

TO: Parents of Grade Seven and Eight Students - Middle School

FROM: Eric Michael, Supervisor of Health and Physical Education and Athletics

SUBJECT: Family Life Instruction

As part of the instructional health program, students have the opportunity to take Family Life Instruction as part of science class this school year. _____ **Middle School Family Life Instruction will take place in 8th grade from**
_____ and in 7th grade from _____.

All 7th and 8th grade Washington County Public School students are provided the chance to participate in lessons relating to family life and human development. The approved Health Education curriculum is based on the national and state health education standards and in accordance with Maryland Regulations (COMAR 13A.04.18). Specific outcomes and activities are designed to be developmentally appropriate for students at each grade level.

In grade 7 and 8, lessons are presented separately to boys and girls by a male-female teaching team. The Family Life & Sexuality curriculum-will include the following topics:

Grade 7

- ☐ **Self-Esteem and Peer Pressure**
- ☐ **Female & Male Puberty and Reproduction**
 - Physical changes
 - Social changes
 - Cognitive changes
 - Emotional changes
- ☐ **Identity Continuum**
 - Biological sex
 - Gender identity
 - Gender expression
 - Sexual orientation
- ☐ **Risks of Sexual Activity/Abstinence/Consent**
 - Abstinence meaning
 - Meaning of consent
- ☐ **STDs/HIV/AIDS**

Grade 8

- ☐ **Decision Making, Values, Goals**
 - Vision for my future
- ☐ **Female & Male Puberty and Reproduction**
 - Female & male anatomy
- ☐ **Teenage Pregnancy**
 - Challenges for a teenage mother.
 - Challenges for a teenage father.
- ☐ **STDs/HIV/AIDS**
 - Types of STDs
- ☐ **Sexual Behaviors and the Law**
 - Consent
- ☐ **Identity Continuum**
 - Biological sex
 - Gender identity
 - Gender expression
 - Sexual orientation
- ☐ **Contraception and Abstinence**
 - Methods of contraception
 - Abstinence only 100% way to prevent pregnancy

We are providing a **preview meeting for parents** to learn about the Family Life Education program. Please plan to join us for this opportunity to meet us, review the materials, and learn about the class.

Date:

Location:

Time:

You can also access curriculum information at the WCPS website www.wcpsmd.com Click on Departments and scroll down to Health Education. Click on the Family Life link.

Information on the program can be accessed at the WCPS website, www.wcps.k12.md.us. Click on "Departments," scroll down to "Health Education," and click on the "curriculum" on the left side of the page. Then on the right side of the page click on "family life 7th and 8th grade lessons." If you desire additional information about the program; you can contact us at 301-766-8790 or e-mail us at talbeden@wcps.k12.md.us (males) or woodjenn@wcps.k12.md.us (females).

Staff encourages you to preview Family Life materials in advance of your child's participation in these lessons.

According to State of Maryland regulations, students may be excused from this program upon written request from their parent/guardian. If you choose for your child to opt out of the Family Life curriculum completely please check below.

_____ I choose for my child to opt out.

Parent/Guardian Signature: _____

If you need further information, please call Eric Michael at (301) 766-2929.