



CITY OF SALEM SCHOOL DIVISION

September 14, 2018

Dear Parent(s)/Guardian(s):

The following pages provide an overview of the Family Life Education Program for the City of Salem Schools. If, after reviewing this material, you would like more information, the curriculum is available for you to preview on the division website and in your school library.

If you do not want your child to participate in all or some portion of Family Life Education, you should complete and return the opt-out form on the back of this letter. Alternate work in health education will be assigned to students who are opted out of Family Life Education. Please be advised that this decision may also exclude your child from some components of the D.A.R.E program and the School Guidance Curriculum.

If you intend for your child to participate in Family Life Education, you do not need to return the opt-out form.

If you have any questions regarding Family Life Education please feel free to contact your child's teacher or principal. If you have additional questions or concerns, contact Curtis Hicks, Assistant Superintendent, by phone at 389-0130 or by email at [chicks@saalem.k12.va.us](mailto:chicks@saalem.k12.va.us).

Sincerely,

Curtis Hicks  
Assistant Superintendent for Instruction



CITY OF SALEM SCHOOL DIVISION  
**FAMILY LIFE EDUCATION**

Opt-Out Form

If you wish for your son or daughter to participate in Family Life Education, **you do not need to return this form.**

If you do not wish for your son or daughter to participate in all or some part of Family Life Education, complete and **return this form to your child's teacher (Grades K-5) or Health/PE instructor (Grades 6-10) by Friday, September 21, 2018.**

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Grade \_\_\_\_\_ Name of Student \_\_\_\_\_

If you have chosen to opt-out your son or daughter from Family Life Education, check the statement that most closely reflects your decision:

\_\_\_\_\_ I wish to opt-out my son or daughter from all sensitive areas of instruction in Family Life Education.

\_\_\_\_\_ I wish to opt-out my son or daughter from the following areas of Family Life Education. Please list specific objectives.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ I wish to opt-out my son or daughter from all Family Life Education instruction, sensitive and non-sensitive areas.(Please be advised that this choice may include some aspects of the DARE program and the School Guidance Curriculum.)

\_\_\_\_\_ Parent or Guardian Signature

\_\_\_\_\_ Date



## Family Life Education Growing, Caring, Sharing

The Salem City Schools' Family Life Education Program helps children and teenagers understand and adjust to the pressures of growing up: emotions, physical, social, and intellectual. Young people also learn to develop self-esteem, to make smart choices, and to relate well to others. The Program begins in kindergarten with a foundation for more complex topics in later grades. It stresses abstinence from any activities that may be negative or harmful, with emphasis on ways to say "NO!" to premarital sex. The program is designed to strengthen communication within families and strives to involve parents in an active role throughout the program.

The Family Life Education Program (K-10), as designed by the City of Salem Schools, is a comprehensive effort aimed at promoting a greater understanding of, and appreciation for, the family and its beliefs and value structures. The curriculum was reviewed by the School Health Advisory Board which includes a wide cross-section of Salem's community.

The Standards of Learning for the Virginia Family Life Education Program include the following topics, some of which are not introduced until middle and high school.

- Family living and community relationships
- The value of postponing sexual activity until marriage
- Human sexuality and physical development
- The causes, prevention, and effects of sexually transmitted diseases
- Stress management and resistance to peer pressure
- Development of positive self-concepts and respect for others, including people of other races, religions, or origins
- Parenting skills
- Substance abuse
- Child abuse

The following pages provide an overview of the Family Life Education Program in grades K-12. For more information, contact your child's principal or Curtis Hicks, Assistant Superintendent for Instruction by phone at 389-0130 or by email at [chicks@salem.k12.va.us](mailto:chicks@salem.k12.va.us).

## K-12 Family Life Curriculum Overview

### Kindergarten – First Grade

- experience success, positive feelings
- experience respect from and for others
- awareness of effects of own behavior
- recognize that everyone is a member of a family and identify family members
- positive physical expression of affection
- understanding feelings
- finding help if lost
- humans and other mammals nurse their young
- use correct terminology for body parts and functions
- saying “no” to inappropriate approaches from others
- recognize good and bad touches by others

### Second Grade-*Includes above plus the following:*

- recognize that everyone has strengths and weaknesses
- realize that adults other than parents provide care for children – friends, day care, churches
- babies grow in special place – the uterus
- become conscious of how commercials play on one’s emotions

### Third Grade- *Includes above plus the following:*

- sense of belonging in a group
- developing a positive self-image
- adjusting to changes within the family – birth of a sibling, moving, illness, divorce, remarriage
- identify external body parts associated with elimination and reproduction
- children’s growth and development patterns
- awareness that a male and female are necessary to have a baby
- comprehend that a baby grows inside mother’s body for nine months and then is born
- friendly attitudes
- safety in the home
- reacting to good or bad touching
- become conscious of how commercials use our emotions
- importance of confiding in a trusted adult – child abuse

### Fourth Grade-*Includes above plus the following:*

- identify human reproductive organs
- physical changes during puberty
- awareness of human fertilization
- dangers of substance abuse

Fifth Grade-*Includes above plus the following:*

- endocrine system
- human reproductive system in relation to total anatomy
- uniting of the sperm and the egg
- development of unborn child
- puberty
- nutrition
- reasons for avoiding sexual activity prior to marriage
- personal hygiene
- examine messages from media related to sexuality
- saying “no” to – drugs, vandalism, sexual relationships, smoking, alcohol use, theft
- recognizing threatening situations and how to react
- substance abuse
- awareness that there are sexually-transmitted diseases

Sixth Grade-*Includes above plus the following:*

- puberty – personal hygiene, physical and emotional changes
- facts about sexually-transmitted diseases, including AIDS
- human reproduction – benefits of postponing sexual activity
- self-discipline, self-esteem, acceptance of others
- understanding child abuse and neglect
- awareness of community health care agencies
- substance abuse
- messages from media related to sexuality
- decision-making skills

Seventh Grade-*Includes above plus the following:*

- students role within family – responsibility, interactions
- physical development – secondary sex characteristics
- appropriate expressions of affection
- benefits of delaying sexual activity until marriage
- media messages related to sexuality
- consequence of preteen and teenage sexual intercourse – sexually-transmitted diseases, loss of reputation, guilt, effect on life-long goals
- signs and symptoms of pregnancy
- abstinence as only 100% effective means of contraception
- techniques for preventing and reporting sexual assault
- sexually-transmitted diseases
- peer relationships – friendships – dating
- appreciation of racial and ethnic differences
- positive communication skills

*Eighth Grade-Includes above plus the following:*

- stages of human development – male and female
- development of sexuality as an aspect of personality
- decision-making process – life-long goals
- characteristics of friendship
- adolescent dating
- interpret messages in society related to sexuality
- strategies for saying “no” to premarital sexual relations
- adverse impact of teenage pregnancy
- pregnancy prevention and disease control – abstinence is emphasized as only 100% effective method
- effects of alcohol and drug abuse
- effects and prevention of sexual assault
- AIDS – transmission, prevention
- eighth grade Family Life Education is taught in co-educational health classes

*Ninth Grade-Includes above plus the following:-*

- human growth cycle – from prenatal through old age
- importance of the family unit
- development of one’s sexual identity
- decision-making process
- dating
- postponing sexual relations until marriage
- effects and prevention of sexual assault
- substance abuse
- human reproduction
- health issues – male-and-female – specific concerns
- pregnancy prevention and disease control – contraception – transmission and prevention of AIDS virus
- effects of discrimination – ageism, racism, sexism
- educational and career goals

*Tenth Grade-Includes above plus the following:*

- adolescent development – maturation
- interpersonal relationships
- family as foundation of American Society
- abstinence from premarital sexual activity
- preparing for dating and marriage
- life goal planning – family planning – contraception
- symptoms of pregnancy
- parenting skills
- sexually-transmitted diseases / AIDS
- childbirth
- growth and development of children