

Alexandria City Public Schools

Family Life Education in 10th 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-10 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 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. Relationships
2. Personal Safety
3. Core Concepts
4. Self-management

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 10th grade FLE instruction

10th Grade Family Life Education

<u>Unit 1: Relationships</u> During this unit, students will learn the 10 signs of a healthy relationship and the 10 signs of an unhealthy relationship. They will spend time discussing unhealthy relationships, dating abuse, how to get help, and how to build healthier relationships. 1. Lesson 1: Relationship Signs – Identify and spot the signs of healthy or unhealthy relationships and learn ways in which an unhealthy relationship can become a healthy one. 2. Lesson 2: Unhealthy vs. Abusive Relationships – Learn the four phases in the cycle of abuse and practice healthy relationship behaviors. 3. Lesson 3: Boundaries & Consent – Identify personal boundaries in relation to physical touch and understanding the need to communicate these in a romantic or sexual relationship. Also, understand consent and be able to recognize passive, aggressive, and assertive communication.	Standards of Learning: 10.2, 10.3, 10.4, 10.7
<u>Unit 2: Personal Safety</u> During this unit, students will learn about the problem of human trafficking and discover that it is both a global problem and a problem within their own communities. They will also identify situations that may make them vulnerable to the techniques used by human traffickers and review how to advocate for themselves and others. Lastly, students will have a lesson on female genital mutilation/cutting (SB 1159), learning the harmful physical and emotional effects, associated criminal penalties, and the rights of the victim. 1. Lesson 1: Sextortion – Define and recognize the outward signs of human trafficking. Develop strategies to protect themselves against potential risks of human trafficking and identify how to get help and report human trafficking. 2. Lesson 2: Learning About FGM/C – Define female genital mutilation/cutting and naming where and how someone can get help and support about FGM/C.	Standards of Learning: 10.4 State Legislation: HB 215, HB 1020, SB 1159

	<u>Unit 3: Core Concepts</u> During this unit, students will deeply explore pregnancy, including the signs of pregnancy, options, healthy pregnancy factors, the birthing process, and birthing options. They will also discuss supportive parenting and families. Finally, they will learn about the pregnancy support services provided by the Teen Wellness Center. Lesson 1: Pregnancy & Birth – Describe how pregnancy testing works and summarize the three legal options available for every pregnancy. Review major milestones of each trimester of fetal development. Lesson 2: Supportive Parenting – Describe characteristics of a good parent and name resources a young parent can go to for support. Lesson 3: Teen Wellness Center - Pregnancy Support – Identify how the Teen Wellness Center can provide pregnancy support. Name birth control and STD prevention options offered by the Teen Wellness Center.	Standards of Learning: 10.5, 10.6, 10.8, 10.9, 10.10, 10.11, 10.12, 10.13, 10.14, 10.15, 10.16, 10.17
	<u>Unit 4: Self-management</u> During this unit, students will analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors. They will also explore finding resources within their community that provide accurate sex ed information. Lesson 1: My Life, My Decisions – Explore messages received about sexuality from different people in their lives and describe the extent to which these people have an impact on students' decision-making. Identify other factors that have an impact on sexual decision-making. Lesson 2: Finding Accurate Sex Ed Information – Navigate the City of Alexandria website to find community resources that provide accurate sex ed information. Identify other resources, outside of Alexandria, that provide accurate sex ed information.	Standards of Learning: 10.1, 10.16