

Alexandria City Public Schools

Family Life Education in 3rd 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-10th 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 six measurement topics, which are thematic strands and process standards which focus on enduring understandings and fundamental processes at the heart of the program.

1. Developing a sense of self
2. Developing healthy relationships
3. Maintaining personal health and wellness
4. Maintaining personal safety
5. Understanding anatomy and physiology
6. Analyzing Influences

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 3rd grade FLE instruction.

3rd Grade Family Life Education

	<p><u>Unit 1: Expressing and Protecting Oneself</u></p> <p>During this unit, students begin to explore outlets for personal expression, they learn safety behaviors at home, and they further their understanding of “good touch” and “bad touch.”</p> <ol style="list-style-type: none"> 1. Lesson 1: Safety in the Home - Discuss and implement safety precautions in the home; also have students discuss with a parent/guardian the plan(s) currently in place to ensure personal safety at their home. 2. Lesson 2: Responding to “Good” and “Bad” Touches - Demonstrate respect for privacy when using the bathroom; demonstrate proper personal hygiene while using the bathroom; demonstrate how to maintain a safe, healthy, and clean environment. 	<p>Standards of Learning: 3.10, 3.11</p>
	<p><u>Unit 2: Changes in the Family</u></p> <p>During this unit, students begin to understand acceptance and belongingness into various groups and are introduced to possible family changes and coping options.</p> <ol style="list-style-type: none"> 1. Lesson 1: Where Do I Fit In? - Explaining that we all have a role or part to play in a group; help students begin to recognize and accept the differences and strengths and weaknesses of others; their role within their family and how it may change over time. 	<p>Standards of Learning: 3.1, 3.3, 3.4, 3.9</p>
	<p><u>Unit 3: My Body and My Baby Brother</u></p> <p>During this unit, students are taught names and functions of external reproductive organs, the varying rate of growth we each experience, and the concepts of pregnancy, reproduction, and fetus development and growth.</p> <ol style="list-style-type: none"> 1. Lesson 1: My Amazing Body - Recognize the correct terminology for external body parts associated with reproduction and elimination. 2. Lesson 2: Here Comes Baby - Understand it takes a female and a male to make a human baby; understand location and processes and body parts associated with fetus development and birth. 	<p>Standards of Learning: 3.5, 3.6, 3.7, 3.8</p>

Unit 4: Media Influences

During this unit, students are able to examine the various persuasive techniques used in commercials to create emotion surrounding a product.

1. **Lesson 1: Commercials and Our Emotions** - Demonstrate an about product logos and the true intention of advertisements. They also explore various persuasive styles used by companies to interest viewers in their products.

Standards of Learning:
3.12