



**Goochland Middle School**

Jennifer Rucker, Principal

3250-B River Road West

Goochland, VA 23063

(804) 556-5320

[gms.goochlandschools.org](http://gms.goochlandschools.org)

February 13, 2017

Dear Parents/Guardians,

The purpose of this letter is to inform you of our plans for presenting the Family Life Curriculum to our students. Each grade has a separate set of objectives; these are general in nature, and deal with building self-esteem, decision-making skills, and communication skills. They overlap with the objectives taught in the traditional Health curriculum.

We will soon address some sensitive areas as outlined in the approved Family Life Curriculum. Specifically, the sixth grade will discuss relationships with others, personal hygiene, decision-making, child abuse, neglect, dealing with strangers, and will learn the biological functions of their bodies. The seventh grade will review some of the sixth grade material, with more emphasis on the importance of responsible decision-making. Dating and friendship issues, handling interactions when strangers approach, and the effects of drugs and alcohol on the body are also covered. In the eighth grade, students review some of the information discussed in the 6<sup>th</sup> and 7<sup>th</sup> grades, as well as additional information on coping skills needed to deal with good and bad stress, issues related to friendships, dating, and teen pregnancy prevention. Facts about pregnancy prevention and disease control are also covered. In all grades, abstinence is emphasized. We will have a guest speaker come to present to the seventh and eighth graders in regards to dating violence, proper/healthy relationships, and decision making in regards to relationships.

We invite you to review the objectives outlined in the Goochland County Family Life Curriculum, which is available upon request for review in the school office at any time. If you would like to find out more specific information about grade level activities and objectives, please call the school office to make an appointment (556-5320). We encourage you to contact us as soon as possible if you feel your child needs to opt-out of the program. If you choose to opt your child out of the program, please fill out the form below and return it to us before Friday, March 10<sup>th</sup>.

The Family Life Curriculum gives children the opportunity to discuss relevant issues with adults and each other. Please discuss the program with your child. We look forward to any feedback from you that would help us with planning future classes. Thank you for your time and interest.

Sincerely,

Jennifer Erixon  
Jeffery Dohse  
Jacob Fowler  
Andrew Meiller

Return the this page to your child's physical education teacher by March 10<sup>th</sup> **only if you plan to opt your child out of** participating in the course. Thank you.

Family Life Opt-Out Form

I plan to opt out \_\_\_\_\_ from family life instruction.

**Please print student's first and last name**

I understand this form opts my child out of participating in Family Life lessons. Work from the school health book will be given for the student to complete for their grade each day.

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**Parent/guardian signature & phone contact number**