

Ninth Grade

Boys and girls receive instruction together on:

- Male and female anatomy and changes that occur in puberty
- Characteristics and the purpose of a healthy family and different family structures
- Rights and responsibilities in a relationship
- Dating violence and safety tips
- Sexual decision-making and refusal skills
- Conception, pregnancy, and childbirth
- Methods of birth control with an emphasis on abstinence
- Signs and symptoms, treatments/cures of common Sexually Transmitted Diseases and HIV/AIDS

Family Life Advisory Committee

Composed of parents and health education professionals from the school system and the community appointed by the Board of Education, this committee reviews and approves all curricular and instructional materials related to family life and HIV/AIDS education.

Parents: Review What Your Child Will Study

Prior to instruction, parents will be invited to review materials and ask questions they may have related to the Family Life unit. Written permission is required for each student to participate. Students who "opt out" of all or some of the program due to cultural, religious, or personal beliefs will be provided an alternative assignment in another health-related area.



Frederick County Public Schools

For more information about the FCPS Family Life unit and HIV/AIDS Prevention Education program, please contact the Curriculum Specialist for Health Education at (301) 644-5262 (secondary) or (301) 696-6918 (elementary).



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Parent Information

Family Life & HIV/AIDS Prevention Education





The Frederick County Public Schools health curriculum provides factual, sequential and age-appropriate information to help students develop lifelong healthy attitudes and behaviors. In accordance with the State Department of Education's curricular framework, this instruction includes family life and HIV/AIDS prevention for students in grades 5 through 9. The local Board of Education and Family Life Advisory Committee approve all instructional materials, and parents have the opportunity to preview materials before giving permission for their child to participate in these units of instruction.

Fifth Grade

Boys and girls are instructed separately on:

- Proper hygiene
- Parts of the female reproductive system
- Parts of the male reproductive system
- Physical changes associated with puberty for both girls and boys
- Emotional changes associated with puberty
- Menstruation

[Age-appropriate factual information on HIV/AIDS is delivered as part of a separate Disease Prevention unit and not through the Family Life unit.]

Sixth Grade

Boys and girls are instructed separately on:

- Review of fifth grade content
- Major parts of the male and female reproductive system and their functions
- Physical changes associated with puberty and the variations from one individual to another
- HIV/AIDS
 - Characteristics
 - Risk factors, transmission, symptoms, treatment, and prevention of HIV/AIDS
 - Awareness of the effects on the individual, family, and society

Seventh Grade

Boys and girls are instructed separately for male and female reproductive systems only. Content includes:

- Review and extension of sixth grade content
- Major parts of the male and female reproductive system and their functions
- Physical changes associated with puberty and the variations from one individual to another

- Basic cell structure
- Fertilization, growth and development of the embryo and fetus
- Define birth control with an emphasis on abstinence
- Causes, transmission, protection, and prevention of communicable diseases
- Causes, symptoms, treatments/cures of common Sexually Transmitted Diseases and HIV/AIDS
- Coping strategies for sexual harassment

Eighth Grade

Boys and girls are instructed together on:

- Effects of the endocrine system on the body
- Emotional, physical, and social changes that occur from infancy to adolescence
- Healthy peer relationships and dating
- Causes, transmission, protection, and prevention of communicable diseases
- Causes, symptoms, treatments/cures of common Sexually Transmitted Diseases and HIV/AIDS
- Consequences of sexual activity and abstinence as the best choice
- Setting limitations on sexual behavior and assertive responses to communicate decisions