

Alexandria City Public Schools

Family Life Education in 6th 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. Human sexuality;
6. Human reproduction;
7. The benefits of adoption as a positive choice in the event of an unintended pregnancy;
8. The etiology, prevention, and effects of sexually transmitted diseases;
9. The prevention of human trafficking;
10. 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
11. 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. Core Concepts
2. Self-management
3. Personal Safety
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 6th grade FLE instruction.

6th Grade Family Life Education

	<u>Unit 1: Core Concepts</u> During this unit, students will explore the parts and functions of the reproductive systems. They will define “sexual intercourse” and learn ways in which pregnancy can also happen that do not include sexual intercourse. Lastly, they will learn how economic disparities can impede some people from accessing reproductive healthcare. Lesson 1: Reproductive Anatomy – Identify and describe the parts and functions of the male and female reproductive system. Lesson 2: Human Reproduction - Discuss how pregnancy happens, to include ways that do not include sexual intercourse, what cells are involved in human reproduction, and how to prevent pregnancy.	Standards of Learning: 6.6
	<u>Unit 2: Self-management</u> During this unit, students review the physical, emotional, cognitive, and social changes that occur during puberty. Students will also recognize the risk factors of engaging in premarital sexual activity, including sexually transmitted diseases and HIV/AIDS. Lastly, students explore gender stereotyping and how the media plays a role. Lesson 1: Changes During Puberty - Identify physical, social, cognitive, and emotional changes that happen during puberty. Lesson 2: Learning about STDs and HIV - Discuss the risks of engaging in sexual activity and ways to prevent the spread of sexually transmitted diseases and unplanned pregnancies. Also, discuss how HIV is transmitted. Lesson 3: Gender Identity and Stereotypes – Identify and discuss positive and negative messages in society related to sexuality and gender stereotyping.	Standards of Learning: 6.1, 6.2, 6.3, 6.4, 6.5, 6.11
	<u>Unit 3: Personal Safety</u> During this unit, students gain an understanding of the different types of abuse (to include human trafficking), signs of abuse, and the importance of reporting abuse to a trusted adult. Resources for reporting of child abuse will be identified. Lesson 1: Types of Abuse - Identify the 6 types of abuse (Physical, Verbal, Emotional, Sexual, Neglect, and Electronic/Social Media) and understand how to report abuse. Human trafficking will also be defined.	Standards of Learning: 6.8, 6.12

	<u>Unit 4: Analyzing Influences</u> During this unit, students will explore healthy friendships and learn about setting personal boundaries. They will also learn refusal skills to use in difficult situations and how to respond to peer pressure. 1. Lesson 1: Healthy Friendships and Boundaries – Demonstrate positive ways to communicate differences of opinion while maintaining relationships and setting boundaries. 2. Lesson 2: Responding to Peer Pressure - Define peer pressure, recognize the importance of staying focused on personal values, beliefs, and goals, and identify ways to respond to situations that include peer pressure.	Standards of Learning: 6.7, 6.13
	FLE Standards addressed in ACPS 6th Grade Health Curriculum: 6.9, 6.10	