

# Update on Comprehensive Sexuality Education

RMS PTA Presentation  
March 16, 2018

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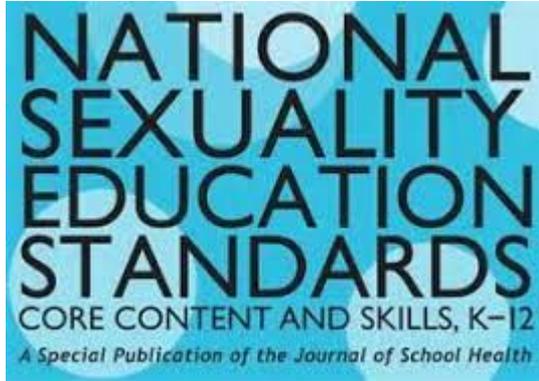
# What is the California Healthy Youth Act?

AB 329 (January 2016) requires that school districts offer a comprehensive sexual health educational program to all students in grades 7-12, once in middle school and once in high school that addresses:

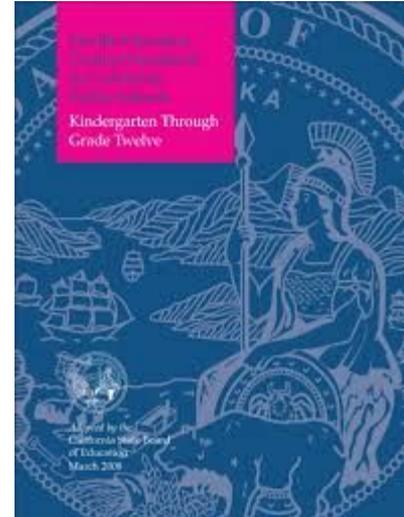
- Human development, pregnancy, contraception and sexually transmitted infections
- HIV/AIDS prevention (Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome)
- Sexual orientation, gender identity, healthy relationships and behaviors, and sexual harassment, sexual assault, human trafficking

[Refer to SUSD's CA Healthy Youth Act presentation \(Nov 28, 2017\)](#)

# Sexuality and Health Education Standards



[National Sexuality Education Standards](#)



[CA Health Education Content Standards](#)

# SUSD Local Control Accountability Plan

## SUSD LCAP Goal 3:

*All Saratoga Union School District (SUSD) students will be educated in a safe environment that ensures physical safety.*

*Action 3.10: SUSD will create a Human Growth & Development Task Force to plan for health education for fifth graders and middle school, as per the California Healthy Youth Act (AB 329), which ensures that students receive sex education that is comprehensive, medically accurate, age-appropriate and inclusive.*

# SUSD CSE Working Group (CSE-WG)

Purpose: The purpose of this committee is to make a recommendation to the SUSD Board of Trustees regarding comprehensive reproductive health content and curriculum materials for elementary and middle school students.

Members:

Role	Number
Parents (from all 4 schools and SHS)	11
5th grade teachers (one from each school)	3
Redwood Middle School teachers	2
District Behavioral Specialist and Special Education Teacher	2
Administrators (elementary principal, RMS VP, Asst. Supt.)	3
District Nurse	1
Director of Bay Area Communities for Health (consultant)	1

# CSE Timeline - 2017-18 School Year

## (Sept - Dec 2017)

September 26, 2017	Working Group Meeting
October 24, 2017	Working Group Curriculum Review
October 26, 2017	<a href="#"><u>Presentation to SUSD Board of Trustees</u></a>
November 8, 2017	<a href="#"><u>Presentation to Saratoga Elementary PTA</u></a>
November 21, 2017	Working Group Curriculum Review
November 28, 2017	Working Group Curriculum Review and Meeting
November 28, 2017	<a href="#"><u>SUSD Parent Workshop (CHYA)</u></a>
December 1, 2017	<a href="#"><u>Presentation to Argonaut PTA</u></a>
December 6, 2017	Working Group Meeting
December 19, 2017	<a href="#"><u>Presentation to Foothill PTA</u></a>

# CSE Timeline - 2017-18 School Year

## (Jan - Feb 2018)

January 9, 2018	SUSD CSE Working Group Members attended and presented at CSE Implementation Best Practices at SCCOE
January 16, 2018	<a href="#"><u>Presentation to Superintendent's Advisory Council</u></a>
January 18, 2018	SUSD CSE Working Group Teachers attended Sexual Health Education (SHE) training at SCCOE
January 19, 2018	<a href="#"><u>Presentation to Redwood PTA</u></a>
January 30, 2018	SUSD CSE Working Group Members Subcommittee planned for CSE implementation and SUSD's opt-out policy
January 30, 2018	CSE Working Group Meeting
February 7, 2018	<a href="#"><u>Gender Spectrum Training</u></a> for all Redwood staff
February 8, 2018	<a href="#"><u>Parent Focus Group and CSE Working Group Meeting</u></a>
February 13, 2018	Sex Education Resource Faire and Workshop (SCCOE)
February 28, 2018	SUSD Board Study Session

# SUSD CSE Timeline & Process: Spring 2018

February 28, 2018	CSE Board Study Session
<b>March 22, 2018</b>	CSE Update to the Board of Trustees
March 2018	CSEWG decision on CSE program to pilot ( <i>Positive Prevention Plus</i> )
March/April 2018	Parent review of <i>Positive Prevention Plus</i> and parent survey
March/April 2018	Trainings of 5th and 8th grade teachers on <i>Positive Prevention Plus</i>
Spring 2018	<i>Positive Prevention Plus</i> curriculum review sessions for parents & parent workshops (Skill-Building)
April/May 2018	CSE instruction for 5th and 8th graders ( <i>Positive Prevention Plus</i> )
April/May 2018	Post-instruction surveys and evaluation (parents, students, teachers, CSEWG)
May/June 2018	Evaluation of pilot program and measurement of impact; CSEWG will arrive at consensus on recommendation to Board in Fall 2018

# SUSD CSE Timeline & Process: 2018-19

September 2018	CSE Working Group Recommendation to SUSD Board of Trustees
September 2018	Board Action on CSE Working Group Recommendation
2018-2019	Teacher training and teach CSE to 5th & 8th graders
2018 - 2019	Continue with parent education and engagement

# Elementary Plan for Piloting *Positive Prevention Plus*

## Elementary (5th grade):

- CSE Working Group arrives at consensus on one curriculum to pilot (based on evaluation criteria) - *Positive Prevention Plus*
- Prior to instruction: letter to **5th grade parents** & *Positive Prevention Plus* curriculum review opportunities
- Tentative dates of PPP instruction: **April 30th - May 11th**
- Taught by **classroom teachers** and Special Education teacher
- Each teacher will evaluate PPP curriculum using consistent criteria
- Consider need for piloting second program in 2018-19, but only if the initial pilot raises specific concerns (based on evaluation criteria)

# Middle School Plan for Piloting *Positive Prevention Plus*

## Middle School (8th grade):

- CSE Working Group arrives at consensus on one curriculum to pilot (based on evaluation criteria) - *Positive Prevention Plus*
- Prior to instruction: letter to **8th Grade parents** & PPP curriculum review opportunities
- Tentative dates of instruction: **April 23 - May 31**
- Taught by **P.E. teachers** and Special Education teachers
- Each teacher will evaluate PPP curriculum using consistent criteria
- Consider need for piloting second program in 2018-19, but only if the initial pilot of PPP raises specific concerns (based on evaluation criteria)

# SUSD's "Opt-Out" Plan

- Required by *CA Education Code § 51938*
- Annual Parent Notification sent at beginning of year
- Letter will be sent to parents prior to instruction
- Parents must write letter to principal (active opt-out instead of opt-in, required by law)
- Opt-out of all or part (cannot guarantee info will not be brought up in subsequent lessons)
- Opt-out students have alternative activity in another setting

# Parental Opt-Out: CA Education Code Clarification

The CA Education Code provides for only two circumstances under which parents have the right to opt their children out of participation in instruction:

- 1) comprehensive sexual health and HIV prevention education (*CA Ed. Code, § 51938*), and
- 2) “instruction in health” that “conflicts with the religious training and beliefs of a parent or guardian of a pupil.” While “instruction in health” is not statutorily defined, a California court has held that it does not include a curriculum designed to teach elementary school students about LGBTQ people and families (*CA Ed. Code, § 51240*).

**In addition to mandating that comprehensive sexual health and HIV prevention education lessons be inclusive of LGBTQ individuals and families, California law (*CA Ed. Code § 51204.5*) also affirmatively requires schools to include instruction on LGBTQ people in history and social sciences lessons.**

# Parental Opt-Out

- Parents/guardians may choose to remove their students from comprehensive sexual health and HIV prevention instruction in its entirety, including the LGBTQ-focused content.
- Schools are not allowed to permit parents/guardians to selectively opt their students out of lessons that are focused on LGBTQ content, while leaving them in the classroom for other sexual health instruction.

*California Education Code §§ 51930 – 51939*

# CSE Professional Development (initial and ongoing support)

5th grade and middle school Physical Education teachers, principals, counselors, and District nurse:

- CA Healthy Youth Act
- How to respond to students' questions and comments
- Best practices for student support
- Uniform complaint procedure
- LGBTQ (Lesbian Gay Bisexual Transgender Queer)
- Sexual harassment/Intimate Partner Violence
- Minor consent and confidential services/mandatory reporting

# CSE Parent Communication

Parents receive a letter with the following information:

- Comprehensive sexual health and HIV prevention instruction is provided by trained classroom teachers or community-based health educators.
- All content complies with California Healthy Youth Act and CA Education Code requirements.
- When the instruction will be implemented at their child's school.
- When parents/guardians can review instructional materials at their child's school.
- That parents/guardians may notify the school in writing if they wish to excuse their child from all or part of the instruction.

This information is also included in *SUSD's Annual Notification for Parents*.

# PPP Curriculum Review Sessions for 5th Grade Parents

## *Positive Prevention Plus Review Sessions for 5th Grade Parents:*

<b>Tuesday, March 27, 2018</b>	11:00 am - 12:30 pm	Saratoga Elem. Library
<b>Tuesday, March 27, 2018</b>	1:00 - 2:30 pm	Saratoga Elem. Library
<b>Monday, April 2, 2018</b>	4:00 - 5:30 pm (Mandarin translation available)	Argonaut MPR
<b>Monday, April 2, 2018</b>	6:30 - 8:00 pm	Argonaut MPR
<b>Tuesday, April 3, 2018</b>	9:00 - 10:30 am (Mandarin translation available)	Foothill Library
<b>Tuesday, April 3, 2018</b>	10:45 am - 12:15 pm	Foothill Library

RSVP Required: <https://goo.gl/forms/K9djSag1ZOGSMKd53>

# PPP Curriculum Review Sessions for 8th Grade Parents

## ***Positive Prevention Plus Review Sessions for 8th Grade Parents:***

<b>Wednesday, March 21, 2018</b>	9:00 - 10:30 am (Mandarin translation available)	Redwood Library
<b>Wednesday, March 21, 2018</b>	10:45 am - 12:15 pm	Redwood Library
<b>Tuesday, March 27, 2018</b>	6:00 - 7:30 pm (Mandarin translation available)	Redwood Library

RSVP Required: <https://goo.gl/forms/K9djSag1ZOGSMKd53>

# **CSE Parent Education Workshops- Spring 2018**

*Creating an Ongoing Dialogue with Your Child about Relationships, Sexuality and Puberty*

Parents/caregivers will learn how to:

- Create an ongoing, age-appropriate dialogue with children at any age and stage
- Establish themselves as their children's main resource for trusted information
- Initiate conversations with their children and answer tricky questions

*Dates will be scheduled this spring*

# SUSD CSE Website



Saratoga Union School  
District  
*From Great to Growth*

District Home

Select a School

Sign In



Our District

Our Board

Our Community

Educational Services

Departments

For Parents

## Comprehensive Sexuality Education (CSE)

Home

Comprehensive Sexuality Education  
Memo to the Saratoga Community  
(2016-17 School Year)

Comprehensive Sexuality Education  
Working Group (CSEWG)

## Comprehensive Sexuality Education (CSE)

### COMPREHENSIVE SEXUALITY EDUCATION (CSE) PARENT FOCUS GROUP

On February 8, 2018, SUSD parents were invited to a Parent Focus Group meeting with SUSD's [Comprehensive Sexuality Education Working Group \(CSEWG\)](#) for an overview of curriculum options and implementation plans under consideration for new CSE curriculum at SUSD.

Click below for Focus Group materials:

[SUSD CSE Parent Focus Group Presentation Slides](#)  
[California Healthy Youth Act \(CHYA\) FAQ handout](#)

The three (3) CSE curriculum options currently under review (click the links below for more information and sample lesson plans):

1. [Health Connected](#)

(Puberty Talk, Teen Talk & Teen Talk AAA-Adapted for All Abilities)

See more Health Connected info at [Lets-talk.how](#)

2. [Positive Prevention Plus](#)

(Upper Elementary, Middle School, Special Populations)

3. [Rights, Respect, Responsibility \(3Rs\)](#)

(from Advocates for Youth)

*Additional parent curriculum review sessions and workshops will be offered in the spring!*

Links to materials from previous SUSD workshops:

Comprehensive Sexuality Education (CSE) Parent Focus Group (presented February 8, 2018)  
[Presentation Slides](#)  
[Handout](#)

Comprehensive Sexuality Education (CSE) presentation at SUSD PTA Meetings (numerous dates)  
[Presentation Slides](#)

Comprehensive Sexuality Education (CSE): Understanding CSE Requirements in California (presented April 18, 2017 & November 28, 2017)

## CSE Library

[Building a Foundation for Sexual Health is a K-12 Endeavor](#)

[Are You An Askable Parent? Talking with Young People About Sexuality \(English\)](#)

[Are You an Askable Parent? Talking with Young People About Sexuality \(Mandarin\)](#)

[Families Are Talking: Communication Tips for Students and for Parents](#)

[Great Conversations: A Book Guide for Pre-Teens and Those Who Live with Them \(books, blogs, online\)](#)

<https://www.saratogausd.org/CSE>

# ALL CSE Curriculum Must Include These Baseline Requirements...

*All comprehensive sexual health education (for all grades) must:*

- encourage students to **communicate with their parents** or other trusted adults, and must provide students with the knowledge and skills to develop **healthy relationships** and make healthy decisions about sexuality
- teach about **gender, gender expression, gender identity**, and explore the harm of negative gender stereotypes
- affirmatively recognize **different sexual orientations**, and be inclusive of same-sex relationships when providing examples of couples or relationships
- be **age-appropriate, medically accurate**, and appropriate for students with **disabilities**, students who are **English language learners**, and for students of all races, ethnic and cultural backgrounds, genders, and sexual orientations
- **not promote religious doctrine**

# ALL CSE Curriculum Must Include Also Include Additional Content Requirements for Grades 7-12 (in addition to meeting baseline requirements)

- Nature and transmission of **HIV** and other **sexually transmitted infections** (STIs)
- All **FDA-approved methods of reducing the risk of transmission of HIV** and other STIs, including antiretroviral treatment, and information about treatment of HIV and STIs
- Reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing
- Discussion about **social views of HIV and AIDS**, emphasizing that all people are at some risk of contracting HIV and that the only way to know one's HIV status is by being tested
- Accessing **resources for sexual and reproductive health care** and assistance with **sexual assault** and intimate partner violence, as well as students' legal rights to access these resources

# ALL CSE Curriculum Must Include Also Include Additional Content Requirements for Grades 7-12

- Effectiveness and safety of all **FDA-approved contraceptive methods in preventing pregnancy** (including emergency contraception)
- **Abstinence** is the only certain way to prevent unintended pregnancy and HIV and other STIs
- **Value of delaying sexual activity** must be included and must be accompanied by information about other methods for preventing pregnancy and STIs
- **Pregnancy**, including 1) the importance of prenatal care; 2) all legally available pregnancy outcomes, including parenting, adoption, and abortion; and 3) California's newborn safe surrender law
- **Sexual harassment, sexual assault**, adolescent relationship abuse, **intimate partner violence**, and **human trafficking**



## Positive Prevention *PLUS*

HOME

+ CURRICULUM

RESEARCH

+ RESOURCES

+ TRAININGS

NEWS

STORE



Welcome.

<http://www.positivepreventionplus.com>

# Positive Prevention Plus (PPP) Curriculum

- Examples of lessons and handouts are available online
- Parent viewing sessions allow for an in-depth look at the instructor's guide
- Five of the 13 lessons will be highlighted, including the lesson on pregnancy options, sexually transmitted infections (STI), and a HIV risks and a discussion on condoms

# PPP History

- Developed in 1993 through a partnership with the American Red Cross, updated regularly
- Underwent a rigorous evaluation from 2010-2015
- Federal Evidence Based Interventions
- Reviewed for CHYA compliance
  - The Adolescent Sexual Health Work Group (ASHWG)— a group of experts from the California Departments of Education and Public Health

# Effective Features of PPP

- Biomedical information limited to the essential concepts
- Emphasis on social and decision making skills
- Utilizes modeling and positive peer discussions
- Involves parents
- Variety of learning styles

# PPP Structure and Materials

## Content

- 13 Sessions
- Appendices
  - Education Code
  - Resources geared towards building and strengthening parent/caregiver communication with their student(s)
  - Resources for working with LGBTQ youth

# PPP Structure and Materials

## Support Materials (available online)

- Spanish language Student Handouts
- Parent Materials (English/Spanish)
- Lesson Slides
- Guidelines for working with LGBT youth
- Supplemental Instructional materials on sexting
- Safely Surrender video clips and STD photos
- English language student handouts available in workbooks

# PPP Overarching Goals and Priorities

- to promote health, safety, inclusivity, respect, and access to legally available options so that adolescents are able to protect their health

# Two Day Teacher Training

## Purpose:

- Build/strengthen the skillset to deliver CSE
- Increase comfort with delivering CSE

## Topics:

- The impact of personal values and bias on CSE delivery
- Brief overview of the California Healthy Youth Act
- Answering difficult and value laden questions
- Stopping harassing comments

# Two Day Teacher Training

## Topics:

- Creating and maintaining a safe space/safe learning environment
- Awareness of diversity in the classroom
- Curriculum review and opportunity to demonstrate activities

# PARENTS/ CAREGIVERS ARE IMPORTANT

- Appendix B— Parent Information and Education
  - Guidelines for Parents for talking with children/teens about sexuality
  - HIV/AIDS: parent guide to teachable moments
  - Parent communication tips
  - Hints that can help you talk with your child about sex
  - Answers to your sexting questions
  - Parents influence on health of LGBT Teens
  - And More

# A LETTER TO PARENT(S)/TRUSTED ADULTS

- Curriculum:
  - created to reduce HIV/AIDS and sexually transmitted infections risks, and reduce unintended pregnancy
- Each lesson features a “wrap up” activity that assigns students to interview their parent(s) or another trusted adult
- Your advice and guidance to the student is critical to the success of these lessons, and you have the opportunity to communicate your personal, family, and cultural values and beliefs

# Daily Check List of Assignments for Parents/Trusted Adults

**DIRECTIONS** Each day for the next thirteen days, your son/daughter will be asked to discuss a variety of lesson topics and worksheets with you. Please **initial** each day to signify that you have reviewed and discussed the assignment with your son/daughter. *Thank you.*

<input type="checkbox"/> <p style="text-align: center;"><b>GETTING STARTED</b> Pre-Test (may be completed together) Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 7 <b>THE HIV/AIDS EPIDEMIC</b> Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 1 <b>SEXUAL DEVELOPMENT</b> Lifeline Worksheet Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 8 <b>PREVENTING SEXUALLY TRANSMITTED DISEASES</b> STD Worksheet Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 2 <b>EXPLORING FRIENDSHIPS</b> Relationships Inventory Worksheet Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 9 <b>RECOGNIZING AND REDUCING RISK</b> Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 3 <b>BULLYING and RELATIONSHIP ABUSE</b> Protect Yourself Worksheet Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 10 <b>PEER and MEDIA PRESSURE</b> Pressure Lines Worksheet Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 4 <b>PREVENTING AN UNPLANNED PREGNANCY</b> Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 11 <b>HIV/STD TESTING and COMMUNITY RESOURCES</b> Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 5 <b>TEEN PREGNANCY: CHOICES and RESPONSIBILITIES</b> Making Healthy Decisions Worksheet Lesson Wrap-Up &amp; Interview Question</p>	<input type="checkbox"/> <p style="text-align: center;">LESSON 12 <b>GOAL-SETTING</b> Lesson Wrap-Up &amp; Interview Question</p>
<input type="checkbox"/> <p style="text-align: center;">LESSON 6 <b>MYTHS and STEREOTYPES ABOUT HIV INFECTION</b> Lesson Wrap-Up &amp; Interview Question</p>	

# Table of Contents

Getting Started: Preview to Lessons

Lesson 1: Sexual Development

Lesson 2: Exploring Friendships

Lesson 3: Relationship Abuse

Lesson 4: Preventing an Unplanned Pregnancy

Lesson 5: Teen Pregnancy: Choices and Responsibilities

Lesson 6: Myths and Stereotypes About HIV Infections

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Lesson 7: The HIV/AIDS Epidemic

Lesson 8: Preventing Sexually Transmitted Infections

Lesson 9: Recognizing and Reducing Risks

Lesson 10: Media and Peer Pressure

Lesson 11: HIV/STI Testing and Community Resources

Lesson 12: Goal Setting

# Lessons 1 and 2

- Sexual Development
- Typical Female and Typical Male Development (hormones, body changes, body hair, odor, menstruation, nocturnal emissions, etc)
- Emotional Changes
- Understanding Gender
- Understanding Sexual Orientation
- Common Sexual Health Concerns
- Exploring Friendships
- Traits and skills for maintaining quality and healthy friendships
- Opportunities for building friendships
- Differentiate between "liking" and "loving"
- Ways to show people that you like or love them

# LESSON 3 - BULLYING AND RELATIONSHIP ABUSE

- Bullying
- Relationship Abuse
- Yes Means Yes
- Sex Trafficking
- Sexting
- Internet Safety
- Protecting Yourself
- Effective Verbal and Non-Verbal Communication

# LESSON 4: PREVENTING AN UNPLANNED PREGNANCY

- Identify methods of contraception and their effectiveness
- Identify community family planning services
- Identify the benefits of delaying sexual activity

# LESSON 5 - TEEN PREGNANCY: CHOICES AND RESPONSIBILITIES

- Teen Pregnancies: objective discussion of all the legal options available to a pregnant person
- Discuss how to make an important decision if facing an unplanned pregnancy
- List the key components of prenatal care and responsible parenting
- Identify key components of the state specific Safe Surrender law

# Lessons 6 - 8

## HIV/AIDS

- Myths and Facts about HIV
- Stereotypes about people living with HIV
- Creating empathy for those living with chronic disabilities or illnesses, including HIV
- Body fluids and routes for transmission
- Immune system review
- Behaviors that put a person at risk for transmission

## Preventing Sexually Transmitted Infections

- Viruses and Bacteria
- STI testing- why, when, where

# LESSON 9 - RECOGNIZING AND REDUCING RISK

- Red Light/Green Light
- Universal Precautions/Demonstration
- Latex Condoms (no demonstration)
- Sexual Abstinence

# LESSONS 10 AND 11

## Media and Peer Pressure

- Media Analysis Skills
- Identify pressure from media, society and/or peers to engage in high risk behaviors
- Recognize that not all students participate in high risk behaviors
- Assertiveness skills to refuse or avoid pressure (role plays)
- Personal escape plans

## HIV/STI Testing and Community Resources

- Game to describe how HIV can spread through a population
- HIV and STD Testing

# LESSON 12- GOAL SETTING

- The Path to Personal Goals
- Setting Goals for the Future
- Personal Contracts

# Parent Information Sessions

Content covered includes:

- Review of the CHYA
- Review of the Positive Prevention Plus Content
- Information about positive outcomes associated with sexual health education
- Including healthier and safer school climate
- Q & A
- Parent workshop

# Parent Education Workshops

## *Creating an Ongoing Dialogue with Your Child about Relationships, Sexuality and Puberty*

*Parents/caregivers will learn how to:*

- Create an ongoing, age-appropriate dialogue with children at any age and stage
- Establish themselves as their children's main resource for trusted information
- Initiate conversations with their children and answer tricky questions

# Additional Resources

[CHYA Resources for Districts](#)

[Positive Prevention Plus](#)

[Adolescent Sexual Health Working Group \(ASHWG\)  
Curriculum Review](#)

Maribel Martínez, Director, Office of LGBTQ Affairs for Santa Clara County 408.299.5193