

# Alexandria City Public Schools

## Family Life Education in 2<sup>nd</sup> Grade

**Right to Review:** 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.

**Program Goals:** The APCS Family Life Education curriculum is designed to provide a comprehensive, sequential K-12 program that includes age-appropriate instruction in family living and community relationships. Instruction is designed to promote parental involvement, foster positive self-concepts and provide mechanisms for coping with peer pressure and the stresses of modern living according to the students' developmental stages and abilities.

**Program Sequence:** As directed by the Virginia Department of Education, the Family Life Education Curriculum for grades K-10<sup>th</sup> in ACPS includes instruction in the following content areas based on the [Standards of Learning](#):

1. Family living and community relationships;
2. The value of family relationships;
3. The value of postponing sexual activity;
4. Abstinence education;
5. The benefits, challenges, responsibilities, and the value of marriage for men, women, children, and communities;
6. Human sexuality;
7. Human reproduction;
8. The benefits of adoption as a positive choice in the event of an unintended pregnancy;
9. The etiology, prevention, and effects of sexually transmitted diseases;
10. The prevention of human trafficking;
11. Dating violence, which shall include a focus on informing high school students that consent is required before a sexual act, the characteristics of abusive relationships, steps to take to deter a sexual assault, the availability of counseling and legal resources, and, in the event of sexual assault, the importance of receiving immediate medical attention and advice, as well as the requirements of the law; and
12. Mental health education and awareness.

**Curriculum Strands:** The curriculum is built around six measurement topics, which are thematic strands and process standards which focus on enduring understandings and fundamental processes at the heart of the program.

1. Developing a sense of self
2. Developing healthy relationships
3. Maintaining personal health and wellness
4. Maintaining personal safety
5. Understanding anatomy and physiology
6. Analyzing Influences

Transfer goals and performance assessments for each unit are aligned with these measurement topics.

**Curriculum At-a-Glance:** The following topics are addressed during the 2<sup>nd</sup> grade FLE instruction.

## 2<sup>nd</sup> Grade Family Life Education

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<b><u>Unit 1: Developing a Sense of Self</u></b>  During this unit, students continue to develop a sense of self, cultivate healthy relationships, and maintain their personal safety.  <b>1. Lesson 1: Don't Call Me Special</b> - Begin to recognize that children with disabilities have many abilities and are children just like they are. <b>2. Lesson 2: Making Friends</b> - Understand qualities and actions that can help to make friends, as well as those that make it difficult to make friends; begin to understand individual differences.	<b>Standards of Learning:</b> 2.1, 2.4, 2.5
<b><u>Unit 2: Adults Who Help Us</u></b>  In this unit, students will learn more about adults who provide care and support for children as well as "good touch" and "bad touch" and the concept of "No" in response to inappropriate approaches and expressions of affection.  <b>1. Lesson 1: Good Touch, Bad Touch</b> - Understand the differences between a "good touch" and a "bad touch"; begin to demonstrate skills to correct inappropriate behavior. <b>2. Lesson 2: How to Say "No"</b> - Advance in their readiness and understanding of saying "no" to inappropriate approaches and forms of touch.	<b>Standards of Learning:</b> 2.2, 2.6, 2.7
<b><u>Unit 3: The Incredible Human Body</u></b>  During this unit, students will become aware that babies grow inside the mother's body in a place called the uterus.  <b>1. Lesson 1: Not the Stork, but the Uterus</b> - Understand that babies grow inside the mother's body in an organ called the uterus.	<b>Standards of Learning:</b> 2.3
<b><u>Unit 4: Media Influences</u></b>  In this unit, students will understand media attempts to influence consumers using emotion.  <b>1. Lesson 1: Advertising and Our Emotions</b> - Understand that commercials and other forms of media seek to influence consumers; begin to understand how media affects mental health and self-esteem.	<b>Standards of Learning:</b> 2.8