

A PEATC

Do You Know...



SHaRE – Self, Health, and Relationship Education for Students with Disabilities Factsheet for Virginia’s Parents

What is the SHaRE Curriculum in Virginia?

SHaRE stands for **Self, Health, and Relationship Education**. It includes **age-appropriate and developmentally appropriate instruction** for students with disabilities, including but not limited to:

- Sexual Health
- Self-Restraint
- Self-Protection
- Respect for Personal Privacy
- Personal Boundaries of Others

The Virginia Department of Education created the [SHaRE Consideration Guide](#). This tool helps IEP teams talk about whether a student **needs extra support or specially designed instruction (SDI) to learn important safety, health, and relationship skills**. This might include things like making changes to how lessons are taught or adding supports to help your child understand and use these skills. If the team doesn’t have enough information to decide, they may suggest **doing assessments** to understand your child’s needs better. While schools are **not required** to use the *Consideration Guide*, it is a helpful tool to guide these conversations.

Why Does SHaRE Matter?

Some students with disabilities may be at **higher risk** for unsafe situations, misinterpreted behaviors, bullying, or social isolation. SHaRE instruction can help students:

- Learn **how to stay safe**, including knowing the difference between **public and private behavior**.
- Understand how to build **healthy friendships and relationships**—and how to recognize when someone is being unsafe or hurtful.
- Know **how to say “no,” ask for help**, and understand when **others say “no.”**
- Practice **how to act in social situations**, like making friends and getting along with others.

The *Consideration Guide* helps IEP teams identify **areas of concern**, what the student needs to **learn**, how they will have **access to needed instruction**, how **progress will be monitored**, and more.

What Does Virginia Law Require?

Virginia law [§ 22.1-217.03](#) requires **every IEP team to consider** whether a student needs instruction in SHaRE. This does **not** mean every student will automatically receive SHaRE instruction. But it **does** mean the team must discuss it.

- At **each annual IEP meeting**
- When **new concerns arise** related to safety, behavior, or social interaction.

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Examples of SHaRE Needs

SHaRE might be needed if:

- Your child does **not have access to the general curriculum** for Health and Family Life Education. This is the standard health education program used in schools.
- Your child has access to the general Health and Family Life Education curriculum but **is not making adequate progress** toward grade-level standards, even with accommodations and modifications.
- The general health and family life education curriculum is **not age or developmentally appropriate** (determined by the IEP team), and your child needs specially designed instruction.

Your Role as a Parent

- Talk with the IEP team about **concerns you have** about your child’s safety, friendships, or social and emotional skills, and whether SHaRE instruction would help. Ask for an evaluation if needed.
- Ask the team to look at the [SHaRE Guidelines](#) and talk about **how they apply to your child**.
- If your child needs support in SHaRE areas, request that these skills be addressed in the IEP through goals, services, or supports.
- Share what you know about how your child communicates, how mature they are, and how they learn best so the team can plan instruction that works for them.
- Remember: You are an equal member of the IEP team. Your insights about your child’s needs are important and can shape how SHaRE is included in their education.

What Happens After the Meeting?

SHaRE **goals, services, accommodations, or support strategies can be included in the IEP.**

- Which areas will be taught (e.g., boundaries, safety, emotions)
- How instruction will be delivered (e.g., individually, in groups, in class)
- How progress will be monitored and reported.

If the team decides **SHaRE is not needed**, that decision must be documented and revisited annually.

ADDITIONAL INFORMATION/RESOURCES:

[Behavior Instruction and Intervention - Virginia Department of Education](#)

[Family Life Education - Virginia Department of Education](#)

[Health Education Standards of Learning - Virginia Department of Education](#)

[Sec. 300.324 \(a\) - Individuals with Disabilities Education Act-Special Factors Consideration](#)

PEATC’s mission focuses on building positive futures for Virginia’s children by working collaboratively with families, schools, and communities to improve opportunities for excellence in education and success in school and community life.

For more information about us, please contact:

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