

MEMORANDUM

TO: High School Principals, Health and Physical Education Teachers

FROM: Benita Turner, Educational Specialist for Health, Physical and Driver Education

SUBJECT: Health and Family Life Education

DATE: November, 2018

Our health curriculum is comprehensive and based on National Health Standards designed to achieve health literacy for every student. Within the health curriculum, sensitive topics in family life instruction are an integral and important component of total well being. The following information will be helpful when answering family life questions:

- **Opt-out forms** are enclosed and are **grade specific**. Each opt-out form has the sensitive FLE objectives with clarifying statements on the back. Please copy these opt-out forms with objectives on the back to be distributed to students prior to family life presentations. It is recommended that these opt-forms and objectives be given to parents for review and returned well ahead of the instructional planned family life content. We recommend family life instruction for high school students be given during January through the end of March.
- Health instructors and principals should distribute opt-out forms to students for parent preview at least 2 weeks prior to teaching. Schools should devise a system to collect and store opt-out forms yearly. *Data are collected annually to show system-wide percentages of opt-out students. These data (End-of-Year Opt-Out Summary Forms) need to be submitted to the office of health and physical education at Central Office no later than **May 24, 2019**.
- Health and Physical Education department chairpersons will have health topic outlines and family life instructional previews. The materials and resources in these teacher outlines should serve as guidelines for curricular materials in all family life content used in Henrico County Schools. Printed versions of electronic resources such as PowerPoint presentations may be obtained upon request to department chairpersons for health, physical education at each school.
- **Only screened videos and supplemental materials** will be incorporated into the health curriculum. A list of available videos and materials has been distributed to each department chairperson. All family life videos, CDs and materials will have Henrico County Public Schools labels upon screening by the specialist's office and committee. In all cases, FLE objectives will continue to be taught by qualified health education teachers and health professionals (Henrico County Public School nurses).

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

Enclosed: End-of-Year Opt-Out Summary
Grade Specific Opt-Out Statements (Objectives copied on back of page)

Copy: Scott Bray
Omega Wilson



HENRICO COUNTY PUBLIC SCHOOLS

FAMILY LIFE EDUCATION

**NINTH GRADE
OPT-OUT STATEMENT
2018 - 2019**

Along with families and religious institutions, schools provide age appropriate instruction for lifetime wellness for responsible behavior. As part of a comprehensive health education curriculum designed to achieve health literacy, Henrico County Public Schools emphasizes the attitudes, values and skills necessary in making sound decisions.

The decision to include a student in the family life portion of the Health curriculum is left to the parent or guardian. The Family Life objectives are listed on the back of this sheet along with a clarifying statement for each objective.

Students will be separated by gender for instruction related to these specific objectives. If a student is opted out of family life, an alternative instructional program will be provided.

Do not complete this form if your child will attend family life.

- If you wish to exclude your child from family life education, please indicate by signing below and by returning the form to your child's health classroom teacher.

I wish to exclude _____ from family life.
Student's first and last name

School _____

Health & Physical Education Teacher _____

Parent/Guardian Signature _____ Date _____

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.

Family life materials may be reviewed at the following locations: Health and Physical Education Teachers and Educational Specialist for Health and Physical Education (Central Office).

Ninth Grade Family Life Objectives

1. Explain the process of human reproduction. (Sensitive content, students separated by gender)

Clarification: Instructional components include anatomy and physiology, conception, fertility, fetal development, and childbirth

2. Identify structure and function of the reproductive system and ways to keep it healthy (Sensitive content, students separated by gender)

Clarification: Instructional components include anatomy and physiology, and preventative health behaviors related to conditions and diseases of the reproductive system.

Code of Virginia 2004, House Bill 1015

Students will receive information related to the following: “Steps to take to avoid sexual assault, and the availability of counseling and legal resources, and, in the event of such sexual assault, the importance of immediate medical attention and advice, as well as the requirements of the law and the etiology, prevention, and effects of sexually transmitted diseases.

3. The student will review the nature and purposes of dating, dating violence, sexual harassment as well as personal privacy and boundaries. This is being taught based on Senate Bill 906 passed in July, 2011; House Bill 45 and Senate Bill 101 which passed in July, 2018.

Descriptive Statement: Topics include understanding family guidelines, the functions of dating, personal boundaries and coping with the pressures experienced in dating situations. Students will discuss the signs of dating violence and physically and mentally abusive relationships. Discussion also focuses on the importance of group dating, rather than dating as a couple, in early adolescence.

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.

Family life materials may be reviewed at the following locations: Health and Physical Education Teachers and Educational Specialist for Health and Physical Education (Central Office).

Resources used by Instructors

All 4th, 5th, 6th, 7th, and 8th grade family life materials

The Miracle of Life, Nova

Menses Animation: <http://kidshealth.org/en/teens/menstruation.html>

Open Arms, Open Eyes

Power Wheel vs Equality Wheel

HCPS Toxic Shock Syndrome PowerPoint

Glencoe Health by McGraw-Hill - Chapter 18

Health Smart Va Website by grade level: <https://healthsmartva.pwnet.org/>



HENRICO COUNTY PUBLIC SCHOOLS

FAMILY LIFE EDUCATION

TENTH GRADE OPT-OUT STATEMENT 2018 - 2019

Along with families and religious institutions, schools provide age appropriate instruction for lifetime wellness for responsible behavior. As part of a comprehensive health education curriculum designed to achieve health literacy, Henrico County Public Schools emphasizes the attitudes, values and skills necessary in making sound decisions.

The decision to include a student in the family life portion of the Health curriculum is left to the parent or guardian. The Family Life objectives are listed on the back of this sheet along with a clarifying statement for each objective.

Students will be separated by gender for instruction related to these specific objectives. If a student is opted out of family life, an alternative instructional program will be provided.

Do not complete this form if your child will attend family life and participate in the pre and post tests.

I wish to exclude my child from family life education. Please indicate by checking the box and signing below. **Return the form to your child's health classroom teacher.**

I wish to exclude _____ from family life.
Student's first and last name

School _____

Health & Physical Education Teacher _____

Parent/Guardian Signature _____ Date _____

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.

Family life materials may be reviewed at the following locations: Health and Physical Education Teachers and Educational Specialist for Health and Physical Education (Central Office)

Tenth Grade Family Life Objectives

1. Describe gender specific health issues and how to conduct self-exams (Sensitive content, students separated by gender)

Clarification: The focus is on factual information about menstruation, toxic shock syndrome, premenstrual syndrome, menopause, and male and female specific reproductive concerns. Disease prevention through self-assessment and self-examination is reinforced with emphasis on breast and testicular self-examination (American Cancer Society Curriculum). Pre and Post tests from Hadassah will be given to students to see what the students learned.

2. Identify problems associated with human reproduction and methods of pregnancy prevention (Sensitive content, students separated by gender)

Clarification: Content focuses on a review of factors to consider in planning a family and choices resulting from infertility, and genetic factors. An overview of contraception in relation to the rates of effectiveness in pregnancy prevention is presented. Abortion is not presented as a method of birth control, but spontaneous abortion or miscarriage is explained. Adoption information is presented. Abstinence is the only method that is 100% effective in preventing pregnancy.

Code of Virginia 2004, House Bill 1015

Students will receive information related to the following: Steps to take to avoid sexual assault, and the availability of counseling and legal resources, and, in the event of such sexual assault, the importance of immediate medical attention and advice, as well as the requirements of the law and the etiology, prevention, and effects of sexually transmitted diseases.

3. The student will explain the factors to be considered in preparing for dating and marriage, dating violence, sexual harassment as well as personal privacy and boundaries. This is being taught based on Senate Bill 906 passed in July, 2011; House Bill 45 and Senate Bill 101 which passed in July, 2018

Descriptive Statement: Steps involved in relationships are identified, including friendships; dating (casual, double/group, single, blind, steady, and leading to marriage); and mate selection. Steps to developing positive, healthy relationships will also be discussed. Instruction should include identifying the characteristics of dating violence and abusive relationships.

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.

Family life materials may be reviewed at the following locations: Health and Physical Education Teachers and Educational Specialist for Health and Physical Education (Central Office).

Resources used by Instructors

All 4th, 5th, 6th, 7th, 8th and 9th grade family life materials

Too Young video by The National Campaign

Breast and Testicular Cancer Detection: Video by Justin Birckbichler on Testicular Cancer

Detection <https://drive.google.com/file/d/1HsgSH51erpkh77a12Ze6iR-LxffaVhJc/view> and

<https://www.youtube.com/watch?v=XfNltuE7EIk> on Breast Cancer Detection

HCPS PowerPoints on Adoption, Abstinence, Reproduction and STD's

Glencoe Health by McGraw-Hill – Chapter 25, Lesson 2

Choose Respect Curriculum – Centers of Disease Control and Prevention

<http://www.cdc.gov/chooserespect/>

Health Smart Va Website by grade level: <https://healthsmartva.pwnet.org/>

FAMILY LIFE: END OF YEAR OPT-OUT SUMMARY 2018-2019

SCHOOL NAME _____

PRINCIPAL'S NAME _____

PHYSICAL EDUCATION TEACHER _____

TOTAL NUMBER OF OPT-OUT STUDENTS					
Elementary		Middle School		High School	
	opt out #		opt out #		opt out #
GRADE 4		Grade 6		Grade 9	
GRADE 5		Grade 7		Grade 10	
		Grade 8			