

Spotsylvania County-Family Life Education

Dear Parents and Guardians:

During the year, Health & Physical Education teachers will teach a unit on Family Life Education. Please read the following objectives and “Opt out” procedure. Additionally, please review the state SOLs on the back of this form that may be covered during this unit. If you have any questions regarding content, procedures and/or opt out assignments, please contact the Health and Physical Education Department Chair.

“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 (below) and return it to their teacher. Before completing the form, parents may talk to their child’s teacher or department chair, whom can explain the program and answer questions. During the time missed from Family Life activities students will be given independent study assignments to be done at the school library.

Family Life “OPT OUT” Form

Please view family life SOL’s on the back of this form.

I ask that my child, _____, be excused from activities in the Family Life Program which are associated with the following SOL objectives:

Student’s name

School and Grade Level

Signature of Parent

Date

SOL's-6th Grade

- 6.1 The student will understand personal hygiene practices and to the physical changes that occur during puberty.
- 6.2 The student will explain the effects of growth on development, attitudes and interests.
- 6.3 The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.
- 6.4 The student will recall basic facts about sexually transmitted infections.
- 6.5 The student will be able to describe the etiology, effects, and transmission of HIV.
- 6.6 The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity.
- 6.7 The student will describe personal characteristics that can contribute to happiness for self and others.
- 6.8 The student will demonstrate increased understanding of child abuse and neglect, including emotional and sexual abuse
- 6.9 The student will become aware of community healthcare and safety agencies and their functions
- 6.10 The student will explain the effects of substance use and abuse on the individual, family, school, and society
- 6.11 The student will evaluate the messages from mass media related to sexuality and gender stereotyping.
- 6.12 Students will explain laws protecting children from inappropriate and abusive behavior of others, including human trafficking.
- 6.13 The student will apply decision-making skills in problem-solving and in determining the possible outcomes of his or her decisions

SOL's- 7th Grade

- 7.1 The student will identify his or her role and relationships within the family.
- 7.2 The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth
- 7.3 The student will realize that physical affection does not have to be sexual, but it also can be an expression of friendship, of celebration, or of a loving family
- 7.4 The student will recognize that sexual behaviors are conscious decisions; that it is important to say "no" to premarital, abusive, and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring
- 7.5 The student will identify messages in society related to sexuality.
- 7.6 Students will explore safety issues related to the Internet.
- 7.7 The student will be aware of the consequences of preteen and teenage sexual intercourse
- 7.8 The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.
- 7.9 The student will describe the signs and symptoms of pregnancy
- 7.10 The student will develop an understanding of and responsibility for family planning.
- 7.11 The student will explain techniques for preventing and reporting sexual assault and molestation.
- 7.12 The student will identify causes, symptoms, treatment, prevention, and transmission of sexually transmitted infections, including HIV.
- 7.13 The student will identify the issues associated with friendships
- 7.14 The student will realize the role of peers and the peer group during adolescence, and the nature and purpose of dating
- 7.15 The student will recognize contributions of various racial and ethnic groups to family life and society.
- 7.16 The student will increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view

SOL's-8th Grade

- 8.1 The student will relate stages of human development to his or her own developmental level.
- 8.2 The student will recognize the development of sexuality as an aspect of the total personality
- 8.3 The student will become aware of the need to think through decisions and to take responsibility for them.
- 8.4 The student will identify the issues associated with friendships
- 8.5 The student will recognize the nature of dating during adolescence.
- 8.6 The student will interpret the messages in society related to sexuality.
- 8.7 The student will describe strategies for saying "no" to premarital sexual relations
- 8.8 The student will develop the coping skills needed to deal with stress.
- 8.9 The student will identify the stresses related to changing relationships in the home, school, and community
- 8.10 The student will analyze the issues related to teenage pregnancy.
- 8.11 The student will review facts about pregnancy prevention and disease control.
- 8.12 The student will describe the effects of alcohol and drug use and abuse on families and peer relationships
- 8.13 The student will identify the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, and molestation.
- 8.14 The student will recall the ways in which the HIV virus is transmitted and prevented