

Alexandria City Public Schools

Family Life Education in 5th 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 5th grade FLE instruction.

5th Grade Family Life Education

	<p><u>Unit 1: Keeping My Changing Body Healthy and Safe</u></p> <p>During this unit, students will discuss hygiene needs, alternatives to unhealthy and uncomfortable situations, and the importance of nutrition, hygiene, and the dangers of substance use.</p> <ol style="list-style-type: none"> 1. Lesson 1: How to Say “No” - Develop the ability to say “no” in unwanted situations and to undesirable acquaintances. 2. Lesson 2: Sexual Safety – “Good” Touches and “Bad” Touches - Explain the differences between “good” and “bad” touches and identify when it is appropriate to talk to a trusted adult. 3. Lesson 3: Effects of Substances on the Body - Explain how different substances can have adverse effects on the body. 	<p>Standards of Learning: 5.11, 5.12, 5.13</p>
	<p><u>Unit 2: Reproduction and the Incredible Human Body</u></p> <p>During this unit, students will study both the endocrine and reproductive systems, and they will explore physical changes that occur during puberty.</p> <ol style="list-style-type: none"> 1. Lesson 1: Puberty and All That Comes with It - Discuss and research several physical changes and processes involved with puberty and the human reproductive organs. 2. Lesson 2: Human Reproduction - Understand human reproduction and the major organs associated in both males and females. 	<p>Standards of Learning: 5.1, 5.2, 5.3, 5.4, 5.6, 5.7, 5.11</p>
	<p><u>Unit 3: Mass Media and Stereotyping</u></p> <p>This unit offers students the chance to explore, among other things, gender stereotyping in the media, and its effects on young people.</p> <ol style="list-style-type: none"> 1. Lesson 1: Media Stereotyping - Begin to understand the stereotyping that occurs in the mass media. Discuss and understand the various types of stereotyping that exists in the mass media. 	<p>Standards of Learning: 5.10, 5.11, 5.12</p>