

Alexandria City Public Schools

Family Life Education in 8th 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 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. Core Concepts
2. Self-management
3. Relationships
4. Personal Safety
5. 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 8th grade FLE instruction.

8th Grade Family Life Education

<u>Unit 1: Core Concepts</u> During this unit, students will analyze issues related to teenage pregnancy. They will review the risks of engaging in sexual activity and how to avoid or reduce these risks. A condom demonstration is included in this unit. 1. Lesson 1: Issues Related to Teen Pregnancy – Review how pregnancy happens, learn the impact of teenage pregnancy, and review the only way to be 100% protected against pregnancy. 2. Lesson 2: Prevention Methods – Discuss the risks of engaging in sexual activity to include identifying common signs of STDs and ways to prevent the spread of sexually transmitted diseases and pregnancy.	Standards of Learning: 8.7, 8.10, 8.11, 8.14
<u>Unit 2: Self-management</u> During this unit, students will learn about the stages of grief and effective coping strategies when faced with loss or change. They will also have a lesson on gender identity, gender expression, and sexual orientation with a focus on recognizing these are part of the total personality. 1. Lesson 1: Grief and Loss - Identify the five stages of grief and name effective coping strategies to use when facing loss or significant change. 2. Lesson 2: My Identity - Define <i>gender identity</i>, <i>gender expression</i>, and <i>sexual orientation</i> and distinguish between sex assigned at birth and gender identity.	Standards of Learning: 8.1, 8.2, 8.3, 8.9
<u>Unit 3: Relationships</u> During this unit, students will analyze relationship skills and the pros and cons of various communication methods with their peers. They also will examine healthy and unhealthy relationship characteristics regarding friendship and dating. 1. Lesson 1: Relationship Skills - Identify pros and cons to different means of communication, name four types of bystanders, and explore three ways of conflict resolution. 2. Lesson 2: Healthy vs. Unhealthy Relationships - Identify characteristics between healthy and unhealthy relationships. recognize the dangers of digital dating, and define sextortion and name ways to avoid being a victim.	Standards of Learning: 8.3, 8.4, 8.5

	<u>Unit 4: Personal Safety</u> During this unit, students will review the signs of sexual harassment and sexual abuse and how to report abuse. They also will focus on human trafficking signs and prevention. 1. Lesson 1: Sexual Safety & Human Trafficking - Explain the difference between sexual harassment and sexual abuse and describe how to prevent and report abuse. Also, define human trafficking, name signs of human trafficking, and identify ways of prevention against human trafficking.	Standards of Learning: 8.13
	<u>Unit 5: Analyzing Influences</u> During this unit, students will continue to analyze the messages about sexuality in society and how these impact young people. 1. Lesson 1: The World Around Me - Identify and analyze messages about sexuality found in society and explain the impact of these messages on myself and others.	Standards of Learning: 8.3, 8.6