

PRINCE WILLIAM COUNTY PUBLIC SCHOOLS GRADE FOUR FAMILY LIFE EDUCATION (FLE) OBJECTIVES

The Prince William County Public Schools FLE curriculum complies with Virginia General Assembly legislation and the *Standards of Learning for Family Life Education* and guidelines established by the Virginia Department of Education.

FLE instruction in Grades 4 and 5 includes an introduction to human sexuality. Students explore the physical, social, and emotional changes that occur during puberty. Students study the structures of the male and female reproductive systems and their functions at grade 4. At grade 5 students learn the processes involved in sexual reproduction. Students view age-appropriate videos that emphasize the importance of proper hygiene and reinforce the idea that the timeline for sexual development varies from person to person. Instruction builds upon personal safety and child abuse prevention information presented in the early elementary grades. FLE instruction is a collaborative effort among the classroom teacher, school counselor, and school nurse.

Parents/guardians may opt their child out of all or any part of FLE instruction. Students who are opted out will be provided with non-punitive health activities during FLE instruction. Further information can be found in the parent letter and opt out form that are included in the Code of Behavior distributed at the beginning of the school year and are posted on the PWCS website (www.pwcs.edu).

Human Sexuality/Growth and Development

4.1 **Students will recognize physical changes that occur during puberty. (Gender Separate)**

Descriptive Statement: Students become familiar with the physical changes that occur in males and females (growth spurt; increased sweat production; skin changes; growth of pubic and underarm hair; increased shoulder width in boys; and breast and hip development in girls). Girls are introduced to the events that occur in the menstrual cycle. Boys discuss erections and nocturnal emissions. Emphasis is placed on the fact that the onset of sexual changes and growth patterns vary with individuals and are normal and natural.

4.2 **Students will identify the human reproductive organs. (Gender Separate)**

Descriptive Statement: Students are introduced to the general structures of the human reproductive system and their functions. Instruction for girls includes basic anatomy of the female reproductive system (uterus, ovaries, fallopian tubes, and vagina). Instruction for boys includes basic anatomy of the male reproductive system (penis, testicles, scrotum, and urethra).

Social and Emotional Health

4.3 **Students will recognize threatening or uncomfortable situations and how to react to them.**

Descriptive Statement: Students identify and assess situations that threaten personal safety (walking alone; opening doors to strangers; receiving obscene phone calls, emails, or texts; facing dangers in public places, such as shopping malls; and sexual abuse or incest). Methods of self-protection and reporting of threats are emphasized.

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4.4 **Students will describe the importance of seeking assistance from an adult in an unsafe or uncomfortable situation.**

Descriptive Statement: Students identify specific family, school, and community support people to seek out in situations in which they feel threatened or unsafe. Students will become familiar with resources available to them within the community and recognize the importance of building family and community support systems.