

# Alexandria City Public Schools

## Family Life Education in 4<sup>th</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 4<sup>th</sup> grade FLE instruction.

## 4th Grade Family Life Education

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<p><b><u>Unit 1: Personal Health &amp; Safety</u></b></p> <p>During this unit, students will:</p> <ul style="list-style-type: none"><li>• begin to identify and learn strategies to cope with increasingly complex emotions</li><li>• develop awareness and acceptance of personal strengths and weaknesses</li><li>• learn about child abuse, neglect and protection from them</li><li>• examine motivations, dangers, and avoidance techniques related to substance use</li></ul> <p><b>1. Lesson 1: Personal Strengths and Weakness</b> - Develop an awareness and acceptance of both strengths and weaknesses which they possess.</p> <p><b>2. Lesson 2: Child Abuse and Neglect</b> - Begin to understand the terms “child abuse” and “child neglect,” and they will be exposed to effective ways of protecting oneself against these occurrences.</p> <p><b>3. Lesson 3: Substance Use and Abuse</b> - Gain exposure to the problems associated with using and abusing alcohol, tobacco, and other drugs.</p>	<p><b>Standards of Learning:</b> 4.4, 4.5, 4.7, 4.8, 4.9</p>
<p><b><u>Unit 2: My Changing Body</u></b></p> <p>During this unit, students will become familiar with the concept of puberty along with the resulting changes and subsequent hygienic demands, and the names and functions of reproductive organs.</p> <p><b>1. Lesson 1: What is Puberty? – Part 1</b> - Gain an initial understanding of the physical and emotional changes that take place during puberty.</p> <p><b>2. Lesson 2: What is Puberty – Part 2</b> - Demonstrate an understanding of the processes involved with both males and females going through puberty.</p>	<p><b>Standards of Learning:</b> 4.1, 4.2</p>

	<p><b><u>Unit 3:</u> Reproductive Systems &amp; Prenatal Development</b></p> <p>During this unit, students will become familiar with the fertilization process.</p> <p><b>1. Lesson 1: Reproductive Systems &amp; Prenatal Development -</b> Gain an understanding of the process of conception and the subsequent prenatal development of a human baby.</p>	<p><b>Standards of Learning:</b> 4.1, 4.3</p>
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