



Family Life Parent Guide

2022-2023 School Year

Brick Schools Approach: *Teacher Led, Student Centered*

The purpose of this Parent Guide is to provide families with an overview of the new lessons in grades 2, 5, and 8 that have been added to the Family Life Curriculum as part of the new mandated state standards. Brick Schools has chosen to emphasize the core idea behind the standards. We have not adopted any curricular resources that have been circulating online. Our PE teachers have always created our own developmentally appropriate resources that match the needs of our students and values of our community.

Since 1980, parents have had the right to **opt out** of the family life curriculum when N.J.S.A.18A:35-4.7 was established. This parent guide has been developed to provide an overview of the new lessons so parents who wish to opt out can do so electronically through Parent Portal.

N.J.S.A. 18A:35-4.7 Parent's Statement of Conflict with Conscience

The NJDOE recognizes and respects that some families prefer to have these conversations privately. Pursuant to N.J.S.A. 18A:35-4.7, any child whose parent or guardian presents to the school a signed statement that any part of instruction in **health, family life education, or sex education** is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course. Parents and guardians seeking to exercise this option should contact their local school principal directly.

Overview of New Family Life Lessons

Grade	# of Lessons	Topic	Timeline
Grade 2	2	<ul style="list-style-type: none">• Personal Hygiene• Self Expression	June
Grade 5	2	<ul style="list-style-type: none">• Gender Expression• Puberty/Pregnancy	June
Grade 8	2	<ul style="list-style-type: none">• Gender Expression• Healthy Decisions About Sex	January-April

- Two family life lessons have been added in grades 2, 5, and 8 and will be delivered according to the timeline indicated above.
- An alternate health activity related to physical wellness or nutrition will be provided to students whose parents opt them out of these lessons.

GRADE 2 Personal Growth & Development: 1 lesson, Parents May Opt Out

Core Idea	Description
<p>Personal hygiene and self-help skills promote healthy habits.</p>	<ul style="list-style-type: none">● Develop an awareness of healthy habits (<i>e.g., wash hands, cough in arm, brush teeth.</i>)● Explain what being “well” means and identify self-care practices that support wellness.● Use correct terminology to identify body parts and explain how body parts work together to support wellness.● List medically accurate names for private body parts.

How It Will Be Taught:

- These core ideas will be discussed in terms of the importance of personal hygiene and having an awareness of personal boundaries.

GRADE 2 Social & Sexual Health: 1 lesson, Parents May Opt Out

Core Idea	Description
Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do.	Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.

How It Will Be Taught:

- This core idea will continue to be taught in a way that has students identify the things they like to do and the things they like to wear (e.g. *“I like soccer... I like to wear hats... I like baking with my grandma... I like to sing.”*) Students will simply share how they express themselves and spend their time.
- With regard to the portion of the standard that reads *“...how gender-role stereotypes may limit behavior”* teachers can use the interests that students identify to show that interests, hobbies, careers are not gender specific. (e.g. *“Mom goes to work. Dad makes dinner.”*)

GRADE 5 Personal Growth & Development: 1 lesson, Parents May Opt Out

Core Idea	Description
<p>Puberty is a time of physical, social, and emotional changes.</p> <p><i>*This core idea related to pregnancy will also be covered in this lesson.</i></p>	<ul style="list-style-type: none">● Explain how the body changes during puberty and how these changes influence personal self-care.● Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.● Explain common human sexual development and the role of hormones. <p><i>*Understand the relationship between sexual intercourse and human reproduction.</i></p>

How It Will Be Taught

- The PE teacher & school nurse will continue to show the following videos to 5th grade students at the end of the school year. Information related to pregnancy will be integrated into the lesson.
 - Always Changing and Growing Up: Puberty Education for Boys
 - Always Changing and Growing Up: Puberty Education for Girls

GRADE 5 Social and Sexual Health: 1 lesson, Parents May Opt Out

Core Idea	Description
All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.	<ul style="list-style-type: none">● Describe gender-role stereotypes and their potential impact on self and others.● Understand the difference between sexual orientation and gender expression.● Demonstrate ways to promote dignity and respect for all people.

How It Will Be Taught:

- These standards center on differentiating between the terms above and explaining what they mean with a focus of acceptance and respect for all.
- Students will create a drawing that celebrates who they are. Students will recognize that our interests, hobbies, clothing, hair styles are ways we express ourselves. Students will explain what acceptance and a sense of belonging feels like. They will discuss how to make others feel accepted and included regardless of their gender, gender expression, or sexual orientation.

GRADE 8 Social and Sexual Health: 1 lesson, Parents May Opt Out

Core Idea	Description
Schools and communities are accepting of all people and make them feel welcome and included.	<ul style="list-style-type: none">● Differentiate between gender identity, gender expression and sexual orientation.● Promote dignity and respect for all people in the school community.

How It Will Be Taught:

- These core ideas center on differentiating between the terms above and explaining what they mean with a focus of acceptance and respect for all.
- Students will explain what acceptance and a sense of belonging feels like. They will discuss how to make others feel accepted and included regardless of their gender identity, gender expression, or sexual orientation. Students will understand how their words can impact others.

GRADE 8 Social and Sexual Health Continued, 1 lesson, Parents May Opt Out

Core Idea	Description
<p>There are factors that contribute to making healthy decisions about sex.</p>	<ul style="list-style-type: none">● Identify factors that are important if deciding to engage in sexual behaviors.● Identify factors that can affect the ability to give or perceive consent to sexual activity.● Identify activities that can transmit STIs. Vocabulary will include defining pathways for transmission such as vaginal, oral, and anal sex.● Identify short and long-term contraception and safer sex methods that are effective and describe how to access and use them (<i>e.g., abstinence, condom.</i>)● Eliminate or reduce risk of unintended pregnancy and STIs.

How It Will Be Taught:

- This discussion with 8th graders centers on informing students about sexually transmitted infections (STIs).
- STIs are transmitted through sexual behaviors
- Discussion of high, low, and no risk sexual behaviors.

Comprehensive Health/Physical Education Curriculum

- Brick Schools has always created our own developmentally appropriate resources that match the needs of our students and our community.
- Our Physical Education Teachers along with our supervisors are committed to achieving this vision in collaboration with our parent community. We recognize that some families feel that these topics are best discussed at home so we made it easy to opt out electronically.
- Our Physical Education Teachers designed these family life lessons to align to the core idea of the new standards. *Please contact your Health & Physical Education Teacher if you have any questions.*