

Family Life Education Information for Families
Health I

ACPS Family Life Education - School Board Statement

The Albemarle County School Board wishes to state to its students, families, faculty and administration that abstinence is the safest choice with regard to alcohol, drugs, or premarital sex. No other choice provides better protection to the social, moral, psychological and biological development of our children. We wish to make it clear that is our standard.

The Board also advocates family involvement in every phase of the curriculum teaching. Families are, in the end, those to whom we are responsible. They must assist our schools in the proper development of our children.

This Board recognizes that no school program can answer the needs of all families. Therefore, it reminds families that, if in their judgment, this curriculum differs from their personal beliefs, they can choose not to have their children participate. This Board assures students will gain no stigma for that choice.

Finally, the Board acknowledges that the teaching of Family Life Curriculum is one of the most important duties that the school system assumes in the place of the families. Our teachers will present this curriculum to our students with the utmost professionalism and respect for its content and sensitivity. The School Board supports the mission and vision of Albemarle County Public Schools and its goals that support learning for all.

ACPS Family Life Education - Goals

The goals of the Family Life Curriculum are to develop skills, to promote parent/child discussion and to impart accurate information concerning:

1. Family living and community relationships;
2. The value of family;
3. The value of postponing sexual activity;
4. Abstinence education;
5. The benefits, challenges, responsibilities, and the value of marriage to children and communities;
6. Human sexuality;
7. Human reproduction and contraception;
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.

FLE Learning Objectives: Health I

The following objectives are included in the Family Life Education (FLE) curriculum for **Health I** students:

- 9.1 The student will be able to explain the process of reproduction.
- 9.2 The student will examine methods of contraception.
- 9.3 The student will explain the most common bacterial, viral, and parasitic Sexually Transmitted Infections (STIs), including HIV/AIDS.
- 9.4 The student will identify sexual abstinence as the safest choice for adolescents and identify appropriate methods for expressing feelings and affection.
- 9.5 The student will demonstrate understanding of specific health issues, including the ability to conduct self-examination.
- 9.6 The student will identify ways of preventing and/or coping with various types of violence.
- 9.7 The student will recognize the development of sexuality as an aspect of the total personality.

- 9.8 The student will compile a list of community agencies and resources available to assist individuals and families.

The 2023-24 Health I Family Life Education curriculum will begin being taught on and is a total of 7 lessons which will be taught across the span of approximately 4 weeks.

Parental Review of FLE Curriculum

In accordance with the Code of Virginia for Family Life Education (Code 22.1-207.2), 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.

A complete copy of all printed materials and a description of all audio-visual materials shall be kept in the school library or office and made available for review during school office hours before and during the school year. These materials are also made available electronically. The audio-visual materials shall be made available for review, upon request, on the same basis as the printed materials are made available. Parents and guardians are encouraged to make arrangements through their child's school to review Family Life Education (FLE) materials.

Parental Involvement

The Albemarle County School Board bases its belief that parental involvement is essential to the success of the FLE program on the following rationale:

- Families are responsible for the care and guidance of children.
- Children need their families' time and attention.
- Families can help guide their children by explaining their values and by exploring future goals for their children.
- Communication between families and children is vital.
- Children and youth function best when there is clear and cooperative communication between home and school.

Opt-Out Option Family Life Instructional Choices

In accordance with the Virginia Board of Education Guidelines for Family Life Education (FLE), an "opt-out" procedure shall be provided to ensure communication with the parent or guardian for permission for students to be excused from all or part of the program. This option is available to parents and guardians at any time during the school year before the child's FLE program starts. The alternatives for a student opting out of FLE are as follows:

Alternative A: The student may complete a non-family life oriented unit of health study with requirements that are mutually agreed upon by the parent and the FLE teacher.

Alternative B: A student in grades 6-10 may participate in a family life oriented unit of health study with requirements that are mutually agreed upon by the parent and the FLE teacher.

In either case, the work completed will be assessed in a manner that is consistent with the normal practice in the school. Any alternative selected must be designed for the student to work independently. Parents or guardians wishing to remove their child from any or all portions of the FLE program should complete the "Opt-Out Form" on the opposite side of this page. Parents should contact their child's teacher or school principal with any questions.

Questions

If, after reviewing this brochure, you have any questions or need additional information about the FLE program, please contact your child's teacher or school principal. ✂

Family Life Educator Name:

Family Life Educator Email:

ACPS Family Life Education **CHOICE FORM** Health I 2023-24 ~~OPT-OUT FORM~~

Family Life Education is taught in Health I classes. All learning takes place in the Health classroom and students learn the curriculum together. If you wish to opt your child out of the Health I: Family Life Education (FLE) lessons, please complete this form and return it to your child's Health teacher prior to FLE instruction. FLE Curriculum is available at <https://www.k12albemarle.org/our-departments/instruction/health-physical-education> and may also be obtained as stated on page 2 under the section titled: Parental Review of FLE Curriculum.

~~If you wish to opt out of the Albemarle County Public Schools Family Life Education (FLE) program, please indicate your choice below by filling out all necessary information.~~

PLEASE NOTE: You do not need to return this form unless you are opting your child out of all/some the Health I: Family Life Education lessons.

Select one of the following opt-out choices:

Please ~~circle select~~ **one choice** below:

CHOICE 1

- I wish to remove my child from **ALL** of the Albemarle County Public Schools Family Life Education (FLE) program.

OR

CHOICE 2

- I wish to remove my child from **Part(s)** of the Albemarle County Public Schools Family Life Education (FLE) program. If you selected CHOICE 2, please **WRITE** below to indicate the learning objective(s) from which you wish to remove your child:

Student's Full Name _____

Date _____

Students' Classroom Teacher _____

Grade _____

Parent/Guardian's Name _____

Phone Number: _____

Parent/ Guardian's Signature _____

Note: *In substitution of the ACPS Family Life Education curriculum, your child will independently complete a non-family life oriented unit of health arranged by the FLE teacher during this time.*

~~Your child's teacher will be in touch with you shortly to work out alternatives for your child's opt-out plan.~~