

Mount Arlington Public School District
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The Mount Arlington School District is required to insure compliance with the Family Life Education and HIV/AIDS Education requirements mandated by the State of New Jersey. The Mount Arlington Public School District provides these programs through a coordinated sequential curriculum with instructional units appropriate to the age, growth, development and maturity of the pupils.

The Health/Science curriculum has been approved by the Board of Education and is in compliance with state regulations and recommendations. In order to complete this course of study, a student is required to participate in all areas. However, Family Life Education (NJAC 6:29-4.2, 7.1 and NJSA 18A: 35-4.6 to 4.8) and HIV/AIDS Education (NJAC 6:29-4.1, NJSA 18A: 33-1) are units of study in which the parent/guardian may choose to have his/her child be excused from classroom instruction where it is in conflict with his/her conscience or sincerely held moral/religious beliefs.

Please indicate your preference regarding Family Life and/or HIV/AIDS Education below. Your signature will validate your wish for Health/Science instruction. If you choose not to have your child participate in these areas of the curriculum, alternate topics will be provided.

A summary of Family Life Education by grade level has been attached for your review.

PLEASE CHECK BELOW FOR BOTH FAMILY LIFE AND HIV/AIDS AND RETURN TO YOUR CHILD'S HOMEROOM TEACHER

FAMILY LIFE

I give permission for my child to participate in the Family Life Education unit of the curriculum.

I do not give permission for my child to participate in the Family Life Education unit of the curriculum.

HIV/AIDS

I give permission for my child to participate in the HIV/AIDS Education unit of the curriculum.

I do not give permission for my child to participate in the HIV/AIDS Education unit of the curriculum.

Student's Name _____ Grade _____

Parent/Guardian's Signature _____ Date _____

FAMILY LIFE EDUCATION

The complexities of society in the Twenty-first Century dictate the need for educators and parents to participate actively in the total education of children. Developing self-confidence, personal and social awareness, wholesome attitudes, sexual understanding, and functioning as part of the family unit are all addressed in the family life curriculum. The life cycle from conception to death receives noted attention. Affirmative action issues ranging from sexual harassment to physical abuse to date rape are presented and reviewed throughout the grades.

The purpose of a family life curriculum is to provide our students with a broad-based foundation of knowledge with which they may meet their challenges of today and be prepared for the challenges of tomorrow.

This program meets the requirements for the state mandate in Family Life Education. A brief summary of the Family Life Education objectives for each grade level is presented. If you wish to review the entire curriculum, you may do so at any of the schools.

- K-3:** The Family in our society today - differences in families - the role of each family member - respecting each other as members of a family - the changing structures of families - appropriate conduct with family, friends, and strangers - safety education - health education - the skeletal system - the muscular system - the nervous system - the digestive system - the five senses - the importance of cleanliness, rest, exercise, and diet - the basic characteristics and stages of life from birth to death - self-awareness and the uniqueness of each individual - feelings, emotions, friendly attitudes, and sharing - the use of appropriate language and manners as essential indicators of responsible behavior - self-destructive tendencies - physical and mental abuse - HIV/AIDS prevention - substance abuse prevention.
- GRADE 4:** The family as a cooperative social group with roles and responsibilities - social development within a family unit - adjusting to changes within the family - communication techniques within the family - the structure and function of cells - concepts of heredity - reproduction in animals and plants - the female reproductive system (**girls only**) - the male reproductive system (**boys only**) - safety education as a part of well-being - the differences in growth patterns - the relationship between physical and emotional growth - the differences in individuals and how differences should be valued - HIV/AIDS prevention and substance abuse prevention.
- GRADE 5:** The function, roles, responsibilities, and changes of family life - how family stress affects personal behavior - coping with family conflicts - the values of friendship with growing independence - emotional expression - physical activity - recreational activities as a wholesome release for emotions - female and male reproductive systems - the physical and emotional changes that appear at puberty - developing positive attitudes toward oneself as a unique individual - coping with peer pressure - safety education as part of well-being - child abuse - communication as a vital tool to positive relationships with family and peers - HIV/AIDS prevention and substance abuse prevention - DARE (Drug Abuse Resistance Education).
- GRADE 6:** The defined roles and responsibilities in the family - family crisis - positive patterns of communication - reacting positively to increased independence as an adolescent - cell structure and development - the body systems and their functions - the differences in growth and development - emotional needs - the effects of substance abuse - awareness of self-destructive behaviors - decision making techniques - boy/girl relationships with responsible behavior - abstinence - HIV/AIDS prevention - substance abuse prevention.
- GRADE 7:** The importance of personal appearance and behavior - personality as a total self - aspects of heredity - the family as a foundation for security, identity, attitudes, and values - uniqueness within families - effects of family on life style and individual behavior - decision-making skills - coping with personal and sexual growth and development - differing growth and maturation rates - managing interests in the opposite sex - abstinence - function of glands and hormones as related to the male and female reproductive systems - human reproduction - HIV/AIDS prevention - substance abuse prevention.
- GRADE 8:** The family structure, functions, and roles - heredity - environmental factors influencing family values and individual behavior - expectation of the family and their relationship to society - communication skills with family, peers, and others - accepting responsibilities - the male and female reproductive systems - human reproduction from conception to birth - abstinence - sexually transmitted diseases - HIV/AIDS prevention - responsible sexual behavior - developing self-acceptance - recognition of self-worth - substance abuse prevention.