

# Alexandria City Public Schools

## Family Life Education in 10<sup>th</sup> Grade

**Right to Review:** 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.

**Program Goals:** The APCS Family Life Education curriculum is designed to provide a comprehensive, sequential K-12 program that includes age-appropriate instruction in family living and community relationships. Instruction is designed to promote parental involvement, foster positive self-concepts and provide mechanisms for coping with peer pressure and the stresses of modern living according to the students' developmental stages and abilities.

**Program Sequence:** As directed by the Virginia Department of Education, the Family Life Education Curriculum for grades K-10<sup>th</sup> in ACPS includes instruction in the following content areas based on the [Standards of Learning](#):

1. Family living and community relationships;
2. The value of family relationships;
3. The value of postponing sexual activity;
4. Abstinence education;
5. The benefits, challenges, responsibilities, and the value of marriage for men, women, children, and communities;
6. Human sexuality;
7. Human reproduction;
8. The benefits of adoption as a positive choice in the event of an unintended pregnancy;
9. The etiology, prevention, and effects of sexually transmitted diseases;
10. The prevention of human trafficking;
11. Dating violence, which shall include a focus on informing high school students that consent is required before a sexual act, the characteristics of abusive relationships, steps to take to deter a sexual assault, the availability of counseling and legal resources, and, in the event of sexual assault, the importance of receiving immediate medical attention and advice, as well as the requirements of the law; and
12. Mental health education and awareness.

**Curriculum Strands:** The curriculum is built around three measurement topics, which are thematic strands and process standards which focus on enduring understandings and fundamental processes at the heart of the program.

1. Human Sexuality
2. Healthy Relationships
3. Consent

Transfer goals and performance assessments for each unit are aligned with these measurement topics.

**Curriculum At-a-Glance:** The following topics are addressed during the 10<sup>th</sup> grade FLE instruction

# 10th Grade Family Life Education

	<p><b><u>Unit 1: Human Sexuality</u></b></p> <p>During this unit, students will review the male and female reproductive systems, identify the stages of pregnancy, know the role of the Teen Wellness Center, discuss forms of birth control, learn about STDs, STIs, and pregnancy prevention.</p> <ol style="list-style-type: none"> <li><b>Lesson 1: Reproductive Anatomy</b> – Students will identify components of the female and male reproductive systems and discuss the stages of pregnancy.</li> <li><b>Lesson 2: Teen Wellness Center Presentation</b> – Students will identify ways in which the Teen Wellness Center can be utilized, name various birth control options, and understand ways to protect themselves from STDs, STIs, and unwanted pregnancy.</li> <li><b>Lesson 3: Safer Sex</b> – Students will demonstrate their understanding of birth control in relation to pregnancy and STD/STI prevention.</li> </ol>	<p><b>Standards of Learning:</b> 10.5, 10.9, 10.10, 10.13, 10.16</p>
	<p><b><u>Unit 2: Healthy Relationships</u></b></p> <p>During this unit, students will examine gender and sexuality, learn characteristics of healthy and unhealthy relationships, and discuss signs of sexual abuse and sex trafficking.</p> <ol style="list-style-type: none"> <li><b>Lesson 1: Gender and Sexuality</b> – Students will identify the difference between gender, sex, and sexual orientation and gain a deeper understanding of gender and sexuality.</li> <li><b>Lesson 2: Healthy Relationships</b> – Students will identify characteristics of healthy and unhealthy relationships to include naming the 10 signs of a healthy relationship.</li> <li><b>Lesson 3: Unhealthy Relationships</b> – Students will identify signs of unhealthy relationships, the path they might lead towards, and assertive steps to take.</li> </ol>	<p><b>Standards of Learning:</b> 10.2, 10.3, 10.7, 10.16</p>
	<p><b><u>Unit 3: Consent</u></b></p> <p>During this unit, students will be able to define and analyze consenting behavior, discuss the effects and prevention of sexual assault, and identify means of communication with a focus on assertive methods.</p> <ol style="list-style-type: none"> <li><b>Lesson 1: What is Consent?</b> – Students will be defining and identify consenting behavior and critically analyze situations where consent is addressed.</li> <li><b>Lesson 2: Effects and Prevention of Sexual Assault</b> – Students will identify and analyze factors that influence rape culture.</li> <li><b>Lesson 3: Being Assertive with Communication</b> – Students will identify characteristics of assertive, passive, and aggressive communication.</li> </ol>	<p><b>Standards of Learning:</b> 10.3, 10.4, 10.6</p>