Elementary Health Education
Frequently Asked Questions (FAQ)

The New Elementary Health Standards for Use in 2023-24

Were FCPS curriculum standards created using the Maryland State Department of Education Health framework? Yes. According to [Code of Maryland Regulations 13A.04.18.01](#), each local school system shall provide students an instructional program in comprehensive health education each year with sufficient frequency and duration to meet the requirements of the state framework. More information on the Maryland Framework can be found [here](#).

What curriculum standards address Family Life and Human Sexuality? Any standards highlighted in yellow in [this document](#) are part of Family Life and Human Sexuality instruction and are aligned with the Maryland framework. Parents will be able to preview lessons and resources that address these standards; they may also choose to opt their child out of instruction.

Opting Out

Will parents be allowed to opt their students out of Family Life and Human Sexuality instruction? Yes, according to [COMAR 13A.04.18.01(D)(2)(e)(i)](#) the local school system can create opt-out provisions for Family Life and Human Sexuality instruction. FCPS will provide opt outs for Family Life and Human Sexuality in Grades Pre-K through 5. **Note:** MSDE recently updated the [Maryland Health Framework](#) (p. 4) to reflect the local school system's authority to offer opt outs to families.

Can parents opt their child out of other health education instruction, such as Substance Abuse Prevention and Personal Body Safety? No, COMAR does not allow for these types of opt outs. Opt outs, under [COMAR](#), are only applicable to Family Life and Human Sexuality instruction.

Parent Preview

Will parents have the opportunity to preview instructional materials that will be used in the classroom? Yes, all lessons and resources for elementary health will be available for preview prior to instruction occurring in the classroom including instruction associated with Family Life and Human Sexuality standards.

Curriculum Development and Approval

When was the new health curriculum approved? On March 23, 2022 the FCPS Board of Education approved the health curriculum. These standards are the starting point for curriculum development and do not represent what final instruction will look like in the classroom.

How do local school systems use the state-approved curriculum framework? Local school systems use the state framework to develop curriculum (lessons and assessments). The framework is not a student facing document. Local school systems are granted the autonomy to decide how curriculum will be developed and implemented. The process to develop curriculum (student facing documents) varies between school systems.

What is the timeline and process for curriculum development for elementary health? Now that the standards have been approved, curriculum development will occur over the next six to eight months during the 2022-23 school year, for implementation no earlier than the 2023-24 school year. When lessons and resources are created, staff will present them to the Family Life Advisory Committee (FLAC) for review, discussion, and approval. Materials presented to the Family Life Advisory Committee will be available in advance for the public to review and offer feedback. FCPS will utilize Find Out First communications to notify the public when materials are available for review during the 2022-23 school year.

Health Curriculum for School Year 2022-23

What instruction will occur in elementary health until the new materials and resources are created and approved for implementation? No new essential curriculum standards will be taught until materials have gone through the full approval process and teacher training has occurred. Therefore, the currently approved health materials will be used in the 2022-23 school year.

Family Life Advisory Committee

Who makes up the Family Life Advisory Committee (FLAC)? The FLAC consists of a maximum of 21 voting members. One parent or guardian from each of the 10 high school feeder areas, who is a resident of Frederick County and who, at the time of appointment, or re-appointment, has a student enrolled in a Frederick County public school; a maximum of three high school students, which may include the Student Member of the Board of Education; one health care professional (employed within Frederick County); two at-large members and additional members from partner organizations will be identified and approved by the Board of Education:

- One professional educator employed by the Frederick County Public School system;
- One school administrator employed by the Frederick County Public School system;
- One representative from the Frederick County Health Department;
- One representative of the intimate partner violence prevention community;
- One member of the Board of Education

All members are appointed by the Board of Education. Additional information about the role and function of the Family Life Advisory Committee is available on the [FLAC webpage](#) of [www.fcps.org](#) .

Teacher Training

How will teachers be trained to use the new curriculum lessons and resources? Teachers are required to have additional preparation in content and teaching methods that are appropriate for the material taught. This training is offered annually to those instructional staff who are newly hired by FCPS in the fall of each school year. A face-to-face, in-person training session is planned to provide teachers with an orientation for the material that is required to be taught. Teachers who are identified by the school-based administrator to deliver Family Life and Human Sexuality lessons shall be provided online training modules that are accessible through the district's learning management system. The training module for family life education contains five major components:

- Setting a safe & comfortable teaching-learning environment
- Parent resources
- Parent/guardian review and opt-out procedures
- Lesson resources & instructional materials
- Family Life teacher assessment