

Alexandria City Public Schools

Family Life Education in 7th 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 four measurement topics, which are thematic strands and process standards which focus on enduring understandings and fundamental processes at the heart of the program.

1. Maintaining Personal Health and Wellness (Puberty)
2. Human Reproduction
3. Relationships
4. 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 7th grade FLE instruction.

7th Grade Family Life Education

	<p><u>Unit 1: Changes of Puberty</u></p> <p>During this unit, students will analyze the physical and emotional changes that occur during puberty. Differences in growth rate and development will be explored. Male and female anatomy will be reviewed.</p> <ol style="list-style-type: none"> 1. Lesson 1: Female Puberty – Recognize the physical development of female sex characteristics and how they affect emotional and social growth. 2. Lesson 2: Male Puberty - Recognize the physical development of the male sex characteristics and how they affect emotional and social growth. 	<p>Standards of Learning: 7.2</p>
	<p><u>Unit 2: Human Reproduction</u></p> <p>In this unit, students will describe the signs and symptoms of pregnancy. Adverse consequences of sexual activity will be discussed. These consequences include; unplanned pregnancy, STDS, HIV/AIDS, and their emotional, psychological, and financial effects. Students will develop an understanding for the importance of family planning.</p> <ol style="list-style-type: none"> 1. Lesson 1: Male and Female Reproduction - Understanding the parts and functions of the male and female reproductive system. 2. Lesson 2: Risks of Sexual Activity - Learn the risks of engaging in sexual activity and explain ways to prevent the spread of sexually transmitted diseases and unplanned pregnancies. 3. Lesson 3: HIV/AIDS - Explain how HIV is transmitted, the signs and symptoms, and how it can be prevented. 4. Lesson 4: Draw the Line, Respect the Line Introduction – Introduction to the program Draw the Line, Respect the Line which will be taught in lessons 4-7. Discussion about what makes it hard to say NO to sexual activity. 5. Lesson 5: Reasons for Not Having Sex – Comparing the emotional consequences of having sex with the emotional consequences of not having sex and personalizing the emotional consequences. 6. Lesson 6: Handling Risky Situations – Identify interpersonal skills by identifying risky situations that can lead to unplanned sex, using these skills to get out of risky situations, and strengthen these skills by identifying what makes it difficult to get out of risky situations. 7. Lesson 7: Drawing the Line in Situations That Could Lead to Sex – Understand and give examples of interpersonal skills that will maintain their line and use these in role play. 8. Lesson 8: STD Facts – Define STD and common signs; discuss when and how to get help for STD infections; focus on abstinence as the best prevention method. 	<p>Standards of Learning: 7.6, 7.7, 7.8, 7.9, 7.11</p>

	<p>9. Lesson 9: STD and Relationships – Identify interpersonal skills that will help draw the line to delay sexual activity and how to give friends advice on also drawing the line.</p> <p>10. Lesson 10: Making a Commitment – Determine personal lines in situations that could lead to sexual activity and discuss the skills learned in the previous lessons to avoid risky situations, drawing the line, and respecting someone else’s line.</p>	
	<p>Unit 3: Relationships</p> <p>During this unit, students will explore a variety of relationships in their lives. Their role within their family, their interactions with peers, friends, and dating will be discussed. Students will gain an understanding of healthy vs. unhealthy relationships. Students will distinguish between appropriate and inappropriate physical affection. Students will review community resources available for reporting sexual harassment and sexual abuse.</p> <ol style="list-style-type: none"> 1. Lesson 1: My Unique Family - Identify characteristics of a family, explain their role within in their family, and recognize what makes their family unit unique. 2. Lesson 2: Relationships – Distinguish between healthy and unhealthy relationship characteristics. 3. Lesson 3: Flirting or Hurting - Identify the characteristics of a healthy relationship, explain the difference between flirting and sexual harassment, and distinguish between wanted and unwanted touching. 	<p>Standards of Learning: 7.1, 7.3, 7.4, 7.10, 7.12, 7.13</p>
	<p>Unit 4: Analyzing Influences</p> <p>In this unit, students will be able to analyze messages in the media related to sexuality. Students will identify the negative impact that gender stereotyping has on society.</p> <ol style="list-style-type: none"> 1. Lesson 1: Gender Stereotypes in the Media - Identify gender stereotypes in the media and explain the impact that gender stereotyping in the media might have on young people. 	<p>Standards of Learning: 7.5</p>