



Norfolk Public Schools

The cornerstone of a proudly diverse community

October 6, 2026

Dear Parent or Guardian:

During the months of November and December, Norfolk Public Schools will begin the Family Life Education (FLE) program for the 2026-2027 school year. The FLE program has been in existence since 1988 and is aligned to the 2020 Virginia Department of Education Family Life Education Standards of Learning. NPS supplements the teaching of the Family Life SOLs with Get Real: Comprehensive Sex Education That Works, which is a curriculum designed for middle school and high school students and their families. The curriculum emphasizes social and emotional learning skills as a key component of healthy relationships and responsible decision making. Information provided is medically accurate, age-appropriate and is shown to:

- Empower parents to be the primary sexuality educators of their children.
- Reinforce family communication and improve communication skills for healthy relationships.

All lessons will be taught by teachers who have received special training in the area of FLE and students will be encouraged to discuss the topics with you. As a part of the curriculum, you and your child will have the opportunity to complete family activities after each lesson. We hope that you will take advantage of this opportunity to play a role in your child's education.

The FLE curriculum is available for review on the Norfolk Public Schools Website through the Department of Health, Safety and Physical Education (<https://www.npsk12.com/FLE>). Additionally, a copy of the instructional materials is available in each school's media center. The SOL objectives for your child's grade level are included with this letter as well as online. If you have any questions or concerns, please contact your child's principal.

It is important for all parents/guardians who wish to opt their child out of the FLE program, or opt out of specific lessons, to submit the attached FLE opt out form to their child's teacher. Parents and guardians can also use the QR code to submit opt out preferences digitally. If an opt out form is not received, your child will be included in the FLE program.

We appreciate the continued partnership with parents and guardians as we collaborate to provide the best education for Norfolk's children.

Sincerely,

Dr. Jeff Rose
Superintendent of Schools
Norfolk Public Schools



Family Life Education High School Opt-Out Form

Check only one box and return the form to your child's school.

☐

I do not want my child to participate in the Family Life Education program.

☐

I do not want my child to participate in the following lessons:
(Please check the lesson number)

- ☐ High School Lesson One
- ☐ High School Lesson Two
- ☐ High School Lesson Three
- ☐ High School Lesson Four
- ☐ High School Lesson Five
- ☐ High School Lesson Six

- ☐ High School Lesson Seven
- ☐ High School Lesson Eight
- ☐ High School Lesson Nine
- ☐ High School Lesson Ten
- ☐ High School Lesson Eleven

**IF THIS FORM IS NOT RETURNED, YOUR CHILD WILL BE INCLUDED
IN THE FAMILY
LIFE EDUCATION PROGRAM.**

Child's Name:

Signature of Parent or Guardian:

Date:



Get Real High School Lesson Summary

High School Lessons

Lesson 1: Introduction to Sexuality

Classroom expectations and group rights and responsibilities are established. After defining sexuality and sexual health, and reviewing core concepts of social and emotional learning, students brainstorm influences on ideas about sexuality, and identify caring adults who can help them access information and clarify personal values. Students then complete an anonymous assessment to get information about the values and beliefs their class holds around sexuality.

Lesson 2: Sexual and Reproductive Anatomy

This lesson reviews sexual and reproductive anatomy, as well as the process of fertilization.

Lesson 3: Gender, Sex and Shared Responsibility

Students differentiate between sex assigned at birth and gender, identify common gender stereotypes, and brainstorm attitudes about gender and sex. They explore expectations around sexual responsibility and suggest ways responsibility can be shared in relationships. For homework, they complete a family activity in which they interview a caring adult about gender, sex, and shared responsibility.

Lesson 4: Gender and Sexual Identity

In this lesson, students identify how they feel about various aspects of identity, including sex assigned at birth, gender identity and expression, and sexual orientation. They are introduced to different terms along a spectrum of possible identities for each of these aspects and analyze some scenarios to build empathy around respecting others' gender and sexual identities.

Lesson 5: Comprehensive Protection Methods

Students consider how an unplanned pregnancy could affect personal goals. Then they participate in a group carousel activity to review facts about common birth control methods. They review steps for proper external condom use and watch a video demonstration.

Lesson 6: Preventing STIs

This lesson begins with a review of common STIs and modes of transmission. In pairs of small groups, students then examine arguments for and against condom use. An optional activity helps model how alcohol and other drug use can negatively affect condom use skills.

Lesson 7: Sexual Risks and Low-Risk Intimacy

Students examine the risks of various sexual behaviors by placing risky behavior cards along a continuum. Then they work with a partner to analyze how the characters in a fictional scenario could express limits and respect each other's boundaries and then roleplay the discussion the characters might have around making healthy decisions about sexual intimacy.

Lesson 8: Negotiating Postponement and Protection

Students brainstorm ways people try to persuade others to engage in sexual activity and discuss reasons people might choose to have or not to have sex. They practice refusal skills in pairs or small groups, by giving advice around how to resist sexual pressures, then review steps for accessing sexual health care.

Lesson 9: Social Media Literacy and Sexuality

This lesson helps students consider how social media can affect their communication and relationships. They discuss cyberbullying and examine the different roles teens can play in these situations by analyzing a case study. They consider whether they would consider different information and situations public or private, and then create guidelines teens can follow to help make social medial sites safe from bullying and harassment. For additional homework, students write reviews of apps related to sexual health.

Lesson 10: Healthy and Unhealthy Relationships

Students brainstorm qualities of healthy and unhealthy relationships, then respond to a series of prompts to clarify their personal values around relationships and then examine what they consider a "deal breaker" in terms of what is acceptable within relationships. They discuss why healthy relationships are important for sexual health, and then identify potential resources for help with unhealthy relationships. For homework, they interview a caring adult about what healthy relationships look like.

Lesson 11: Assessing Risk and Accessing Sexual Health Care

Students present their capstone projects on positive sexual health messages and what sexual health means to them. They complete a self-assessment of their level of personal risk and think about three steps they can take to reduce risks and improve their sexual health. The teacher concludes the unit by affirming students' power to make healthy decisions around sexuality both now and in the future.