

## Health and Family Life Education (FLE)

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Henrico County Public Schools' health curriculum is based on National Health Content Standards and is designed to achieve health literacy for every student. Sensitive topics within Family Life instruction are taught by trained health professionals in an opt-out format. We encourage all students to attend Family Life instruction as part of the elementary school health curriculum.

Sign-up for Family Life Education (FLE) classes for 2018-2019 is now open.

- **Please go to the following site by October 12, 2018 to sign up for Family Life presentations for your school:** <https://www.signupgenius.com/go/20f0d4da9a922a57-elementary2>
- Parents' letters that include grade-specific, sensitive FLE objectives and opt-out forms are enclosed.
- Principals should work with their physical education teachers and Family Life team members to ensure that these Family Life packages are distributed to students for parent preview at least two weeks prior to the scheduled Family Life presentation.
- **Schools should devise a system to collect and store their opt-out forms yearly.** Most schools keep these files in the nurses' offices.
- Opt-out data will again be collected by Family Life instructors after classes at each school. These figures should be tallied by each grade level and reported on the Family Life Opt-Out Summary form included with these materials. At years' end, the educational specialist will then prepare an annual report of system-wide opt-out percentages.

The following information will be helpful when answering Family Life Education (FLE) questions:

- Only pre-screened videos and supplemental teaching materials will be incorporated into the health curriculum. In all cases, grade-specific FLE objectives will continue to be taught by specifically trained health education teachers and professionals.
- You or parents may access the PowerPoint and video resources for Elementary Family Life by going to the following link. Feel free to share this link with parents so that they can review what will be taught:

<http://tinyurl.com/elem-familylife-hcps>

To access the videos, you will need to put a **Password** in the **Text Box** and click the **Access** button. **The password is familylife.** To access the Power Points, click on the link, click on the Power Point name and Open or Save the file for your viewing.

Thank you for your attention to the details within this memo and for the effective administration of the total health program goals.

Enclosed: Parent/Guardian Letter  
Grade Specific Opt-Out Forms  
Family Life Opt-Out Summary Form due to instructors after classes at your school

Copy: Scott Bray  
Mary Cox  
Michelle McQueen-Williams  
Rich Hall

Dear Parent or Guardian:

On \_\_\_\_\_, from \_\_\_\_\_, in \_\_\_\_\_,  
Date Time Location (room)

your student will participate in a Family Life Education presentation from Henrico County's health curriculum. The curriculum contains age-appropriate objectives and activities that are used to promote healthy lifestyles. Students will be separated by grade and gender. Henrico County health educators and/or the curriculum specialist will present to the boys and girls. The following resources are used for instruction:

Fourth Grade Girls' Objectives: Students will

1. Identify female reproductive organs using correct terminology.
2. Identify physical changes that begin to occur during puberty.
3. Discuss the process of menstruation and personal hygiene.
4. Describe the factors surrounding child abuse, child neglect, personal boundaries & harassment (including electronic means).
5. Recognize harmful or abusive relationships as unhealthy, and recognize the importance of seeking assistance from a trusted adult.

Fourth Grade Boys' Objectives: Students will

1. Identify male reproductive organs using correct terminology.
2. Identify physical changes that begin to occur during puberty.
3. Discuss personal hygiene.
4. Describe the factors surrounding child abuse and child neglect, personal boundaries & harassment (including electronic means).
5. Recognize harmful or abusive relationships as unhealthy, and recognize the importance of seeking assistance from a trusted adult.

Fourth Grade Instructional Materials

- "Just Around The Corner For Girls" – Marsh Media, video for fourth-grade girls
- "Just Around The Corner For Boys" – Marsh Media, video for fourth-grade boys
- PowerPoint presentations (available for parent review upon request)
- Anatomy charts

Fifth Grade Girls' Objectives: Students will

1. Define the structure and function of the endocrine system.
2. Identify male and female reproductive organs and recognize that a male sperm and female egg are necessary to have a baby.
3. Discuss male and female developmental and growth patterns at the onset of puberty.
4. Review the process of menstruation and personal hygiene.
5. Define healthy relationships, and examine the influence of media on violence and unhealthy behaviors.
6. Recognize that positive social skills are essential for building and sustaining healthy relationships, and that trusted adults are important resources for overall wellness.

Fifth Grade Boys' Objectives: Students will

1. Define the structure and function of the endocrine system.
2. Identify male and female reproductive organs and recognize that a male sperm and female egg are necessary to have a baby.
3. Discuss male and female developmental and growth patterns at the onset of puberty.
4. Review personal hygiene.
5. Define healthy relationships, and examine the influence of media on violence and unhealthy behaviors.
6. Recognize that positive social skills are essential for building and sustaining healthy relationships, and that trusted adults are important resources for overall wellness.

Fifth Grade Instructional Materials

- "Always Changing for Girls" – Proctor and Gamble, video for fifth-grade girls
- "Always Changing for Boys" – Proctor and Gamble, video for fifth-grade boys
- PowerPoint presentation (available for parent review upon request)
- Anatomy charts

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. You may request a copy of our educational materials or a loan-out copy for the resource book How You Were Born by Joanna Cole from the educational specialist's office (652-3741 or [mbturner@henrico.k12.va.us](mailto:mbturner@henrico.k12.va.us)); this book may also be available in each principal's office.

Children have many questions about the changes their bodies go through during this stage of life. We encourage you to talk with your child about these topics before and after our presentations.

With best regards,

Principal



**ELEMENTARY SCHOOL  
FOURTH GRADE HEALTH EDUCATION  
OPT-OUT STATEMENT  
2018 - 2019**

Along with families and religious institutions, schools play an important role in providing age appropriate instruction for responsible behavior. Comprehensive health education (designed to achieve health literacy) in Henrico County Public Schools emphasizes the attitudes, values, and skills that will help students make sound decisions and become responsible members of the community. Some of the more sensitive issues remaining in health education and Family Life instruction are listed on the back of this form.

Specifically trained health educators within Henrico County Public Schools will provide Family Life instruction. You may obtain a list of the health educator assigned to your child’s school by your principal. The Family Life curriculum and instructional materials will be available from the Health and PE Specialist’s office as well as from each school’s principal.

Parents may review the objectives and decide to opt out of Family Life instruction. If a student opts out of Family Life instruction, an appropriate alternative instructional activity will be provided. To opt out, please complete the bottom portion of this form and return it to the classroom teacher.

**NOTE: DO NOT COMPLETE THIS FORM IF YOUR CHILD WILL ATTEND FAMILY LIFE**

We look forward to providing this important instruction to all students in Henrico County Public Schools and believe strongly that Family Life education is an integral component of a student’s total education.

Sincerely,

Principal

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- If you wish to **exclude** your child from Family Life education (as described on the back of this form) complete the form below and **RETURN TO CLASSROOM TEACHER**

by \_\_\_\_\_ . \_\_\_\_\_  
School Name

I wish to exclude \_\_\_\_\_ from Family Life education.  
(Student’s first and last name)

\_\_\_\_\_  
**Parent/Guardian Signature** **Date**

**HOMEROOM TEACHER** \_\_\_\_\_

## Fourth Grade Objectives

These Family Life health objectives are sensitive in nature. Students will be separated by gender during instruction related to these objectives. Parents are encouraged to discuss these topics with their children before and after instruction.

**1. Objective: The student will identify same gender reproductive anatomy.**

Clarification: Emphasis for the male student is placed on the male reproductive organs: penis, testicles, scrotum, and urethra. The emphasis for the female student is placed on the female reproductive organs: uterus, ovaries, vagina, and fallopian tubes.

**2. Objective: The student will recognize common physical changes that begin to occur during puberty.**

Clarification: The individual differences in growth patterns associated with adolescence and puberty are presented. Changes associated with growth spurts, the pituitary gland and hormones, the appearance of pubic and auxiliary hair, increased production of sweat, and changes in the voice are presented to male students. Changes associated with growth spurts, development of breasts, the pituitary gland and hormones, the appearance of pubic and auxiliary hair, and the onset of the menstrual cycle are presented to female students.

Emphasis is placed on the fact that changes and growth patterns vary from person to person. Students gain information, which contributes to their understanding of individual differences in growth and development.

**3. Objective: The student will discuss the need for personal hygiene.**

Clarification: The increased importance of personal hygiene is discussed in reference to bathing, use of deodorant, and acne. Girls will be introduced to personal hygiene information related to menstruation.

**4. Objective: The student will describe the factors surrounding child abuse, child neglect, personal boundaries and harassment.**

Clarification: The terms child abuse and child neglect (including personal boundaries and electronic harassment) are explained per Senate Bill 010 and House Bill 45 adopted in 2018.

**5. Objective: The student will recognize harmful or abusive relationships as unhealthy, and recognize the importance of seeking assistance from a trusted adult.**

Clarification: The terms harmful and abusive relationships are defined, as well as how to protect oneself from them; and the importance of confiding in a trusted adult (such as a parent, teacher, minister, grandparent, or guardian) is discussed.



**ELEMENTARY SCHOOL  
FIFTH GRADE HEALTH EDUCATION  
OPT-OUT STATEMENT  
2018-2019**

Along with families and religious institutions, schools play an important role in providing age appropriate instruction for responsible behavior. Comprehensive health education, (designed to achieve health literacy) in Henrico County Public Schools emphasizes the attitudes, values, and skills that will help students make sound decisions and become responsible members of the community. Some of the more sensitive issues remaining in health education and Family Life instruction are listed on the back of this form.

Specifically trained health educators within Henrico County Public Schools will provide Family Life instruction. You may obtain a list of the health educator assigned to your child’s school by your principal. Family Life curriculum and instructional materials will be available from the Health & PE Specialist’s office as well as each school’s principal.

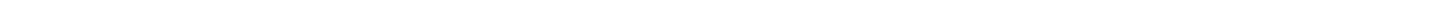
Parents may review the objectives and decide to opt out of Family Life instruction. If a student opts out of Family Life instruction, an appropriate alternative instructional activity will be provided. To opt out, please complete the bottom portion of this form and return it to the classroom teacher.

**NOTE: DO NOT COMPLETE THIS FORM IF YOUR CHILD WILL ATTEND FAMILY LIFE**

We look forward to providing this important instruction to all students in Henrico County Public Schools and believe strongly that Family Life education is an integral component of a student’s total education.

Sincerely,

Principal



- If you wish to exclude your child from Family Life education (as described on the back of this form) complete the form below and **RETURN TO CLASSROOM TEACHER**

by \_\_\_\_\_ . \_\_\_\_\_  
School Name

I wish to exclude \_\_\_\_\_ from Family Life education.  
(Student’s first and last name)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**HOMEROOM TEACHER** \_\_\_\_\_

## Fifth Grade Objectives

These health objectives are sensitive in nature. Students will be separated by gender during instruction related to these objectives. Parents are encouraged to discuss these topics with their children before and after instruction.

- 1. Objective: The student will name the important glands of the endocrine system and their role during puberty.**  
Clarification: Instruction will focus on the basic parts of the endocrine system (hypothalamus, pituitary, and adrenal glands), their functions, and how they contribute to the changes students will experience during adolescence and puberty.
- 2. Objective: The student will identify male and female reproductive organs and recognize that both a male and a female are necessary to have a baby.**  
Clarification: Instruction will focus on review of the same-gender reproductive anatomy and an introduction to opposite-gender reproductive anatomy. Instruction will include the male reproductive organs: testicles, scrotums, urethra, and penis; and the female reproductive organs: ovaries, Fallopian tubes, uterus, and vagina.
- 3. Objective: The student will relate the physical changes that occur during puberty and the developing capacity for reproduction.**  
Clarification: Instruction will focus on a review of the physical changes that occur during puberty for the same gender and an introduction to the physical changes that occur during puberty for the opposite gender. Discussion includes the reproductive anatomy of both genders, erections, menstruation, changing emotions, and developing a positive self-concept. Physical changes during adolescence and puberty are related to the ability to conceive and bear children later in life.
- 4. Objective: Discuss personal hygiene habits and their relation to changes during puberty.**  
Clarification: Instruction will focus on physical changes during puberty and their effect on personal hygiene. Topics will include regular bathing, acne, and use of deodorant. Girls will review female personal hygiene issues, including Toxic Shock Syndrome.
- 5. Objective: The student will define healthy relationships, and examine the influence of media on violence and unhealthy behaviors.**  
Clarification: The terms healthy and abusive relationships will be defined, and how TV, the Internet, and social media can influence behavior will be discussed.
- 6. Objective: The student will recognize that positive social skills are essential for building and sustaining healthy relationships, and that trusted adults are important resources for overall wellness.**  
Clarification: Instruction will focus positive on social skills, like respect, caring, and accepting personal responsibility, and how they are key to developing and maintaining healthy relationships. The importance of seeking assistance from trusted adults as resources for overall wellness will be discussed.

# HCPS HEALTH INSTRUCTION

## FAMILY LIFE OPT-OUT SUMMARY, 2018-2019

\*Turn in this form to the Family Life instructors on the day that classes are held at your school.

\*Retain any original Opt-Out forms at your school.

**SCHOOL NAME** \_\_\_\_\_

**PRINCIPAL'S NAME** \_\_\_\_\_

**HEALTH AND PHYSICAL EDUCATION TEACHER** \_\_\_\_\_

**TOTAL NUMBER OF OPT-OUT STUDENTS:**

GRADE 4 \_\_\_\_\_

GRADE 5 \_\_\_\_\_