

**Family Life Education
K - 3rd Grade**

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: KINDERGARTEN through THIRD GRADE

The following objectives are included in the Family Life Education (FLE) curriculum for **K through 3rd** students:

- K.1 The student will recognize that everyone is a member of a family and identify members of their individual families.
 - K.2 The student will develop socialization skills.
 - K.3 The student will experience success and positive feelings about self.
 - K.4 The student will experience respect from and for others.
 - K.5 The student will identify an awareness of positive ways in which family members show love, affection, respect and appreciation for each other.
 - K.6 The student will describe how to find help safely if lost.
 - K.7 The student will identify "feeling good" and "feeling bad."
 - K.8 The student will recognize the elements of good (positive or healthy) and bad (negative or unhealthy) touches by others.
 - K.9 The student will demonstrate how to say "no" to inappropriate approaches from family members, neighbors, strangers, and others.
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- 1.1 The student will describe a community as people living and working together and will describe family members' responsibilities in their community.
 - 1.2 The student will become aware of appropriate behavior to use in dealing with his or her feelings.
 - 1.3 The student will describe how an individual's behavior can affect others.
 - 1.4 The student will identify physical affection as an expression of friendship, celebration, and a loving family.
 - 1.5 The student will identify strategies to respond to inappropriate approaches from family members, neighbors, strangers, and others.
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- 2.1 The student will identify adults, other than parent or guardian, who provide care and support for children.
 - 2.2 The student will recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.
 - 2.3 The student will become aware of the need to take responsibility for the effects of his or her behavior on others.
 - 2.4 The student will demonstrate appropriate ways of dealing with feelings.
 - 2.5 The student will identify physical affection as an expression of friendship, celebration, and a loving family.
 - 2.6 The student will identify inappropriate approaches from family members, neighbors, strangers and others. Students will identify trusted adults to go to for help and how to say no.
 - 2.7 The student will identify how various media sources can be inappropriate and how commercials use our emotions to make us want products.
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- 3.1 The student will identify positive personal characteristics and attributes.
- 3.2 The student will identify emotions that may result from changes in family life and changing relationships with friends.
- 3.3 The student will describe qualities that help gain and sustain friendships.
- 3.4 The student will demonstrate skills needed to work and play successfully in a classroom and school community.
- 3.5 The student will identify ways that feelings are expressed and identify effective strategies for managing emotions.
- 3.6 The student will demonstrate how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, or others.
- 3.7 The student will identify that all humans grow and develop in a sequence and that developmental rates and patterns will vary with each individual.

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:

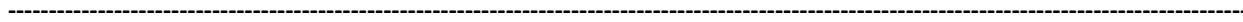
Alternative A: The student may complete a non-family life oriented unit of health study with requirements that are mutually agreed upon by the parent and the FLE teacher.

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:

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.