

WAYNESBORO/STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION

4th GRADE

DAY	TOPICS	ACTIVITIES	RESOURCES
1	Responsibility S.O.L.: 4.7, 4.6, 5.8, 5.6	Rules Circles of trust worksheet Healthy Relationship Quiz	Rules Handout Figuring out Friendships
2	Puberty S.O.L.: 4.1 *, 4.2	Puberty Power	Puberty Power Worksheet
3	Reproductive System S.O.L.: 4.1 *, 4.2	Diagramming same-sex reproductive systems Discussion of menstruation (girls only)	“The Female Reproductive System” Worksheet “Male Reproductive System” Worksheet Visual Aids (posters, pads for girls)
4	Abuse and Neglect S.O.L.: 4.7	Video: Break the Silence Handout: Kids Should Know Guidance Counselor Forms	Video: Break the Silence Handout: Kids Should Know Guidance Counselor Forms

*identified sensitive objectives

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

- 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.
- 4.6 The Student will become aware of the need to assume responsibility within the family and to function effectively as a family member.
- 4.7 The student will describe the factors surrounding child abuse and child neglect.
- 5.6 The will identify reasons for avoiding sexual activity prior to marriage.
- 5.8 The student will recognize the importance of contributing to a constructive group activity.

Topics covered by the Family Life Education Teacher(s) (Office on Youth)

WAYNESBORO/STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION

GRADE 5

DAY	TOPICS & S.O.L.	ACTIVITIES	RESOURCES
1	Puberty Review Same sex reproductive system 5.1, 5.2, 5.4, 5.8, 5.11	Introductions Puberty groups activity Ground Rules	Ground Rules Handout 3r's "Making sense of puberty" Reproductive System Visual Aids Optional (Pads/Tampons) to show girls
2	Self-Awareness Opposite Sex Reproductive Systems 5.2	Reproductive System Self-Awareness sheet	Reproductive System Visual Aids 3r's Sexual and Reproductive Anatomy Body Parts worksheet Paper Colored pencils
3	Hygiene 5.7, 5.11	Personal Health and Hygiene Question Box	Hygiene video/ worksheet Question Boxes and ¼ sheets of paper
4	Birth 5.3, 5.5, 5.6	Answering questions from the box Discussing the process of birth Watching the you tube video	Birth Chart https://www.youtube.com/watch?v=WtDknjng8TA

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

- 5.1 The student will define the structure and function of the endocrine system.
- 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 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.
- 5.8 The student will recognize the importance of contributing to a constructive group activity.
- 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.

WAYNESBORO /STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION

6th GRADE

DAY	TOPICS	ACTIVITIES	RESOURCES
1	Emotional Changes of Puberty, Families and Seeking Independence 5.9, 6.2, 6.3*, 6.7, 6.12	Discuss: Emotions and Independence during Puberty activity Discussion: Types of Families Family Newspaper <i>Homework: Parent/Child Activity</i>	3r's "Change is good!" lesson Family newspaper laptops <i>Homework Handout: Parent/Child Activity</i>
2	Puberty Review: Physical Changes of Puberty and Reproductive System Review 6.1, 6.2*, 6.3*	Review Puberty Information Review of Male and Female Reproductive Systems	Just around the Corner videos Reproductive System Visual Aids
3	Self-Reliance and Responsibility (Includes Hygiene) 6.1, 6.6*, 6.7, 6.12	Hygiene Discussion of Positive/Negative Communication and relationships	The basic Hygiene video 3r's "Being Clear with your friends" lesson
4	Peer Pressure and Social Media 6.2*, 6.6*, 6.11*, 6.12	Discussion Netiquette and Internet Safety Prezi and discussion	Netiquette Prezi Hide and Go Seek PowerPoint
5	Relationship Qualities, Gender and media 6.6, 6.7, 6.11, 6.13	Like/Love activity Dissecting song lyrics	3r's "What is Love anyway?" lesson Large post its, markers

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

- 5.9 The student will develop an increased understanding of the roles, duties, and responsibilities of family members.
- 6.1 The student will understand personal hygiene practices and the physical changes that occur during puberty.
- 6.2 The student will explain the effects of growth on development, attitudes, and interests.
- 6.3 The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.
- 6.6 The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity.
- 6.7 The student will describe personal characteristics that can contribute to happiness for self and others.
- 6.11 The student will evaluate the messages from mass media related to sexuality and gender stereotyping.
- 6.12 The student will apply decision-making skills in problem-solving and in determining the possible outcomes of his or her decisions.
- 6.13 The student will apply decision making skills in problem-solving and in determining the possible outcomes of his or her decisions.

WAYNESBORO/STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION

GRADE 7

DAY	TOPICS & S.O.L.	ACTIVITIES	RESOURCES
1	Rules and Boundaries, Healthy Relationships S.O.L.: 7.1, 7.4, 7.5, 7.6, 7.11, 7.13, 7.14, 7.15	Introductions Setting Boundaries Rules: Life, Dating and Decisions Discuss Social Media and Boundaries (discuss consent)	Vision of You: Rules Worksheet 3rs Understanding Boundaries
2	Social Media/Sexting Information S.O.L.: 6.12, 7.6, 7.11, 7.15	Students and Social Media PowerPoint Human Trafficking	PowerPoint presentation (created by WHS class) The Making of a Girl 3rs Being Smart, Staying Safe online
3	Sexually Transmitted Infections S.O.L.: 6.4, 6.5, 7.4, 7.7, 7.10 7.12	STI Presentation Introduce definition of term: “Contraceptives” (Including condoms) (IF ASKED: Contraceptives may be discussed in clinical detail)	STI Prezi HPV Vaccine and Contraceptive Definition Slides STI Worksheet Instructor ref: Contraceptive Fact Sheet Prezi Presentation
4	Hygiene (Emphasis on period for girls) S.O.L.: 7.1, 7.2	Video and Discussion	C.A.T.C.H. Video Hygiene for Girls/Boys Worksheet 3rs The Warning Signs
5	Sex Smarts for Teens S.O.L.: 7.2, 7.3, 7.4, 7.7, 7.8, 7.10, 7.14, 7.15, 7.16	Video and Discussion	Sex Smarts for Teens Video 3rs Making Smart Choices

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

*identified sensitive objectives

6.4 The student will recall basic facts about sexually transmitted diseases.

6.5 The student will be able to describe the etiology, effects, and transmission of HIV.

6.12 The student will be able to define human trafficking and identify where and how it occurs and explain laws protecting children from human trafficking, and/or inappropriate and abusive behavior of others.

7.1 The student will identify his or her role and relationships within the family.

7.2 The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth.

7.3 The student will realize that physical affection does not have to be sexual, but it also can be an expression of friendship, of celebration, and of a loving family.

- 7.4 The student will recognize that sexual behaviors are conscious decisions; that it is important to say “no” to premarital, abusive, and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring.
- 7.5 The student will identify messages in society related to sexuality.
- 7.6 Students will explore safety issues related to the Internet.
- 7.7 The student will be aware of the consequences of preteen and teenage sexual intercourse.
- 7.8 The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.
- 7.10 The student will develop an understanding of and responsibility for family planning.
- 7.11 The student will explain techniques for preventing and reporting sexual assault, human trafficking, and molestation.
- 7.12 The student will identify causes, symptoms, treatment, prevention, and transmission of sexually transmitted infections, including HIV.
- 7.13 The student will identify the issues associated with friendships.
- 7.14 The student will realize the role of peers and the peer group during adolescence, and the nature and purpose of dating.
- 7.15 The student will recognize contributions of various racial and ethnic groups to family life and society.
- 7.16 The student will increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view

**WAYNESBORO/STAUNTON CITY FAMILY LIFE EDUCATION
2020-2021**

GRADE 8

DAY	TOPICS & S.O.L.	ACTIVITIES	RESOURCES
1	Goals Friendship/ Character S.O.L.: 8.2, 8.3, 8.4, 8.5, 8.6, 8.7,	Goals Handout Discussion about Goals and Obstacles Honesty Quiz Character Group activity	Goals/ Career handout (VOY Curriculum) Group Prompts Honesty Quiz 3RS "More than friends: Understanding Romantic Relationships"
2	Healthy Relationships (To include development of one's own sexual identity) S.O.L.: 8.2, 8.4, 8.5, 8.7, 8.8, 8.13	Introductions Okay or No Way (Choose Respect) Discussion: Qualities of a Healthy Relationship/Self Respect in Relationships	Okay or No Way (Choose Respect) Activity Relationship Qualities Handout Jenga 3rs "Choose your words carefully"
3	Introducing Contraceptives and Reviewing STIs HPV and HIV S.O.L.: 8.7, 8.8, 8.10*, 8.11*, 8.14*	8 th Grade Contraceptives Discussion of risk and age of consent	Prezi Presentation
4	Teen Pregnancy Fetal Development Review S.O.L.: 7.9, 8.3, 8.6, 8.10, 9.9	PowerPoint: Fetal Development 16 and Pregnant Episode (Macie) and Discussion	Fetal Development PowerPoint 16 and Pregnant, Season 1 (Macie) 16 and Pregnant Discussion Guide 3rs "What If"
5	Teen Pregnancy Fetal Development Review S.O.L.: 8.3, 8.10, 9.9	16 and Pregnant Episode (Macie) and Discussion	16 and Pregnant Episode (Macie) and Discussion

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

*identified sensitive objectives

7.9 The student will describe the signs and symptoms of pregnancy.

8.2 The student will recognize the development of sexuality as an aspect of the total personality.

- 8.3 The student will become aware of the need to think through decisions, to know how decisions impact their lives as well as the lives of others, and to take responsibility for the decisions they make.
- 8.4 The student will identify the issues associated with friendships.
- 8.5 The student will recognize the nature of dating during adolescence.
- 8.6 The student will interpret the messages in society related to sexuality.
- 8.7 The student will describe strategies for saying "no" to premarital sexual relations.
- 8.8 The student will develop the coping skills needed to deal with stress.
- 8.10 The student will analyze the issues related to teenage pregnancy.
- 8.11 The student will review facts about pregnancy prevention and disease control.
- 8.13 The student will identify the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, human trafficking, and molestation.
- 8.14 The student will recall the ways in which the HIV virus is transmitted and prevented.

WAYNESBORO/STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION

GRADE 9

DAY	TOPICS & S.O.L.	ACTIVITIES	RESOURCES
1	Goals and Values S.O.L.: 9.2 ,9.3, 9.4, 9.5, 9.6, 9.13, 9.14	Values and Goals Worksheet Sex Messages Activity	Values and Goals Worksheet Large Post-It Notes Markers 3rs My Life my Decisions
2	Healthy Relationships/Dating Violence S.O.L.: 9.5, 9.6, 9.7	Forced Choice Activity: Healthy vs. Unhealthy Behavior Video and Discussion: Causing Pain	List of Dating Behaviors/ Statements DVD: Causing Pain Optional: 3rs: Is it abuse if...
3	Sexually Transmitted Infections S.O.L.: 9.6, 9.11, 9.12	STI Prezi and Worksheet	STI Prezi and Worksheet (Blank) 3rs STD Smarts
4	Contraceptives S.O.L.: 9.9, 9.11, 9.12	Contraceptives Prezi Contraceptives Worksheet Condom Demonstration	Contraceptives Prezi Contraceptives Worksheet Contraception Kit Optional: 3rs: Using Condoms Effectively
5	Drug and Alcohol Abuse S.O.L.: 9.4, 9.8, 9.14	Drug and Alcohol PowerPoint Discussion	GAPP Drug and Alcohol PowerPoint
6	In The Womb: Fetal Development 9.1, 9.8, 9.9, 10.13 PE teachers to show and discuss	Documentary: In The Womb Quiz	National Geographic: In The Womb (DVD) In The Womb Quiz In The Womb Answer Key

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

- 9.1 The student will understand the human growth and development cycle.
- 9.2 The student will explain the importance of the family as a basic unit of society and his or her responsibility as a member of the family.
- 9.3 The student will recognize the development of sexuality as an aspect of the total personality.

*identified sensitive objectives

- 9.4 The student will review and apply the decision-making process.
- 9.5 The student will review the nature and purposes of dating.
- 9.6 The student will realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage.
- 9.7 The student will interpret the effects and prevention of sexual assault, rape (including date rape), incestuous behavior, molestation, human trafficking, and sexual harassment using electronic means.
- 9.8 The student will relate specific information on substance use and abuse to each stage of the life cycle.
- 9.9 The student will be able to explain the process of reproduction.
- 9.11 The student will demonstrate knowledge of pregnancy prevention and disease control.
- 9.12 The student will explain the transmission and prevention of the HIV.
- 9.13 The student will identify the effects of discrimination.
- 9.14 The student will begin to identify educational and career goals.
- 10.13 The student will identify the stages of the birthing process.

**WAYNESBORO/STAUNTON CITY SCHOOLS – FAMILY LIFE EDUCATION
GRADE 10**

DAY	TOPICS & S.O.L.	ACTIVITIES	RESOURCES
1	Boundaries and Limits S.O.L.: 9.6, 10.2, 10.3, 10.5, 10.6, 10.7, 10.8	Discussion: Identifying Boundaries and Setting Limits Bed Activity	“How Well” Handout Sheet Paper to List Personal Boundaries Optional: “Am I Ready? Making Healthy Sexual Decisions” video 3rs: Let me tell you
2	STI Review, Contraceptives Review Teen Pregnancy S.O.L. : 9.11, 10.5, 10.8, 10.9, 10.10, 10.11, 10.12, 10.14, 10.15	STI & Contraceptives Review Jeopardy 16 & Pregnant (Jennifer) and Discussion	Laptop, Projector https://jeopardylabs.com/play/contraceptives-sti-review STI Fact Sheet Handout Contraceptives Fact Sheet Handout 16 & Pregnant (Jennifer), United Streaming: Teen Sexuality, Sex and Consequences, Skills for Healthy Living
3	Healthy Relationships/dating violence S.O.L.: 9.7, 10.7, 10.16	Love Is Not Abuse Videos Relationship Quiz Who can Help?	Love Is Not Abuse Videos: Sara and Anya Quiz: Does Your Relationship Rule? 3rs: It wasn’t my fault Handout: Resources

FAMILY LIFE EDUCATION STANDARDS OF LEARNING ADDRESSED IN THESE LESSONS:

*identified sensitive objectives

- 10.2 The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.
- 10.3 The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.
- 10.4 The student will use the steps in the decision-making process to solve specific problems.
- 10.5 The student will recognize the benefits of abstaining from premarital sexual intercourse.
- 10.6 The student will recognize alternatives to premarital sexual activity for expressing feelings and affection.
- 10.7 The student will explain the factors to be considered in preparing for dating and marriage.
- 10.8 The student will examine factors to be considered in life-goal planning.
- 10.9 The student will describe the signs and symptoms of pregnancy.
- 10.10 The student will analyze the factors associated with a healthy pregnancy.
- 10.11 The student will explain the importance of supportive roles of the mother and father through pregnancy and birth.
- 10.12 The student will describe available birthing options.
- 10.13 The student will identify the stages of the birthing process.

- 10.14 The student will analyze the skills and attitudes needed to become a competent parent.
- 10.15 The student will describe adjustments to be made after the birth of a child.
- 10.16 The student will compile a list of community agencies and resources available to assist individuals and families.

Family Life Education

Board of Education Guidelines and Standards of Learning for Virginia Public Schools



Commonwealth of Virginia
Department of Education
Richmond, Virginia 23218-2120

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2020

[VDOE :: Family Life Education \(virginia.gov\)](http://www.doe.virginia.gov)

https://www.doe.virginia.gov/instruction/family_life_education/index.shtml

CODE OF VIRGINIA FOR FAMILY LIFE EDUCATION

§22.1-207.1. Family life education.

A. As used in this section, “abstinence education” means an educational or motivational component that has as its exclusive purpose teaching the social, psychological, and health gains to be realized by teenagers’ abstaining from sexual activity before marriage.

B. The Board of Education shall develop by Standards of Learning and curriculum guidelines for a comprehensive, sequential family life education curriculum in grades kindergarten through 12. Such curriculum guidelines shall include instruction as appropriate for the age of the student in family living and community relationships; the benefits, challenges, responsibilities, and value of marriage for men, women, children, and communities; the value of family relationships; abstinence education; the value of postponing sexual activity; the benefits of adoption as a positive choice in the event of an unwanted pregnancy; human sexuality; human reproduction; the prevention of human trafficking; dating violence; the characteristics of abusive relationships; steps to take to deter sexual assault, the availability of counseling and legal resources, and, in the event of such sexual assault, the importance of immediate medical attention and advice, as well as the requirements of the law; the etiology, prevention, and effects of sexually transmitted diseases; and mental health education and awareness.

C. All such instruction shall be 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. The Board shall also establish requirements for appropriate training for teachers of family life education, which shall include training in instructional elements to support the various curriculum components.

1987, c. 371; 1999, c. 422; 2002, c. 554; 2004, c. 1030; 2007, c. 32.; 2008, c.0417; 2009, c.437, 583; 2017, c. 692; 2019, c.595.

§ 22.1-207.1:1 Family life education; certain curricula and Standards of Learning.

Any family life education curriculum offered by a local school division shall require the Standards of Learning objectives related to dating violence and the characteristics of abusive relationships to be taught at least once in middle school and at least twice in high school, as described in the Board of Education's family life education guidelines

A. Any high school family life education curriculum offered by a local school division shall incorporate age-appropriate elements of effective and evidence-based programs on (i) the prevention of dating violence, domestic abuse, sexual harassment, including sexual harassment using electronic means, sexual violence, and human trafficking; and (ii) the law and meaning of consent. Such age-appropriate elements of effective and evidence-based programs on the prevention of sexual violence may include instruction that increases student awareness of the fact that consent is required before sexual activity.

B. Any family life education curriculum offered in any elementary school, middle school, or high school shall incorporate age-appropriate elements of effective and evidence-based programs on the importance of the personal privacy and personal boundaries of other individuals and tools for a student to use to ensure that he respects the personal privacy and personal boundaries of other individuals.

C. Any family life education curriculum offered by a local school division shall incorporate age-appropriate elements of effective and evidence-based programs on the harmful physical and emotional effects of female genital mutilation; associated criminal penalties; and the rights of the victim, including any civil action pursuant to § 8.01-42.5.

D. Any family life education curriculum offered by a local school division may incorporate age-appropriate elements of effective and evidence-based programs on the prevention, recognition, and awareness of child abduction, child abuse, child sexual exploitation, and child sexual abuse.

2011, c. 634; 2016, c. 434; 2017, cc.299, 692, 2018, cc. 383,519; 2019, cc.372, 595, 596.

§ 22.1-207.2. Right of parents to review certain materials; summaries distributed on request.

Every parent, guardian or other person in the Commonwealth having control or charge of any child who is required by § 22.1-254 A to send such child to a public school shall have the right to review the complete family life curricula, including all supplemental materials used in any family life education program. A complete copy of all printed materials and a description of all audio-visual materials shall be kept in the school library or office and made available for review to any parent or guardian during school office hours before and during the school year. The audio-visual materials shall be made available to parents for review, upon request, on the same basis as printed materials are made available.

Each school board shall develop and distribute to parents or guardians of a student participating in the family life education program a summary designed to assist parents in understanding the program implemented in its school division as such program progresses and to encourage parental guidance and involvement in the instruction of the students. Such information shall reflect the curricula of the program as taught in the classroom. The school division shall include the following information on the summary:

"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."

1989, c. 515; 1991, cc. 139, 526; cc. 0451; 2009, cc. 451.