

Welcome to FLE Night

...

Get to Know the DHMS Health and PE Department



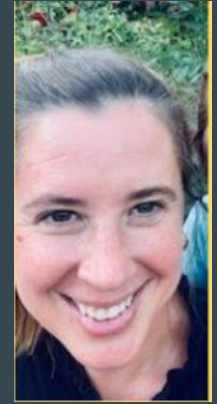
Chris Barulic
christopher.barulic@apsva.us



Tori Metzger
victoria.metzger@apsva.us



Craig Rampersad
craig.rampersad@apsva.us



Heather Schoenebeck
heather.schoenebeck@apsva.us



Brian Weiser
brian.weiser@apsva.us



Julie Westcott
julie.westcott@apsva.us

Family Life Education

Arlington Public Schools provides an age-appropriate, comprehensive (K-10) Family Life Education program that will instruct your child to meet these goals:

- Develop positive self-concepts and respect for others
- Form and maintain strong relationships with family and community
- Develop self-esteem, self-confidence, and responsibility
- Understand the importance of abstaining from sexual activity
- Manage stress and resist peer pressure
- Develop awareness and knowledge of mental health issues
- Prevent sexual assault and dating violence and recognize abusive relationships
- Develop into responsible, productive and well-adjusted adults

Instructional Strategies

This is just a few examples of instructional strategies that might be used during the FLE unit:

- Small group instruction
- Question box activities
- Independent work
- Role play/scenarios
- Journals

Resources

The following are just a few resources that might be used during the FLE unit:

- APS Family Life Education Objectives
- VA Department of Education SOLs for Family Life Education
- Center for Disease Control and Prevention (CDC)
- National Institute of Health (NIH)
- INOVA Health
- Safe Dates
- Project PEACE
- Virginia Health Smart
- Love is Respect
- Teen Health Organization

Opt Out Procedure

To opt your child out of Family Life Education:

- Read through the Family Life Education Standards of Learning (SOLs)
- Complete the opt-out form indicating what SOLs you would like to opt your child out of
- Return the opt-out form to your child's health and PE teacher before the start of the FLE unit

All information can be found in multiple languages on the [APS website](#)

- Teaching and Learning>curriculum and instruction>Health & PE>programs and services>Family Life Education

When will DHMS be covering FLE?

- The DHMS Health and PE department will be covering the FLE standards during the 4th quarter (April 13-June 18)
- Your child's HPE teacher will let you know when they will be beginning the FLE unit
- The FLE unit will last for 3 weeks

Questions?

Any Questions???

If you have any questions we are not able to answer, please contact Debbie DeFranco the Supervisor for Health, Physical Education, Driver Education, and Athletics

deborah.defranco@apsva.us

703-228-6165