

## Family Life Education

Dear Parents and Guardians:

During Driver's Education & Physical Education teachers will be teaching a unit on Family Life Education. Please read the following objectives, "opt out" procedure and review the SOL's that will be covered during this unit.

### Objective

Students will gain knowledge through class activities, discussion and assessments on topics related to Family Life Education as outlined in the Standards of Learning on the back page.

### "Opt Out" Procedure

The General Assembly has mandated that all school divisions develop a Family Life Education Program. The regulations governing these programs, which were adopted by the Virginia State Board of Education, require that, an "opt out" procedure be established in which parents may elect for their children to be excused from all or part of the program.

In Spotsylvania County Schools, the Parent/Community Involvement Team identified objectives for the program. Parents may opt their children out of any activities associated with these objectives. Copies of objectives for each grade level will be available at each school, and parents are invited to obtain copies of these objectives. If parents wish their children to be excused from all or part of the program, they may complete the attached form and return it to their teacher. Before completing the form, parents may talk with their teacher who can explain the program objectives and answer questions. During the time missed from Family Life activities students will be given independent study assignments to be done in the school library.

### Family Life "Opt Out" Form

I ask that my child, \_\_\_\_\_, be excused from activities in the Family Life Program which are associated with following SOL objectives. Please list SOL numbers from the back of the form:

\_\_\_\_\_

\_\_\_\_\_  
Student's name

\_\_\_\_\_  
School and Grade Level

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

## **Family Life Education**-10<sup>th</sup> Grade Standards

- 10.1- The student will determine how maturation affects adolescents.
- 10.2- The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.
- 10.3- The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
- 10.4- The student will use the steps in the decision-making process to solve specific problems.
- 10.5- The student will recognize the benefits of abstaining from premarital sexual intercourse.
- 10.6 -The student will recognize alternatives to premarital sexual activity for expressing feelings and affection.
- 10.7- The student will explain the factors to be considered in preparing for dating and marriage.
- 10.8- The student will examine factors to be considered in life-goal planning.
- 10.9- The student will describe the signs and symptoms of pregnancy.
- 10.10- The student will analyze the factors associated with a healthy pregnancy.
- 10.11- The student will explain the importance of supportive roles of the mother and father through pregnancy and birth
- 10.12- The student will describe available birthing options.
- 10.13- The student will identify the stages of the birthing process.
- 10.14- The student will analyze the skills and attitudes needed to become a competent parent.
- 10.15- The student will describe adjustments to be made after the birth of a child.
- 10.16- The student will compile a list of community agencies and resources available to assist individuals and families.
- 10.17 -The student will review the positive aspects of family life as a basic unit of society and as a means of personal development.