

Family Life and Sexual Health (F.L.A.S.H.)

Grades: 4/5/6

www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx

This curriculum was developed by the Seattle and King County Department, State of Washington. The *F.L.A.S.H.* curriculum is unique in several ways:

- Addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles.
- Spans the school-age years (grades 5th-12th and secondary special education).
- Embraces an abstinence-based approach, as well as information related to the prevention of pregnancy, HIV and other sexually transmitted diseases.
- Rests on a foundation of positive and healthy sexuality across the lifespan.
- Focuses on the needs of public schools and diverse communities.
- Ensures discussion about the wide spectrum of beliefs on sensitive issues.
- Values family involvement.

The *F.L.A.S.H.* curriculum, like most of the sexual health curricula that have been proven effective, is grounded in Social Learning Theory. It is designed to encourage people to make healthy choices: abstain longer, use protection if they do have sex, seek healthcare when they need it, communicate effectively with their families and with their partners and health care providers, seek help for sexual abuse, treat others with respect (not harass or exploit them), and stand up to harassment and exploitation.

Parent opt-out for child

Board of Education Policy 101.13

Student discussion of issues which generate opposing points of view shall be considered a normal part of the learning process in every area of the school program. The depth of the discussion shall be determined by the maturity of the students.

Teachers shall refer students to resources reflecting all points of view. Discussions, including contributions made by the teacher or resource person, shall be maintained on an objective, factual basis. Stress shall be placed on learning how to make judgments based on facts.

Opt-out process

Instructional staff or administration will notify parents or legal guardians of controversial issues that will be discussed in the classroom or through other school activities. This notification may be done through a general letter about the lesson or activity. Parents or legal guardians may also, on their own volition, write a

letter to the school administrators or a teacher to have their child excluded from a specific lesson or activity. If such a letter is received, the student must be provided with an alternative learning activity. The parents or legal guardians have an obligation to notify the school administrator or teacher prior to the lesson or activity.

If parents and legal guardians receive notification from instructional staff or administration of controversial issues to be discussed in the classroom or through other school activities, that notification will include an area for the parent/legal guardian to sign in order to exclude their child from the event, instruction or activity. This signed opt-out must be sent even if the parent/legal guardian had previously written a letter to exclude the student from a specific lesson or activity.