

## FAMILY LIFE PHILOSOPHY

The Newport News Schools Family Life Education program is based on the premise that parents should be the primary providers of the information and values of family life and human sexuality. We recognize, however, that changes in our society have placed a high premium on providing adequate information so that every child can make wholesome decisions in life. Accordingly, we believe that this need for information can best be met through a partnership among students, parents, schools, and the community. The Family Life Education program ensures that Newport News Public Schools do their part in this important partnership.

We believe that the content of the Family Life curriculum should be age appropriate, medically accurate and sequential. In addition to anatomy and physiology of reproduction of plants, animals, and humans, the curriculum includes many other important issues. These include self-esteem, self-control, positive decision-making, goal-setting, family values, peer respect, communication skills, and responsible parenting. We emphasize the family values of caring for one's self and one's family, and teach the value of recognizing the worth of every individual and of being honest. We believe that sexual relations are best delayed until after marriage. Therefore, our curriculum emphasizes abstinence from premarital sex.

The assistance of the Family Life Education Advisory Committee (made up of representatives of health, medical, religious, and community agencies and groups) has been invaluable in the development of the current Family Life Education program. We recognize the need for community input to be an ongoing component of the program as it is modified and revised. It is our hope that the program that has been implemented in the Newport News Public Schools will enrich the lives of our students and aid them in achieving their full potential as individuals and as members of families and the community.

Family Life Education lessons are taught at various times throughout the entire school year. 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. If a parent does not want his or her child to participate in the program, the school should be notified in writing.

### FAMILY LIFE EDUCATION FOR ELEMENTARY, MIDDLE, & HIGH SCHOOL Lessons by Family Life Education Specialists in Elementary\*, Middle & High Schools

#### Grade K

Germ awareness and appropriate actions +  
The importance of family relationships and support +  
The privacy of one's own body and awareness of the differences between good and bad touches+

#### Grade 1

Germ awareness and appropriate actions +  
Tips to promote personal safety +  
The privacy of one's own body and awareness of the differences between good and bad touches +

#### Grade 2

Germ awareness and disease prevention+  
Assertiveness, safety skills, and stranger awareness. This includes awareness and strategies needed to avoid exploitation & abuse+

#### Grade 3

Germ awareness and disease prevention+  
Awareness and strategies needed to avoid exploitation and abuse +  
Correct terminology for body parts, including private body parts \*  
The privacy of one's own body parts \*  
It takes both a mother and a father to make a baby and a baby develops inside the mother's womb and the baby has an umbilical cord. \*  
The importance of healthy nutrition \*

#### Grade 4

Awareness of "stranger danger" and ways to stay safe +  
Awareness of and responding to various types of harassment +

Awareness and strategies to prevent exploitation and abuse\*  
The physical and emotional changes associated with puberty\*  
Reproductive anatomy and functions \*  
The body's defense against diseases and germs \*  
How HIV enters the body and breaks down the immune system \*  
Understanding how HIV/AIDS is and is not spread \*

#### Grade 5

Awareness and strategies to prevent exploitation and abuse +  
Review of puberty and reproductive anatomy and functions \*  
Reproduction of animals and humans \*  
Heredity and its basic principles \*  
Fetal development \*  
Sexually transmitted diseases including HIV/AIDS \*  
Responsibility and abstinence \*

**Boys and Girls are separated for these classes. \*  
Classroom teacher-taught lessons. +**

Parents seeking Family Life Information for Elementary School contact Health Services – 591-4646 or 283-7850 Ext. 10307 or email: [Susan.Devane@nn.k12.va.us](mailto:Susan.Devane@nn.k12.va.us) and [Nancy.Adams@nn.k12.va.us](mailto:Nancy.Adams@nn.k12.va.us)  
Indicate your child's school and grade as well as your question and the Specialist will get back with you.

**Grade 6 – Boys and Girls are separated for these classes**

Good hygiene and health practices  
 Physical and emotional changes experienced in puberty  
 Anatomy and physiology of the reproductive system  
 Correction of myths about puberty and reproduction  
 Benefits of abstinence  
 Communications with parents and other trusted adults  
 Respect for self and others  
 Awareness and prevention of sexual harassment and sexual abuse  
 Transmission and prevention of HIV / AIDS and other STIs  
 Decision-making skills and problem solving

**Grade 7 – Boys and Girls are separated for these classes**

Review of reproduction and puberty  
 Benefits of abstinence as well as benefits of postponing pregnancy until marriage  
 Developing healthy decision-making skills  
 Transmission and prevention of STIs, HIV / AIDS  
 Effects of media and peers on relationships  
 Awareness of sexting and internet safety precautions  
 Respect for self and others  
 Appreciation of individual differences  
 Awareness and prevention of sexual harassment / sexual abuse  
 Developing positive relationships with family and friends  
 Communication with family and other trusted adults

**Grade 8 – Boys and Girls are separated for these classes**

Self-awareness and developing personal identity  
 Appreciation of individual differences  
 Effects of media and peers on personal identity  
 Risk-taking and its impact on life choices  
 Personal responsibility  
 Respect for self and others  
 Awareness and prevention of sexual harassment / sexual abuse  
 Communication with parents and other trusted adults  
 Communication in relationships with peers  
 Benefits of abstinence and postponing pregnancy until marriage  
 Methods of contraception  
 Transmission, prevention and treatments of STIs and HIV / AIDS

**High School Family Life Topics –**

**\*Boys and girls are separated for these classes:**

**Health I**

Male and Female reproductive systems  
 Breast/Testicular self-examination\*  
 Respect and responsibility in a relationship  
 Benefits of abstinence before marriage  
 Family planning and contraception  
 Issues regarding teen/single parenthood  
 Transmission, prevention and treatment of STDs and HIV/AIDS  
 STD/HIV/AIDS statistics and prevalence  
 Local, national, and global impact of HIV/AIDS pandemic  
 Refusal skills and delay tactics

**Health II**

Respect, responsibility and goal setting  
 Communication and relationships  
 Benefits of abstinence before marriage  
 Emotional maturity in dating, engagement, and marriage  
 Characteristics of successful marriages  
 Planning for children in a marriage/responsible parenthood  
 Prevention of emotional/physical/sexual abuse  
 Human development from conception to birth  
 Pregnancy and childbirth  
 Medical resources  
 Responsible parenthood

**Parents seeking Family Life information for Middle & High School contact Health & PE – 283-7850 ext 10241.**