



# Norfolk Public Schools

The cornerstone of a proudly diverse community

February 10, 2025

Dear Parent or Guardian:

During the months of April and May, Norfolk Public Schools will begin the Family Life Education (FLE) program for the 2024-2025 school year. The FLE program has been in existence since 1988 and is aligned to the 2020 Virginia Department of Education Family Life Education Standards of Learning. NPS supplements the teaching of the Family Life SOLs with *Get Real: Comprehensive Sex Education That Works*, which is a curriculum designed for middle school and high school students and their families. The curriculum emphasizes social and emotional learning skills as a key component of healthy relationships and responsible decision making. Information provided is medically accurate, age-appropriate and is shown to:

- Empower parents to be the primary sexuality educators of their children.
- Reinforce family communication and improve communication skills for healthy relationships.

All lessons will be taught by teachers who have received special training in the area of FLE and students will be encouraged to discuss the topics with you. As a part of the curriculum, you and your child will have the opportunity to complete family activities after each lesson. We hope that you will take advantage of this opportunity to play a role in your child's education.

The FLE curriculum is available for review on the Norfolk Public Schools Website through the Department of Health, Safety and Physical Education (<https://www.npsk12.com/FLE>). Additionally, a copy of the instructional materials is available in each school's media center. The SOL objectives for your child's grade level are included with this letter as well as online. If you have any questions or concerns, please contact your child's principal.

It is important for all parents/guardians who wish to opt their child out of the FLE program, or opt out of specific lessons, to submit the attached FLE opt out form to their child's teacher. Parents and guardians can also use the QR code on the next page to submit opt out preferences digitally. If an opt out form is not received, your child will be included in the FLE program.

We appreciate the continued partnership with parents and guardians as we collaborate to provide the best education for Norfolk's children.

Sincerely,

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