



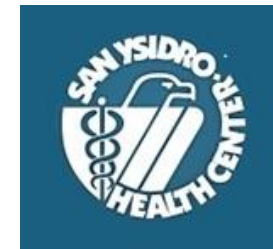
Sexual Health Education Community Forum



Sexual **H**ealth **E**ducation **P**rogram

SDUSD's Leadership in Sexual Health Education

- Implemented sexual health education for over 30 years.
- Required by district even when not by state law.
- Collaborative effort between program staff, trained site staff, and community partners.
- Independent evaluator assists in objective analysis and improvement of program.



Sexual **H** Health **E**ducation **P**rogram



- **Solely funded by the Centers for Disease Control and Prevention (CDC)**
- CDC grant funding requires that we support and implement:
 - **Sexual health education**
 - **Sexual health services**
 - **Safe and supportive school environments**
 - **Policy communication and implementation**
 - **Youth Risk Behavior Survey and School Health Profiles**
 - **Grant management and evaluation**
- **Currently funded through July 31, 2018**

Why Should We Teach Sex Ed?

Medically accurate and unbiased information about human sexuality is good for our students and leads to healthier choices.

- Abstinence-until-marriage programs have not been proven effective.
- Comprehensive sexuality programs have been proven to:
 - Delay the age of first sexual encounter.
 - Increase safer sex practices in youth.
 - NOT increase the level of sexual activity, cause earlier sexual activity, or increase the number of sexual partners among youth.



Baldo M, Aggleton P, Slutkin G. *Does Sex Education Lead to Earlier or Increased Sexual Activity in Youth?* Geneva: World Health Organization, 1993.

UNAIDS. *Sexuality Education Leads to Safer Sexual Behavior.* New York: UNAIDS, 1997.

CDC's Division of Adolescent and School Health (<https://www.cdc.gov/healthyyouth/data/index.htm>).

Why Should Sex Ed Be LGBTQ-Affirming?

Human sexuality topics matter to ALL students:

- Gay, lesbian, bisexual and transgender youth who are open about their identities at school have higher self-esteem and lower levels of depression than LGBT youth who are not.¹
- Individuals are conscious of their gender identity between the ages 18 months and 3 years.²
- Most individuals are aware of their sexual orientation by early adolescence.³
- Many of our students have LGBT parents, friends, and teachers.

1) *American Journal of Orthopsychiatry*, Stephen Russell

(<https://uanews.arizona.edu/story/lgbt-teens-who-come-out-at-school-have-better-self-esteem-study-finds>).

2) *GenderSpectrum* (<https://www.genderspectrum.org/quick-links/understanding-gender/>).

3) UCI Lesbian, Gay, Transgender Research Center (<http://lgbtrc.uci.edu/resource-library/sexual-orientation/index.php>).



2015 Youth Risk Behavior Survey

The YRBS is an anonymous survey, created and overseen by the CDC and administered every other year in grades 9-12 nationwide.



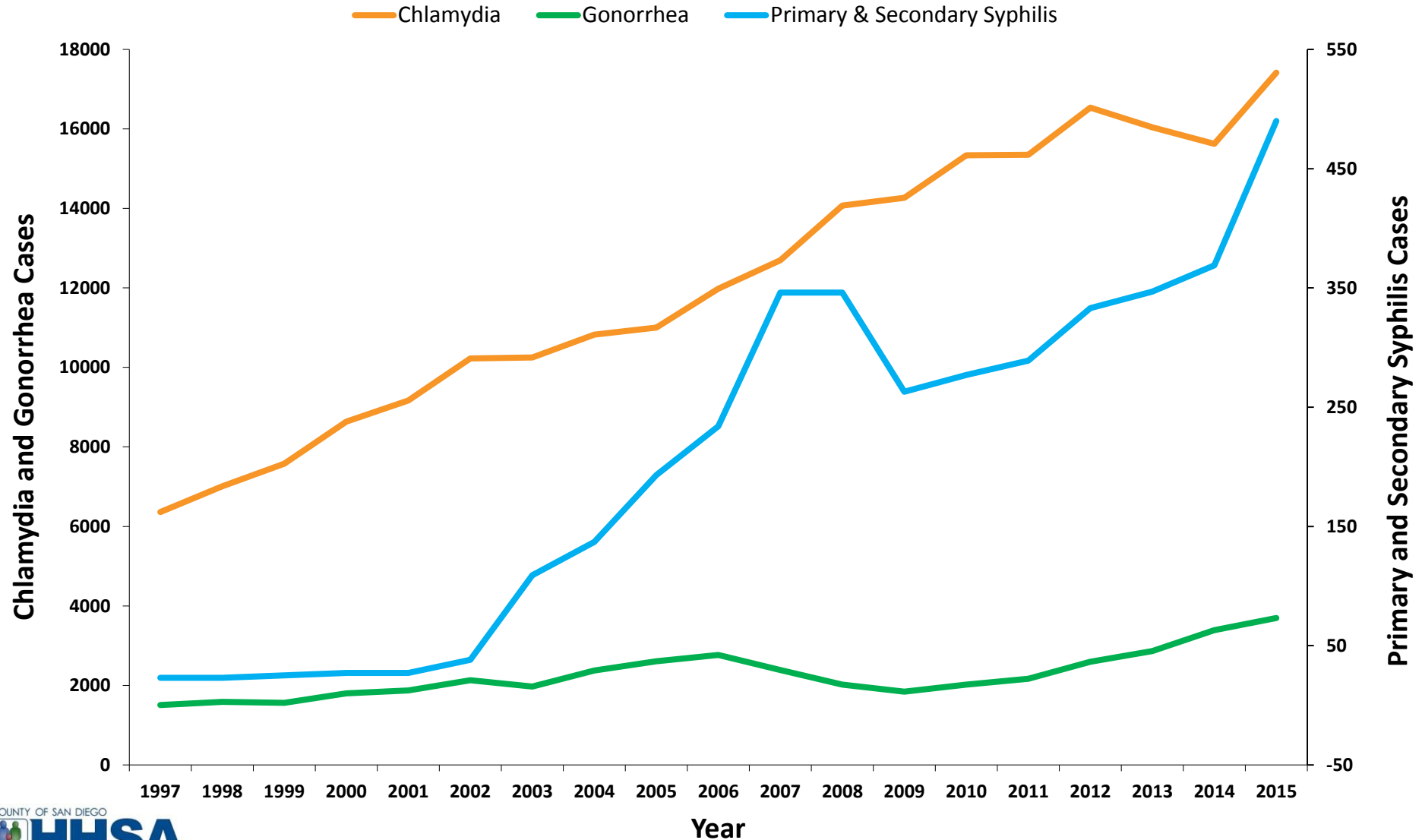
Sexual Intercourse

- **9% fewer students in SDUSD** reported having had sex compared with nationwide data.
- The number of SDUSD students having had sex has **continuously decreased since 1991**.

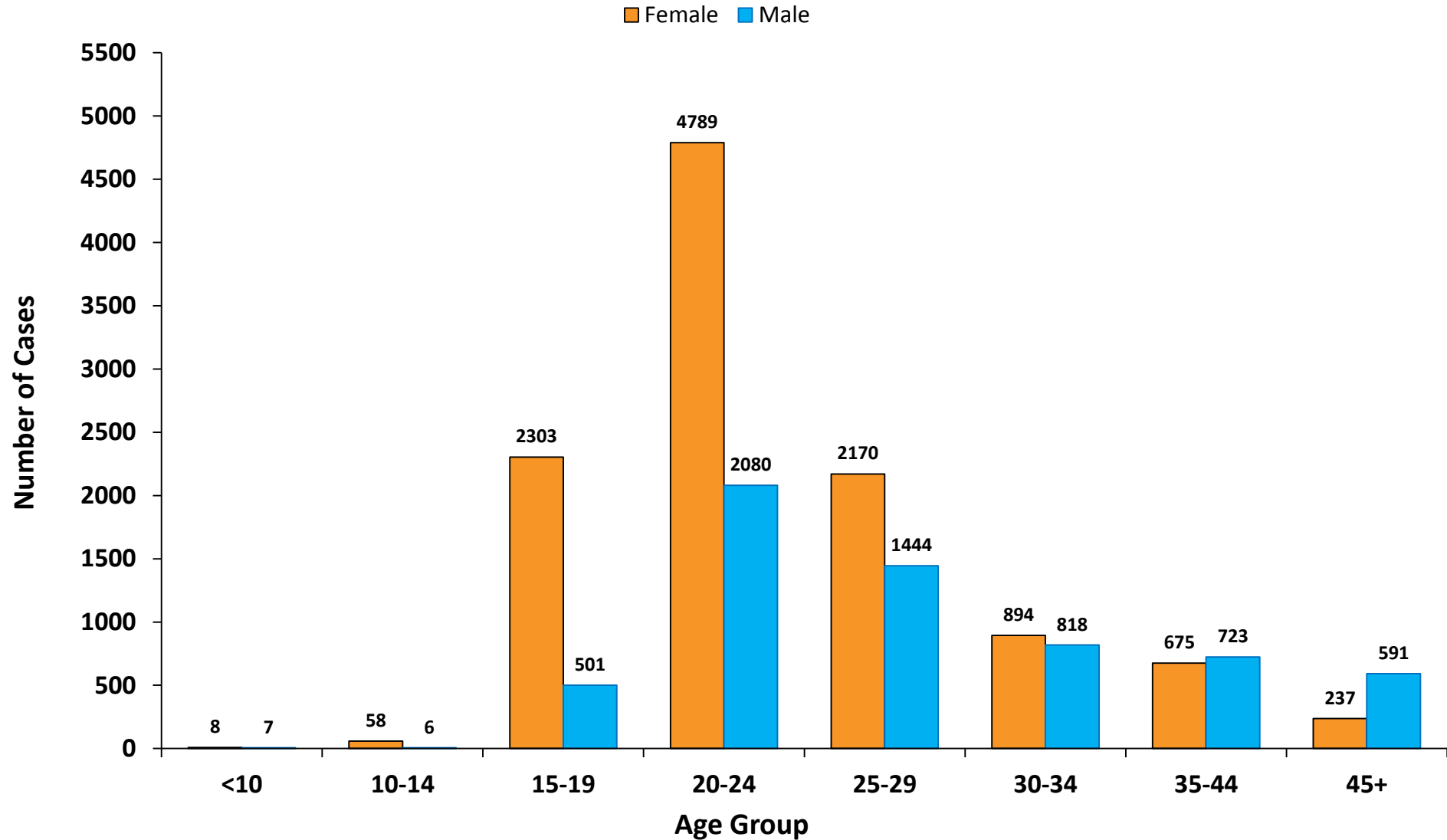
Condom Use

- **2% more students in SDUSD** reported using condoms during sex compared with nationwide data.
- The number of SDUSD students who use condoms during sex has **continuously increased since 1991**.

STDs Reported Among San Diego County Residents, 1997 – 2015



Chlamydia Cases by Gender and Age San Diego County, 2015



Note: Excludes 34 cases missing gender information and 80 cases missing age information.

Rights, Respect, Responsibility

The *Rights, Respect, Responsibility* curriculum is based on the belief that youth have the right to:

- Honest and accurate sexual health information.
- Equitable opportunities to reach their full potential.
- Respect and to have their experiences be valued.
- Knowledge and skills to protect their health.





California Healthy Youth Act

Mandated by the State of CA.

Comprehensive sexual health and HIV prevention instruction must be:

- Taught at least once in middle school and at least once in high school.
- Age-appropriate if taught earlier than grade 7 and instruction must align with the general provisions and may include any of the general topics.
- Medically accurate, objective, and unbiased.
- Appropriate for use with pupils of all races, genders, sexual orientations, and ethnic and cultural backgrounds, pupils with disabilities, and English learners.



All sexual health and HIV prevention instruction must:

- Promote understanding of **sexuality as a normal part of human development.**
- Provide pupils with the knowledge and skills they need to **develop healthy attitudes** concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.
- **Affirmatively recognize that people have different sexual orientations** and, when discussing or providing examples of relationships and couples, shall be inclusive of same-sex relationships.
- **Encourage a pupil to communicate with his or her parents,** guardians, and other trusted adults about human sexuality and provide the knowledge and skills necessary to do so.

Parent/Guardian Notification

- You have the right to be notified of the sexual health instruction at your school site.
- Typically a notification letter will be sent home in the beginning-of-the year registration packets.



SCHOOL NAME

THE CALIFORNIA HEALTHY YOUTH ACT – EDUCATION CODE §§ 51930 -51939
COMPREHENSIVE SEXUAL HEALTH AND HIV PREVENTION EDUCATION

February 6, 2017

Dear Parent/Guardian:

California state law, the California Healthy Youth Act, requires that comprehensive sexual health and HIV prevention education be provided to students at least once in middle school and once in high school, starting in grade 7. A school district may also provide comprehensive sexual health or HIV prevention education earlier than grade 7 consisting of age-appropriate instruction and medically accurate information on any of the general topics. In keeping with these requirements and guidelines, San Diego Unified School District offers comprehensive sexual health education in grades 6, 8 and high school.

Instruction must be inclusive of all students, encourage students to communicate with parents or guardians about human sexuality, and provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development. The following topics must be included:

- Information about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment
- Information that abstinence is the only certain way to prevent unintended pregnancy, HIV, and other STIs, and information about the value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about gender, sexual orientation, and the harm of negative stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations

In addition, instruction in grade 8 and high school must include:

- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods

Instruction will be provided by district classroom teachers or health agency educators trained in the curriculum. These agencies may include Family Health Centers of San Diego. Operation

CA Education Code [§§51937-9](#)

Parent/Guardian Rights

Previewing Materials	Excusing Child from Instruction
<ul style="list-style-type: none">• You have the right to preview all sexual health instructional materials at the school site.• May preview at Parent Preview event or by scheduling directly with teacher.• Resources for previewing instructional materials are also available on our website.	<ul style="list-style-type: none">• To excuse your child from the sexual health instruction, you must provide a written and signed note to the teacher.• If no opt-out note is provided by the parent then the student receives the instruction.

Curriculum Overview



- 10 lesson series
 - Taught in grades 6, 8, and high school Biology (typically)
 - Taught by trained classroom instructors
 - Activity and skills-based instruction
 - Homework includes parent/trusted-adult communication activities
- Additional one-hour lessons in grades 9, 11, 12
 - Grade 9 – Gender and Sexual Orientation
 - Grade 11 – STI and HIV Prevention
 - Grade 12 – Consent and Relationships Rights

Parent/Family Resources Webpage

- **Guidelines for Talking with Your Child**

- General Health, Puberty, and Sexuality
- Relationships, Technology Safety, Human Trafficking
- Talking with Your Child about LGBTQ Topics
- Clinic locators

- **District Curriculum**

- Curriculum and materials
- Curriculum overview PowerPoints
- CA Healthy Youth Act information
- Parent notification and exemption rights



Student Support Webpage

Support makes everything possible.



- Crisis support services
- Sexual health clinics and services
- Sexuality and relationship information
- Alcohol, tobacco, and other drug resources
- LGBTQIA student support
- Community resources

Contact Information

Rachel Miller

Pronouns: she/her/hers

Resource Teacher

Sexual Health Education Program

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www.sandiegounified.org/SHEP

Youth Risk Behavior Survey Data:

www.sandiegounified.org/YRBS



District and Community Panelist Discussion

- **Stan Anjan** (he/him/his)
SDUSD Executive Director of Family and Community Engagement
- **Sophia Arredondo** (she/her/hers)
SDUSD LGBTQIA Education and Advocacy Program Manager
- **Kate McDevitt** (she/her/hers)
SDUSD Wellness Program Supervisor
- **Ilana Brongiel** (she/her/hers)
Manager of Health Education and Adolescent Health at San Ysidro Health Center
- **Derby Pattengill** (he/him/his)
Parent and member of SDUSD PTA and LGBTQIA Advisory Committee
- **Dylan Ulmer** (they/them/theirs)
San Diego High SciTech student and GSA Club member