

## Spotsylvania County-Family Life Education

Dear Parents and Guardians:

During the year, Classroom 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.

### Objective

4<sup>th</sup> Grade- physical changes during puberty, anatomy for reproduction and elimination, awareness of human fertilization and development, factors surrounding child abuse and neglect

5<sup>th</sup> Grade- connecting puberty to human anatomy and reproduction, mass media related to sexuality, abstinence, importance of nutrition and hygiene, recognition of threatening or uncomfortable situations, awareness of the existence of sexually transmitted infections

### “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. Every effort has been made to select instructional materials and activities that reflect traditional family values our community can support. However, 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 with their 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- 4<sup>th</sup> Grade**

- 1.6 The student will realize that human beings and other mammals have babies and that the babies can be breast-fed.
- 2.3 The student will become aware that babies grow inside the mother's body in a special place called the uterus.
- 3.5 The student will identify and use correct terms for external body parts associated with reproduction and elimination.
- 4.1 The student will be able to identify the human reproductive organs.
- 4.2 The student will identify physical changes that begin to occur during puberty.
- 4.3 The student will develop an awareness of human fertilization and prenatal development.
- 4.7 The student will describe the factors surrounding child abuse and child neglect.

### **SOL's-5<sup>th</sup> Grade**

- 3.7 The student will become aware that both a male and a female are necessary to have a baby.
- 3.8 The student will comprehend that the baby grows inside the mother's body for nine months and then is born.
- 5.2 The student will identify the human reproductive organs in relation to the total anatomy.
- 5.3 The student will explain how human beings reproduce.
- 5.4 The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.
- 5.5 The student will realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.
- 5.6 The student will identify reasons for avoiding sexual activity prior to marriage.
- 5.7 The student will describe the effects of personal hygiene on one's self-concept.
- 5.10 The student will examine the messages from mass media related to sexuality.
- 5.11 The student will develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself.
- 5.12 The student will recognize threatening or uncomfortable situations and how to react to them.