

Dear Parent/Guardian of 9th & 10th grade students:

Below is a copy of the 9th & 10th grade Family Life Curriculum, SOLs, and lesson plans. Following the Code of Virginia 22.1-207.1 & 22.1-207.1:1 the school nurse will be teaching Family Life this year. A list of videos to be used are included below and can be accessed through Youtube for review. A parent/guardian may make an appointment with the school nurse at any time to review google slides that will be used to teach students and discuss lessons planned. If needed, a google meet video chat can be set up with the school nurse to review slides and discuss lessons.

For the first 4 lessons of Family Life in 9th grade the students will be divided by gender. Both classes will receive the same information. On the last day of Family Life in 9th grade the class will be taught co-ed. In 10th grade all lessons are co-ed. The decision for male/female separate classes in 9th grade is based on experience demonstrating that 9th graders' maturity level allows for more productive conversation when the students are separated in the beginning. The primary health & PE teacher or another adult will be present with the school nurse during all classes.

A parent may choose to opt their student out of a specific lesson or may opt them out of family life completely. An email must be sent to ngalarza@args.us (school nurse) & rbarefoot@args.us (health & PE teacher). If you do not receive a response to your email confirming your decision to opt your student out of family life, please call the school to confirm that your email was received. If you opt your student out of family life an alternative lesson will be provided by their health & PE teacher. All opt-outs must be received no later than Friday, **Mar 10, 2023** .

If you have any questions or concerns about materials being used or topics being discussed during Family Life please contact Natalie Galarza, RN, School Nurse via email at ngalarza@args.us or via phone at 804-722-0200 ext 107. You may reach out to the school's administrators.

Each lesson includes a parent/student section where discussion at home is encouraged of the topics taught in class. The parent/guardian is always the students first and most important teacher. Classes for the 2022-2023 school year will begin in the month of March and continue until all lessons have been completed. Due to the school nurse's primary responsibility being to the clinic some lessons may take more than one day to complete.

Thank you and be well,
Nurse Natalie Galarza, RN, BSN

Family Life Curriculum 9th grade

Lesson 1 (DAY 1)

Human Sexuality/ Growth and Development

For this lesson students are separated into a group that identifies as male and a group that identifies as female. Both groups will receive the same lesson. Material is presented by the school nurse.

Standard of Learning Objective:

9.1- The student will understand the human growth and development cycle.

9.3 - The student will recognize the development of sexuality as an aspect of the total personality.

9.9- The student will demonstrate understanding of specific health issues, including the ability to conduct self examinations.

Lesson Summary:

Students will review the structure and function of the reproductive systems for males and females. Students will be made aware of risk factors for health concerns, signs and symptoms that may suggest that further medical follow up is needed and the importance of letting an adult know if they notice any changes to their normal. Students will learn the importance of self exams and other preventative health care and at what age they should ask their doctor about certain exams. Specific topics to be discussed include: testicular torsion, inguinal hernia, circumcision, prostate cancer, testicular cancer, erectile dysfunction, nocturnal penile tumescence, menstrual cycle, cervical cancer, pap smear, human papillomavirus, yeast infections, breast cancer, endometriosis, polycystic ovary syndrome, causes of reproductive system damage to include trauma/disease, STDs, drugs/alcohol, steroids, radiation.

Resources:

Centers for Disease Control

American Academy of Obstetrics and Gynecology

American Academy of Pediatrics

Healthypeople.gov

Merckvaccines.com

National Institutes of Health

Planned Parenthood

Teenshealth.org

Womenshealth.gov

Videos:

[Anatomy: Assigned sex at birth \(female\), Youtube, Amaze.org, November 8, 2018](#)

[Anatomy: Assigned sex at birth \(male\), Youtube, Amaze.org, November 22, 2018](#)

[Self Exam for testicular cancer, Youtube, Lee Health, July 22, 2014](#)

[How to perform a breast self exam, Youtube, City of Hope, October 5, 2017](#)

Parent/Student: Parents are encouraged to have an open discussion on self exams and preventative health care with their student, to include if possible a review of family history of reproductive health diseases and possible family risk factors.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 9th grade

Lesson 2 (Day 2-3)

Human Sexuality/ Human Reproduction/ Fetal development/ Contraception/ Value of postponing sexual activity/ Preventing Teen Pregnancy

For this lesson students are separated into a group that identifies as male and a group that identifies as female. Both groups will receive the same lesson. Material is presented by the school nurse.

Standard of Learning Objective:

9.4 The student will review and apply the decision making process.

9.6 The student will realize the importance of setting standards for controlling sexual behavior and the benefits of postponing sexual relations.

9.8 The student will relate specific information on substance use and misuse to each stage of the life cycle.

9.9 The student will be able to explain the process of reproduction.

9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.

Lesson Summary:

The student will review the process of reproduction and fetal development. Discussion will include prenatal care, labor and delivery. The student will recognize the benefits of family planning. The student will review the methods of contraception with an emphasis on abstinence being the only method of contraception that is 100% effective. A review of all contraceptive methods currently available with potential side effects will be discussed. Discussion will include ineffective methods and myths about pregnancy & prevention. Options available to someone who experiences an unplanned pregnancy including a review of spontaneous abortion/misscarriage and risks related to induce abortion are analyzed. There will be an opportunity for students to identify long term goals and how an unplanned pregnancy might affect those goals. There will be an opportunity for students to review the decision making process of hard conversations such as the importance of talking to your partner about your decision to participate in or not participate in sexual activities. The importance of speaking with a trusted adult in your life such as a parent about your sexual decisions and how those conversations can help reduce your risk for unplanned pregnancies and infections.

Resources:

Centers for Disease Control

Planned Parenthood

Kidshealth.org

National Institutes of Health

Womenshealth.org

Virginia Department of Health

Videos:

[Big Status Update, Youtube, Talking Sex Together, April 30, 2014](#)

[Straight Talk: Teen Mom, InSearchOfMe Cafe, December 14, 2011](#)

Parent/Student: Students are encouraged to interview a grown up in their life about their pregnancy and birth experience. Parents/guardians are encouraged to to share their values/feelings regarding contraception and the consequences of a teen pregnancy.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 9th grade

Lesson 3 (Day 4)

Sexual Assault/Laws / Healthy Relationships

For this lesson students are separated into a group that identifies as male and a group that identifies as female. Both groups will receive the same lesson. Material is presented by the school nurse.

Standard of Learning Objective:

9.5 - The student will review the nature and purpose of dating

9.7- The student will interpret the effects and prevention of sexual assault, rape, date rape, incestuous behavior, molestation, human trafficking, and sexual harrassment using electronic means.

Lesson Summary: (parents/students should assess a students ability to participate in this discussion as related to past history to avoid any potential trauma triggers: reach out to school counselor or nurse as needed)

School counselors will be available if this discussion triggers any student.

Students will review myths related to sexual assault, discuss the prevalence of sexual assault and the reason why some people fear reporting assault/abuse. Students will understand consent, and how not to sexually assault someone. Students will be aware that the age of consent may vary depending on the state/ country they live in and the importance of understanding the laws where you live. Students will be able to define Virginia Code for sexual assault, sexual battery, rape, carnal knowledge, sexual harrassment. Students will be able to define grooming, human trafficking, sexting, sextortion, indecent exposure. A discussion of the effects on, needs of, and resources for a sexual assault survivor will be reviewed. The students will look at risk factors for sexual assault and what a healthy relationship looks like. Students will be able to identify red flags and learn assertive skills that can help them reduce their risk for being in and recognize when they are in an unhealthy or abusive relationship and know where to go to for help.

Resources:

Virginia state sexual assault laws

www.rainn.org

National Child Abuse Hotline 1-800-4 A Child

National Sexual Assault Hotline 1-800-656-HOPE

YWCA Crisis Hotline 804-796-3066

VA Child Abuse and Neglect Hotline 1-800-522-7096

VA Family Violence & Sexual Assault Hotline 1-800-838-8283

Videos:

[I'm an assault survivor, but I'm not... Youtube, AS/is, November 3, 2015](#)

[The signs, Youtube, Digital Bodega, 2013](#)

Parent/ Student: Encouraged to to have an open discussion about internet safety and healthy relationships.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 9th grade

Lesson 4 (Day 5)

Sexually Transmitted Disease

For this lesson students are in a coed setting. Material is presented by the school nurse.

Standards of Learning:

9.11- Students will demonstrate knowledge of pregnancy prevention and disease control.

9.12- Students will explain the transmission and prevention of HIV.

Lesson Summary:

Students will review the 10 most common sexually transmitted infections. Students will be able to state how STI/STD are transmitted, common signs and symptoms, where a person can get tested, diagnosed and treated. A focus on responsibilities of a person who is sexually active and how they can help reduce their risk of spreading a sexually transmitted infection. Review what puts teens and young adults at higher risk of getting an STI. Emphasis on STI prevention through abstinence from sexual activity, abstinence from substance misuse, and reducing high risk behaviors.

Resources:

Virginia Department of Health

Centers for Disease Control

Planned Parenthood

Videos:

[How can I reduce my risk of getting a sexually transmitted disease?, Youtube, Academic Edge, September 30, 2010](#)

Parent/Student: Parents/ Guardians are encouraged to discuss their values/ feelings related to the use of vaccines to help prevent infections such as Hepatitis B and Human Papillomavirus.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 10th grade

Lesson 1 (Day 1-2)

Value of postponing sexually activity for the prevention of sexually transmitted disease

For this lesson students are in a coed setting. Material is presented by the school nurse.

Standards of Learning:

10.5- Students will recognize the benefits of abstaining from premarital sexual intercourse.

Lesson Summary:

Students will review a scenario looking at a teen relationship that leads to a STI infection and discuss who they think is responsible. The goal of the conversation is to focus on the responsibilities of each person who is sexually active and how they can help reduce their own risk of getting and/or spreading a sexually transmitted infection. Students will be able to verbalize the responsibilities of a person when they are aware that they have an infection, with a focus on facts and discussion on how shame and stigma delay access to care and increase spread of infections. Students will review groups at highest risk of getting an STI. Emphasis on STI prevention through abstinence from sexual activity, abstinence from substance misuse, and reducing high risk behaviors. Students will review the 10 most common sexually transmitted infections they will be assigned to a group to research one infection while in class using the Centers for Disease Control & the Virginia Department of Health as a source and they will develop a google slide presentation and present information to the class. The school nurse will add in details if any are missed in the student's presentations. Students will be able to state how STI/STD are transmitted, common signs and symptoms, where a person can get tested, diagnosed and treated.

Resources:

Virginia Department of Health
Centers for Disease Control
Planned Parenthood

Videos:

[How can I tell my partner?, Youtube, Academic Edge, September 24, 2010](#)

Parent/Student: Parents/ Guardians are encouraged to discuss their values/ feelings related to the use of condoms in preventing the transmission of sexually transmitted infections.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 10th grade

Lesson 2 (DAY3)

Review of reproductive anatomy/ Value of postponing sexual activity/ Family Planning & Contraception

For this lesson students are in a coed setting. Material is presented by the school nurse.

Standard of Learning Objective:

10.8 -The students will examine factors to be considered in life-goal planning.

10.9- The students will describe the signs and symptoms of pregnancy

10.10- The student will analyze factors associated with a healthy pregnancy.

10.13- The student will identify the stages of the birth process.

10.15- The student will describe adjustments to be made after the birth of a child.

Lesson Summary:

Students will review the structure and function of the reproductive systems for males and females. Students will be made aware of risk factors for health concerns, signs and symptoms that may suggest that further medical follow up is needed and the importance of letting an adult know if they notice any changes that don't seem normal. Students will review signs and symptoms of pregnancy, organs that support pregnancy, and the 3 trimesters of pregnancy. The importance of prenatal care will be discussed. Definition of family planning reviewed with a focus on abstinence being the only 100% guaranteed method of preventing pregnancy. Ineffective methods and options available to persons with an unplanned pregnancy are reviewed.

Resources:

Centers for Disease Control

American Academy of Obstetrics and Gynecology

American Academy of Pediatrics

Healthypeople.gov

Merckvaccines.com

National Institutes of Health

Planned Parenthood

Teenshealth.org

Womenshealth.gov

Videos:

[Fetal Development Month by Month, Youtube. How Possible. July 13,2017](#)

Parent/Student: Parents are encouraged to share their view on family planning with their students. Parents are encouraged to review options available to a person with an unplanned pregnancy and share with students their beliefs related to available options. Parents are encouraged to share their experiences with prenatal care with their students.

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.

Family Life Curriculum 10th grade

Lesson 3 (Day 4-5)

Sexual Assault Prevention / Healthy Relationships

For this lesson students are in a coed setting. Material is presented by the school nurse.

Standard of Learning Objective:

10.5- The student will recognize the need to abstain from premarital sexual intercourse.

10.6- The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affections.

10.7- The student will explain the factors to be considered in preparing for dating and marriage.

10.16- The student will compile a list of community agencies and resources available to assist individuals and families.

Lesson Summary: (parents/students should assess a student's ability to participate in this discussion as related to past history to avoid any potential trauma triggers: reach out to school counselor or nurse as needed) School counselors will be available if this discussion triggers any student. Students will review myths related to sexual assault, discuss the prevalence of sexual assault and the reason why some people fear reporting assault/abuse. Students will understand consent, and how not to sexually assault someone along with rape culture will be discussed. Students will be aware that the age of consent may vary depending on the state/ country they live in and the importance of understanding the laws where you live. Students will be able to define Virginia Code for sexual assault, sexual battery, rape, carnal knowledge, sexual harassment. Students will be able to define grooming, human trafficking, sexting, sextortion, indecent exposure. A discussion of the effects on, needs of, and resources for a sexual assault survivor will be reviewed. The students will look at risk factors for sexual assault and what a healthy relationship looks like. Students will be able to identify red flags and learn assertive skills that can help them reduce their risk for being in and recognize when they are in an unhealthy or abusive relationship and know where to go to for help. Students will review how alcohol affects the brain and the potential consequences of underage drinking and how alcohol increases the risk for sexual assault to occur. We will discuss the concept of CARE and bystander intervention in the prevention of sexual assault.

Resources:

Virginia state sexual assault laws

www.rainn.org

Videos:

[That's not Love, Youtube, Join One Love, October 12, 2015](#)

[Tea and Consent, Youtube, Thames Valley Police, November 16, 2015](#)

[Charlie Colman talks about rape, Youtube, Teen Vogue, April 20, 2017](#)

[Safer, Smarter Teens/ Lesson 6/ Human Trafficking, Youtube, Lauren's Kids, January 16, 2020](#)

[Underage Drinking, Dangers, And Consequences, Youtube, Harmony Square, September 26, 2019](#)

[Game On, Because stepping up should be everyone's game, Youtube, SafeBae, April 2, 2018](#)

Parent/ Student: Encouraged to have an open discussion about sexual assault and the idea of bystander intervention, and alcohol's role in increasing the risk of sexual assault occurring. .

Alternative Lesson: Students opting out of family life will be provided with an alternative lesson from their health & PE teacher.