

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. Core Concepts
2. Self-management
3. Relationships
4. Personal Safety

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

	<u>Unit 1: Core Concepts</u> During this unit, students will review the parts and functions of the male and female reproductive systems, explore how pregnancy happens and the signs and symptoms, as well as learn more about sexually transmitted infections and prevention methods. 1. Lesson 1: Reproduction and Pregnancy Basics – Recognize and describe the parts and functions of the male and female reproductive systems. Explain how pregnancy happens, describe the signs and symptoms of pregnancy, and the importance of family planning. Lastly, explain what menstruation is and how it relates to pregnancy. 2. Lesson 2: Risks of Sexual Activity - Describe the risks of engaging in sexual activity and explain ways to prevent the spread of sexually transmitted diseases.	Standards of Learning: 7.2, 7.7, 7.8, 7.9, 7.10, 7.12
	<u>Unit 2: Self-management</u> During this unit, students will discuss being respectful and inclusive towards gender identity. They will also examine the various messages in the media and advertising containing gender stereotypes. Students will explore how these messages might impact a young person. 1. Lesson 1: Being Respectful About Gender Identity - Identify stereotypes associated with why many people value the gender binary of “boys” and “girls.” Describe why using a person’s correct pronoun is respectful. 2. Lesson 2: Gender Stereotypes in the Media - Identify gender stereotypes in the media and explore the impact that gender stereotyping in the media might have on young people.	Standards of Learning: 7.5, 7.6, 7.16
	<u>Unit 3: Relationships</u> During this unit, students will explore relationships within the family and friends. They will discuss their role in their family unit. Lastly, students will examine healthy and unhealthy relationship characteristics regarding friendship and dating. 1. Lesson 1: My Unique Family - Identify characteristics of a family, explain their role within their family, and recognize what makes their family unit unique. 2. Lesson 2: Healthy vs. Unhealthy Relationships – Distinguish between healthy and unhealthy relationship characteristics.	Standards of Learning: 7.1, 7.13, 7.14, 7.15

Unit 4: Personal Safety

During this unit, students will discuss appropriate and inappropriate displays of affection and how to set personal boundaries. They will also review the signs of sexual harassment and sexual abuse and discuss how to report abuse.

1. **Lesson 1: Understanding Sexual Harassment and Abuse -** Identify the difference between sexual harassment and sexual abuse and describe how to prevent and report abuse.
2. **Lesson 2: Flirting or Hurting? -** Explain the difference between flirting and sexual harassment and distinguish between wanted and unwanted touching.

Standards of Learning:
7.3, 7.4, 7.11