_\_\_\_  
Printed Name of Parent(s) or Guardian of Student

\_\_\_\_\_  
Dated

\_\_\_\_\_  
Signature of Parent(s) or Guardian of Student



## Human Sexuality Instruction Parental Non-Consent Form

For the \_\_\_\_\_ School Year

I, \_\_\_\_\_, as parent and/or legal guardian of \_\_\_\_\_, a minor child, hereby exercise my right under the U.S. Constitution and the Constitution and laws of the State of \_\_\_\_\_, to direct the upbringing and education of my minor child, and hereby place school administrators on notice of the following:

1. I DO NOT CONSENT to my child's participation in any instruction or discussion on human sexuality which is derived in whole or in part from; contains information from; or references to the following sources:
  - A. [National Sexuality Education Standards](#)
  - B. [Future of Sex Education \(FoSE\) Initiative](#)
  - C. [Sex, Etc.](#)
  - D. [Advocates for Youth](#)
  - E. [Answer](#)
  - F. [SIECUS \(Sexuality Information and Education Council of the U.S.\)](#)
  - G. [Planned Parenthood](#)
  - H. [The Kinsey Institute](#)
  - I. [GLSEN \(Gay Lesbian Straight Education Network\)](#)
  - J. [Gay Straight Alliance](#)
  
2. I DO NOT CONSENT to my child being given instruction or information on, or being subjected to discussion of any aspect of human sexuality, including the following:
  - A. Abortion;
  - B. Birth Control/Contraceptives;
  - C. Sexual activity of any kind whatsoever, including, but not limited to, vaginal, oral or anal sex;
  - D. Sexual orientation, including, but not limited to any variant of homosexuality, including but not limited to, lesbian, gay, bisexual, queer, or questioning identities;
  - E. Transgenderism or gender identity, including, but not limited to, gender as social construct; gender binary; gender spectrum; gender reassignment surgery, gender dysphoria, false gender pronouns, gender expression, or cross-sex hormones;
  - F. Any referral of my child to a counselor, medical professional, social worker, within or outside the school for purposes of discussing sexuality, or any of the topics listed herein;

- G. Any written material of; reference to; or referral to an outside agency, group, individual or organization relating to sexuality (including, but not limited to those listed in Section 1).
- H. Any reference to or participation in a personal analysis, evaluation or survey that reveals or attempts to affect my child’s attitudes, habits, traits, opinions, beliefs or feelings concerning: political affiliations; religious beliefs or practices; mental or psychological conditions; sexual behavior or attitudes; sexual activity; sexual orientation; gender identity; or illegal, antisocial, self-incriminating or demeaning behavior;
- I. Any advertisement of or participation in any group, organization, club, entity or activity that discusses or addresses sexual activity, sexual orientation or gender identity, under the guise of “bullying” or other rationale;
- J. Any additional instruction and discussion, including but not limited to: classroom teachers, school staff, third-party providers, YouTube or other videos, films, livestreaming, other audio-visual methods, textbooks, workbooks, or handout material, including any entity listed under Section 1 or any topic listed under Section 2. I am requesting alternative academic instruction for my child during the same period that any instruction on any aspect of human sexuality is provided.

I request that my child be given alternative instruction during the time that these materials and subjects are being presented.

I hereby request that this notification be placed in my child’s permanent file and be provided to all people offering instruction to my child during the school year. Any instruction contrary to this notice will be the subject of further action to protect my child.

\_\_\_\_\_  
 Parent and/or Legal Guardian  
 Printed Name

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Parent and/or Legal Guardian  
 Signature

\_\_\_\_\_  
 Minor Child  
 Printed Name

Received by: \_\_\_\_\_

Date: \_\_\_\_\_

## **PARENTAL RIGHTS LETTER TO SCHOOL TEMPLATE, March 2026**

*Copy/Paste this template to send to your K-12 school via email **and** certified mail for a record.  
CC the school board, your district superintendent (if not the primary recipient),  
and perhaps your Illinois state representative or senator.*

*Attach the Supreme Court opinion PDF or the Thomas More Society summary for reference.*

*Illinois-specific note: Some districts follow ISBE non-regulatory guidance or local procedures that prioritize student privacy in gender-related matters. This template highlights the federal constitutional precedent to encourage alignment with parental rights.*

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**Subject:** Important Notification: U.S. Supreme Court Ruling on Parental Rights in Schools – Mirabelli v. Bonta (March 2, 2026) – Implications for Illinois Public Schools

**Dear [Principal’s Name / Superintendent’s Name / School Board Members],**

I am writing as a parent of [child’s full name], who is in [grade] at [school name] in the [school district name] School District.

I wanted to inform you of a landmark U.S. Supreme Court decision issued today that directly addresses parental rights and school policies regarding students’ gender identity and social transitions.

In *Mirabelli v. Bonta*, the Supreme Court ruled 6-3 (per curiam) that policies requiring schools to secretly facilitate children’s gender transitions—without notifying parents and often by using different names and pronouns behind parents’ backs—likely violate the U.S. Constitution. Specifically, the Court held that these policies infringe on parents’ rights under the Free Exercise Clause of the First Amendment and the Due Process Clause of the Fourteenth Amendment.

Key language from the opinion includes:

*“California’s policies...cut out the primary protectors of children’s best interests: their parents.”*

The ruling reinstates a class-wide injunction protecting parents statewide in California and sets a clear nationwide precedent. It reaffirms that parents—not schools or the state—hold the fundamental right to direct the upbringing, education, and mental-health decisions of their children, including decisions involving gender identity and social transitioning at school.

**Full details and opinion:**

- [Thomas More Society announcement \(lead counsel\): https://www.thomasmoresociety.org/news/u-s-supreme-court-delivers-historic-groundbreaking-victory-for-parental-rights-dismantles-californias-secret-gender-transition-regime](https://www.thomasmoresociety.org/news/u-s-supreme-court-delivers-historic-groundbreaking-victory-for-parental-rights-dismantles-californias-secret-gender-transition-regime)
- [Official Supreme Court opinion \(25A810\): https://www.supremecourt.gov/opinions/25pdf/25a810\\_b97d.pdf](https://www.supremecourt.gov/opinions/25pdf/25a810_b97d.pdf)

While the case originated in California, the constitutional principles it upholds apply nationwide, including in Illinois. Illinois schools operate under federal constitutional requirements, and some districts (including guidance from the Illinois State Board of Education and policies in places like Chicago Public Schools) have procedures that emphasize student privacy regarding gender identity, which can limit or condition parental involvement unless the student consents or parents are already aware.

The Supreme Court's decision strengthens the expectation of parental transparency and involvement in such significant matters affecting a child's well-being.

In light of this historic ruling, I respectfully ask that you and the [school district name] review all relevant policies—including those related to gender support plans, name/pronoun use, facility access, and confidentiality—to ensure full compliance with these constitutional protections. Parents across the country, including in Illinois, now have strong Supreme Court backing for the expectation of transparency and the right to be informed about matters involving their child's expressed gender identity or social transitioning at school.

I would appreciate a written response confirming:

1. That [school/district] does not maintain, and will not enforce, any policy, procedure, or practice that withholds information from parents about a student's expressed gender identity, requested name or pronoun changes, social transitioning, or related accommodations at school without parental knowledge or involvement.
2. That staff will promptly notify parents of any such matters involving their own child.
3. A copy of the current policies, administrative procedures, or guidance on student gender identity, social transitioning, gender support plans, parental notification/involvement, and confidentiality.

Thank you for your attention to this critical issue and for your ongoing partnership with families in supporting the well-being of all students. I look forward to your prompt reply within 10 business days and remain available to discuss this further.

Sincerely,

**[Your full name]**

**[Your phone number]**

**[Your email address]**

**Parent of [child's name], [grade] at [school name]**

## PARENTAL OPT-OUT FORM

I, \_\_\_\_\_, as parent and/or legal guardian of \_\_\_\_\_, a minor child, hereby exercise my right under the US Constitution and laws of the State of \_\_\_\_\_, to direct the upbringing and education of my minor child, as follows:

1. **I DO NOT CONSENT** to my child's participation in any opinion survey, personal analysis, evaluation, questionnaire or any other form of data collection that reveals or attempts to affect, or references or relates in any way to my child's attitudes, habits, traits, opinions, beliefs or feelings concerning: curriculum, political affiliations, religious beliefs or practices; mental or psychological conditions; sexual behavior or attitudes, sexual activity, sexual orientation; gender identity; or illegal, antisocial, self-incriminating or demeaning behavior. For the avoidance of doubt, my child is not allowed or permitted to partake in any survey, including curriculum centric and/or opinion in nature, without parental written consent.

Parent and/or Legal Guardian

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

School Administrator

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

