

Spotsylvania County Public Schools  
Family Life Education  
July 2019

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 Standards of Learning (SOLs) on the back of this form that may be covered during this unit. ***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.*** If you have any questions regarding content, materials, or opt-out assignments, please contact your child’s teacher.

**Objectives:**

**4th Grade:**

The student will learn factual information as it pertains to the following content: physical changes during puberty, anatomy for reproduction and elimination, awareness of human fertilization and development, factors surrounding child abuse and neglect

**5th Grade:**

The student will learn factual information as it pertains to the following content: connecting puberty to human anatomy and reproduction, abstinence, 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 child 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 form below and return it to their teacher. Before completing the form, parents may talk with their teacher or department chair, who 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 or an alternate classroom/space.

-----

**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. Please list SOL numbers from the back of the form:

\_\_\_\_\_

Student’s name: \_\_\_\_\_

School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Signature of Parent/Guardian/Date: \_\_\_\_\_

## **SOL's - 4th Grade**

The student will:

- 4.1 be able to identify the human reproductive organs.
- 4.2 identify physical changes that begin to occur during puberty.
- 4.3 develop an awareness of human fertilization and prenatal development.
- 4.4 identify basic human emotions and effective ways of dealing with them.
- 4.5 develop an awareness and acceptance of his/her strengths.
- 4.6 become aware of the need to assume responsibility within the family and to function effectively as a family member.
- 4.7 describe the factors surrounding child abuse and child neglect.

### **The following SOLs have also been added to the 4th grade curriculum:**

- 1.6 The student will realize that human beings and other mammals have babies and that the babies can be breastfed.
- 2.2 The student will realize that adults other than parents also provide care and support for children.
- 3.5 The student will identify and use correct terms for external body parts associated with reproduction and elimination.

## **SOL's - 5th Grade**

The student will:

- 5.1 define the structure and function of the endocrine system
- 5.2 identify the human reproductive organs in relation to the total anatomy.
- 5.3 explain how human beings reproduce.
- 5.4 recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.
- 5.6 identify reasons for avoiding sexual activity prior to marriage.
- 5.7 describe the effects of personal hygiene on one's self-concept.
- 5.11 develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for him or herself.
- 5.12 recognize threatening or uncomfortable situations and how to react to them.
- 5.14 become aware of the existence of sexually transmitted infection

### **The following SOLs have also been added to the 5th grade curriculum:**

- 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.