

Family Life Education
Health 1

Core Values

The Division's core values represent those essential to developing young adults who think critically, solve problems, and use their minds in skillful ways that prepare them for their future:

- **EXCELLENCE.** We believe in meaningful learning that stretches people to the frontiers and boundaries of their abilities.
- **YOUNG PEOPLE** deserve the best we have to offer. Each individual child is capable and has the right to safety, mutual respect, and learning.
- **COMMUNITY.** We believe in our collective responsibility to work together in a cooperative effort to achieve common goals by building communities of practice, establishing a high quality learning community, and listening to the community.
- **RESPECT.** We treat all individuals with honor and dignity.

Statement from the School Board

The Albemarle County School Board wishes to state to its students, parents, faculty and administration that abstinence is the best choice with regard to alcohol, drugs, or premarital sex. No other choice provides better protection to the social, moral, psychological and biological development of children. We wish to make it clear that this is our standard. The Board also advocates parent involvement in every phase of the curriculum and teaching. Parents 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 parents and students. Therefore, it reminds parents and students that if, in their judgment, this curriculum differs from their personal belief, they can choose not to have their children participate. This Board assures them that students will gain no stigma for that choice. Finally, the Board acknowledges that the teaching of the Family Life Education (FLE) curriculum is one of the most sensitive duties of the school system. Our teachers will present this curriculum to your children with the utmost professionalism and respect for parental rights and values.

Program Goals - Please refer to the "FLE Learning Objectives" listed for curriculum goals specific to your child's grade level.

The primary goals of the Albemarle County Public Schools FLE program, as adopted by the School Board, are to develop skills, to promote parent/child discussion, and to impart accurate information concerning:

- Family living and community relationships
- The value of abstaining from sexual activity until marriage
- Human sexuality
- Human reproduction and contraception
- The etiology, prevention and effects of sexually transmitted diseases
- Stress management and resistance to peer pressure
- Development of positive self-concepts and respect for others, including people of other races, religions or origins
- Parenting skills
- The prevention of substance abuse
- The prevention of child abuse.

FLE Learning Objectives: Health 1

The following objectives are included in the Family Life Education (FLE) curriculum for Health 1 students:

- Identify abstinence as the appropriate choice for adolescents and identify appropriate methods for expressing feelings and affections.
- Review the structures and functions of the reproductive systems and explain the process of human reproduction.
- Examine methods of contraception.
- Describe pregnancy and describe factors associated with a healthy pregnancy.
- Examine the most common Sexually Transmitted Infections (STIs), to include HIV/AIDS.
- Identify gender specific health concerns and the importance of conducting particular self-examinations.
- Identify prevention strategies and effects of abuse, sexual assault, and appropriate resources for help.

Per the Virginia Board of Education Guidelines for Family Life Education, individuals selected to teach FLE shall participate in the training program sponsored by the Department of Education.

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. 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:

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

FLE Goals for Students in Special Education Classes

FLE goals for students in special education classes are the same as for students in general education; however, instruction involves a cooperative effort between special education and FLE teachers. Using the Individualized Education Program (IEP) process, the FLE curriculum can and should be modified and adapted to meet the individual needs of the student. FLE goals and objectives for students enrolled in special education classes are written in students' IEPs. Parents are encouraged to contact their child's teacher with any questions.

Opt-Out Option

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 based exclusively on *Teen-Aid* 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.



OPT-OUT FORM If you wish to remove your child from all or part of the Albemarle County Public Schools Family Life Education (FLE) program, please complete the form below, detach it from the brochure, and return it to your child's teacher as soon as possible.

Student's Full Name _____ Grade _____ Date _____

Parent/Guardian's Name _____ Signature _____

_____ Please excuse my child from the entire FLE program.

_____ Please excuse my child from the classroom during the time in which the following objectives are taught:

(Please specify the "FLE Learning Objectives: K - 3RD GRADE" from which you would like your child to be excused. Objectives specific to your child's grade level are listed above and numbered.)

Your child's teacher will be in touch with you in the near future to work out the details of your child's opt-out plan.