Virginia Family Life Education

Grade 10

The student will determine how maturation affects adolescents. 10.1	1 Emphasis is placed on the process of adolescent development as it relates to self-image, self-esteem, physiological changes, identification of human needs, constructive responses to emotions, positive mental health practices, the decision-making process, sources of values, and self-discipline. 10.1
The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships. 10.2	2 Appropriate friendships, dating or group activities, stages of developing relationships, assertiveness, types of love, communication, and individual and family roles are stressed. Discussion will include the expectations of virtual relationships. 10.2
The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships. 10.3	3 The universal values of honesty, trustworthiness, self-control, responsibility for self and others, and social justice are discussed as well as the development of moral and ethical systems. The law and meaning of consent for sexual activity are discussed to increase awareness that consent is required before sexual activity along with the social, emotional, and relational impact surrounding sexuality and the virtues of respecting others right to say no. Content will also focus on the prevention of sexual harassment using electronic means. Students will understand the tenets of positive human relationships and that when force, fraud, or coercion are introduced, there is a potential for abuse including human trafficking. 10.3
The student will use the steps in the decision-making process to solve specific problems. 10.4	4 Instruction deals with the six steps of the decision-making process as they relate to personal, social, and peer pressures and to media messages. These steps include: identifying the problem; listing all possible alternatives; evaluating the alternatives and their consequences based on personal and familial beliefs as well as societal values; choosing an alternative that promotes the good in self, others, and society; acting on the decision; and evaluating the results. Resources in the community that can assist in evaluating alternatives are identified. 10.4

The student will recognize the benefits of abstaining from premarital sexual intercourse. 10.5	5	Content focuses on the need to consider lifelong goals in relation to pressures for present sexual activity. Topics include readiness for parenthood, the consequences of unintended pregnancy, the effects of sexually transmitted infections, the impact on reputation, mental health and on present and future goals, the importance of adhering to family values, the need to complete educational plans, the burdens of financial responsibilities, and interference with future goals and job opportunities. The positive benefits of postponing sexual activity until marriage are emphasized. Students will identify personal, educational and career goals and the impact an unplanned pregnancy or sexually transmitted infection would have on these goals. In addition, abstinence continues to be emphasized as the only method that is 100 percent effective in preventing pregnancy. 10.5
The student will recognize alternatives to premarital sexual activity for expressing feelings and affection. 10.6	6	Students are guided toward communicating feelings and affection through talking; through expressing ideas, values, and goals; through social and recreational contacts and community service; and through positive body language, caring gestures, and other positive mental health practices, rather than through premarital sexual activity. 10.6
The student will explain the factors to be considered in preparing for dating and marriage. 10.7	7	Steps involved in relationships are identified, including friendships; dating (casual, double/group, single, blind, steady, and leading to marriage); and mate selection. Steps to developing positive, healthy relationships will also be discussed. Instruction includes the meaning of consent for sexual activity, respecting others right to say no, the social and emotional impact of sexual activity, and identifying the characteristics of dating violence and abusive relationships. The importance of respecting privacy and boundaries for self and others is reviewed and tools are provided to ensure that the student respects the personal privacy and boundaries of others. 10.7
The student will examine factors to be considered in life-goal planning. 10.8	8	Discussion includes lifelong career goals in relation to economics and continuing education, considering the possibilities of marriage and preparing for a family, and/or career development plans. Family planning, including methods of contraception, is reviewed. 10.8
The student will describe the signs and symptoms of pregnancy. 10.9	9	Instruction involves physical and psychological changes and the need for early detection of pregnancy through medical testing to ensure a healthy and successful pregnancy. Community resources for testing and/or further information are identified. 10.9
The student will analyze the factors associated with a healthy pregnancy. 10.10	10	Content focuses on causes of low birth weight such as smoking, poor nutrition, and use and abuse of alcohol and other drugs, as well as the effects of sexually transmitted infections, including HIV. Other consequences of good and poor health habits, including the importance of quality prenatal care, are stressed. 10.10

The student will explain the importance of supportive roles of the mother and father through pregnancy and birth. 10.11	11	Topics for discussion include the responsibilities of each parent in relation to proper prenatal care; the effects of heredity; possible abnormal outcomes such as miscarriage, birth defects, still-birth, and premature birth; and the stages of fetal development prior to birth. 10.11
The student will describe available birthing options. 10.12	12	Prepared materials on childbirth education are primary resources. Birthing alternatives are examined. 10.12
The student will identify the stages of the birthing process. 10.13	13	The stages of the birthing process include the onset of the process and the three stages of labor and delivery--dilation, birth, and expulsion of placenta. 10.13
The student will analyze the skills and attitudes needed to become a competent parent. 10.14	14	Attitudes toward parenting styles are examined. Instruction also includes various parenting strategies described by authorities. Students have opportunities to identify parenting skills they wish to develop. Students will understand the importance of the parenting responsibilities of both the mother and father. Students will understand the benefits, challenges, responsibilities, and value of marriage in parenting. The student will be able to identify community and familial support systems that are available to parents. Students will understand the positive and negative effects of parenthood on mental health. 10.14
The student will describe adjustments to be made after the birth of a child. 10.15	15	The newborn child as a source of joy and love is emphasized; however, the impact on the family of caring for a newborn infant is examined, including the effects on income, educational plans, leisure time, time available for sleep, and interpersonal relationships. 10.15
The student will compile a list of community agencies and resources available to assist individuals and families. 10.16	16	Examples of community resources to be listed are mental health services, social services, religious organizations, private agencies, day-care centers, nursing homes, and the department of health. Hot lines for violence prevention, child abuse, child sex abuse, child sexual exploitation, sexual violence, child abduction, human trafficking, and suicide are identified. 10.16
The student will review the positive aspects of family life as a basic unit of society and as a means of personal development. 10.17	17	Instruction includes a review of family functions and forms, with particular emphasis on family interactions and the value of family relationships. The family unit is described as a primary factor for the development of one's personality and for preparation for adulthood as either a married or a single person. The relationship of the family unit to the community and the world is stressed. 10.17