

Family Letter

Introducing Elementary FLASH

Dear Parents and Guardians,

Your student will soon begin their puberty and sexual health unit in our class. We will be teaching the FLASH curriculum. FLASH is a medically accurate curriculum published by Public Health – Seattle & King County. It teaches skills for respectful communication and healthy relationships as well as important information about the prevention of sexual abuse, puberty, the reproductive system, and pregnancy.

FLASH respects the values families have about relationships and sexual health topics. When students ask questions about values, FLASH instructs teachers to: answer the factual part of the question, let them know that people have many different values about the topic, and send students to their families to learn their specific values. FLASH also has Family Homework assignments so students can talk with a family member about the topics covered in class. Students are never asked to share what they talk about with their family. We hope this will provide a meaningful opportunity for you to talk together.

You can see the Elementary FLASH lessons online at kingcounty.gov/health/flash. If you have any questions, I would be happy to talk with you.

Sincerely,

***Elementary FLASH Grades 4-6
Implementation Toolkit***

Elementary FLASH Family Homework

One of the goals of the FLASH unit is to increase communication between parents or guardians and children about puberty, relationships, and future sexual health. Research shows that young people would like to talk more about these issues with a parent or other trusted adult, and that these conversations play a very important role in helping teens stay healthy as they get older. FLASH includes Family Homework to make these discussions easier and more frequent.

Each FLASH lesson has a Family Homework question for the student and adult to talk about together. It is a chance to talk about the topics in FLASH and share your beliefs, and the beliefs of your family or culture. Teachers will not ask about Family Homework conversations. Family Homework is recommended but it is not required. Students can complete an individual homework assignment for the same credit.

Thank you for taking the time to read about Family Homework. We hope it helps your family have valuable discussions. To complete the Family Homework assignments, simply discuss the question for each day's lesson. Adults should initial each lesson they discussed with their young person and sign in the space provided below.

Signature of adult

Name of student

FLASH Family Homework Questions	Initials of adult
Lesson 1: Introduction There is no question for today's lesson. Please read the information on this page about FLASH Family Homework.	
Lesson 2: Family What are some things that make our family special?	
Lesson 3: Self-Esteem We learned that self-esteem means liking yourself or feeling good about yourself. What are some things a person should do if they're not feeling good about themselves?	
Lesson 4: Gender Roles How has gender discrimination changed during your life?	
Lesson 5: Friendship What are important qualities to have in a friend?	
Lesson 6: Decision Making What do you do when you have to make a hard decision?	

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FLASH Family Homework Questions	Initials of adult
Lesson 7: Consent and Bystander Skills What would you like me to do if someone asks me to keep a secret from you?	
Lesson 8: Reporting Sexual Abuse We learned that sometimes adults or older kids touch kids sexually, even though it's against the law and it's never okay. We also learned that if this happens it is very important to tell someone. Who are three people I could tell if this ever happened to someone I know?	
Lesson 9: Reproductive System Day 1 Why do you think it's important to learn about the reproductive system?	
Lesson 10: Reproductive System Day 2 What is one thing about the reproductive system that you wish you had learned when you were younger?	
Lesson 11: Puberty Day 1 What is something you want me to know about going through puberty?	
Lesson 12: Puberty Day 2 What is something you wish you had known about puberty before you went through it?	
Lesson 13: Pregnancy Are there important things about pregnancy you want to make sure I know?	
Lesson 14: Intro to HIV What do you wish you had learned about HIV when you were younger?	
Lesson 15: Saying No (HIV Prevention) Explain the refusal skill steps you learned in class today. You can each take a turn practicing them.	