



**Family Life Education Parent Information
Grade 4 - 5**

“Virginia's standards for family life education provide a comprehensive, sequential K-12 curriculum. They include age-appropriate instruction in family living and community relationships, abstinence education, the value of postponing sexual activity, human sexuality and human reproduction. 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.” (<https://www.doe.virginia.gov/teaching-learning-assessment/instruction/family-life-education>)

All teaching materials used in family life education are approved and reviewed by the School Health Advisory Board for Hampton City Schools. Parents and guardians have the right to review the Family Life Education program offered by their school division, including all written and supplemental materials used in the program.

Ways to review materials:

- A summary of the topics and lessons can be found on the Health & Wellness Education [website](#), under the Family Life Education tab.
- Parents may view the teaching materials online through **Parent Square** by simply logging in and clicking the Resources Link.
- A complete hard copy of all printed materials and a description of all audio-visual materials are kept in the school media center or in the main office vault, and made available for review to any parent or guardian during school office hours before and during the school year by appointment. To review materials, please contact your child's health and wellness teacher.

Parents may opt their child out of family life instruction. ***If you do not wish your child to participate in Family Life, please submit a letter to your child's teacher prior to the beginning of instruction (see date of instruction below).*** Please include your child's full name, grade, and school name in the letter. For those children opting out, the teacher will arrange for alternate lessons in place of the Family Life Education lessons. If you would like your child to receive Family Life Education instruction, no action is required on your part.

If you would like to review the standards of learning for Family Life Education, a copy of the standards of learning can be found: [HERE](#). If you have any questions regarding any aspect of our Family Life Program in Hampton City Schools, please do not hesitate to contact the Health & Wellness Education office.

Topics Taught in Family Life Education by grade.

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| 4 th Grade | FLE 4.1 Able to identify human reproductive organs FLE 4.2 Identify physical changes that begin to occur in puberty FLE 4.4 Identify basic human emotions and effective ways of dealing with them |
| 5 th Grade | FLE 5.1 Define the structure and function of the endocrine system FLE 5.2 Identify the human reproductive organs in relation to the total anatomy FLE 5.4 Recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction FLE 5.7 Describe the effects of personal hygiene on one's self-concept FLE 5.9 Develop an increased understanding of the rules, duties, and responsibilities of family members. |

Family Life instruction will take place _____.