TO: Parents of Grade Six 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, all 6th grade Washington County Public School students are provided the opportunity 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 6, there are five lessons presented to boys and girls by a male-female teaching team from Girls Inc. during physical education class with the teacher present in the room. The Family Life & Sexuality curriculum will include the following topics:

☐ **Gender**
- Define gender
- Gender stereotypes
- Define gender identity
- Define gender roles
- Define gender expression

☐ **Changes During Puberty**
- Physical changes
- Social changes
- Cognitive changes
- Emotional changes

☐ **Understanding Boundaries, Consent and Assault**
- Describe physical boundaries
- Define personal boundaries
- What is consent?
- What is harassment, including sexual harassment?

☐ **Communication with Sensitive Topics**
- Define passive communication
- Define aggressive communication
- Define assertive communication
- Define abstinence or abstaining from something.
- Communication strategies with trusted adults

☐ **Understanding Healthy Relationships**
- Relationship types (Family, Friends, or Romantic)
- Healthy relationships
- Unhealthy relationships

Information on the program can be accessed at the WCPS website, wcpsmd.com. 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 6th grade lessons." If you desire additional information about the program; you may contact Jimmie Williams (for boys) or Stacey Bishop (for girls), Program Facilitators Girls Inc. of Washington County at 301-733-5430. Staff encourage 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 a section, please check the corresponding box above and sign below. If you choose for your child to opt out of the Family Life curriculum completely, please check below.* If you need further information, please call Eric Michael at (301) 766-2929.

_____I choose for my child to opt out of Family Life Curriculum.

Student Name: _____ Parent/Guardian Signature: _____