

## **Family Life Education Health I**

### **ACPS Family Life Education - School Board Statement**

The Albemarle County School Board wishes to state to its students, parents, faculty and administration that abstinence is the safest choice with regard to alcohol, drugs, or premarital sex. No other choice provides better protection to the social, moral, psychological and biological development of our children. We wish to make it clear that that is our standard.

The Board also advocates parent involvement in every phase of the curriculum teaching. Parents are, in the end, those to whom we are responsible. They must assist our schools in the proper development of our children.

This Board recognizes that no school program can answer the needs of all parents and students. Therefore, it reminds parents and students that, if in their judgment, this curriculum differs from their personal beliefs, they can choose not to have their children participate. This Board assures them students will gain no stigma for that choice.

Finally, the Board acknowledges that the teaching of Family Life Curriculum is one of the most important duties that the school system assumes in the place of the parents. Our teachers will present this curriculum to our students with the utmost professionalism and respect for its content and sensitivity.

### **ACPS Family Life Education - Goals**

The goals of the Family Life Curriculum are to develop skills, to promote parent/child discussion and to impart accurate information concerning:

1. Family living and community relationships;
2. The value of abstaining from sexual activity until marriage;
3. Human sexuality;
4. Human reproduction and contraception;
5. The etiology, prevention, and effects of sexually transmitted diseases;
6. Stress management and resistance to peer pressure;
7. Development of positive self-concepts and respect for others, including people of other races, religions, or origins;
8. Parenting skills;
9. The prevention of substance abuse; and,
10. The prevention of child abuse.

### **ACPS Family Life Education - Value Statement**

The following values have been identified by the Albemarle County Community Involvement Team, Family Life Curriculum Committee, as the core values that should be developed in the classroom by teachers.

The Albemarle County Family Life Education Curriculum should encompass the following values:

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| 1. Self-esteem/Self-respect | 2. Justice   |
| 3. Temperance/Self-control  | 4. Virtue  |
| 5. Honesty/Integrity        | 6. Industry  |
| 7. Fairness                 | 8. Responsibility  |
| 9. Loyalty                  | 10. Love of Country  |
| 11. Concern for others      | 12. Respect for dignity, worth, rights & freedoms of all persons |

### **FLE Learning Objectives: HEALTH I**

The following objectives are included in the Family Life Education (FLE) curriculum for **Health I** students:

- 9.1 The student will be able to explain the process of reproduction.
- 9.2 The student will examine methods of contraception.
- 9.3 The student will explain the most common bacterial, viral, and parasitic Sexually Transmitted Infections (STIs), including HIV/AIDS.
- 9.4 The student will identify sexual abstinence as the safest choice for adolescents and identify appropriate methods for expressing feelings and affection.
- 9.5 The student will demonstrate understanding of specific health issues, including the ability to conduct self-examination.
- 9.6 The student will identify ways of preventing and/or coping with various types of violence.
- 9.7 The student will recognize the development of sexuality as an aspect of the total personality.
- 9.8 The student will compile a list of community agencies and resources available to assist individuals and families.

### Parental Review of FLE Curriculum

In accordance with the Code of Virginia for Family Life Education (Code 22.1-207.2), parents and guardians have the right to review the family life education program offered by their school division, including written and audio-visual educational materials used in the program. Parents and guardians also have the right to excuse their child from all or part of family life education instruction.

A complete copy of all printed materials and a description of all audio-visual materials shall be kept in the school library or office and made available for review during school office hours before and during the school year. The audio-visual materials shall be made available for review, upon request, on the same basis as the printed materials are made available. Parents and guardians are encouraged to make arrangements through their child's school to review Family Life Education (FLE) materials.

### Parental Involvement

The Albemarle County School Board bases its belief that parental involvement is essential to the success of the FLE program on the following rationale:

- Parents are responsible for the care and guidance of children.
- Children need parents' time and attention.
- Parents can help guide their children by explaining their values and by exploring future goals for their children.
- Communication between parents and children is vital.
- Children and youth function best when there is clear and cooperative communication between home and school.

### FLE Goals for Students in Special Education Classes

FLE goals for students in special education classes are the same as for students in general education; however, instruction involves a cooperative effort between special education and FLE teachers. Using the Individualized Education Program (IEP) process, the FLE curriculum can and should be modified and adapted to meet the individual needs of the student. FLE goals and objectives for students enrolled in special education classes are written in students' IEPs. Parents are encouraged to contact their child's teacher with any questions.

### Opt-Out Option

In accordance with the Virginia Board of Education Guidelines for Family Life Education (FLE), an "opt-out" procedure shall be provided to ensure communication with the parent or guardian for permission for students to be excused from all or part of the program. This option is available to parents and guardians at any time during the school year before the child's FLE program starts. The alternatives for a student opting out of FLE are as follows:

**Alternative A:** The student may complete a non-family life oriented unit of health study with requirements that are mutually agreed upon by the parent and the FLE teacher.

**Alternative B:** A student in grades 6-10 may participate in a family life oriented unit of health study with requirements that are mutually agreed upon by the parent and the FLE teacher.

In either case, the work completed will be assessed in a manner that is consistent with the normal practice in the school. Any alternative selected must be designed for the student to work independently. Parents or guardians wishing to remove their child from any or all portions of the FLE program should complete the "Opt-Out Form" on the opposite side of this page. Parents should contact their child's teacher or school principal with any questions.

**Questions?**

If, after reviewing this brochure, you have any questions or need additional information about the FLE program, please contact your child's teacher or school principal.



**OPT-OUT FORM**

If you wish to opt-out of the Albemarle County Public Schools Family Life Education (FLE) program, please indicate your choice below by filling out all necessary information.

**Select one of the following opt-out choices:**

Please **circle one choice** below:

**CHOICE 1**

I wish to remove my child from **ALL** of the Albemarle County Public Schools Family Life Education (FLE) program.

**OR**

**CHOICE 2**

I wish to remove my child from **Part(s)** of the Albemarle County Public Schools Family Life Education (FLE) program. If you selected CHOICE 2, please **WRITE** below to indicate the learning objective(s) from which you wish to remove your child:

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Student's Full Name \_\_\_\_\_

Date \_\_\_\_\_

Students' Classroom Teacher \_\_\_\_\_

Grade \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent/ Guardian's Signature \_\_\_\_\_

Your child's teacher will be in touch with you shortly to work out alternatives for your child's opt-out plan.