



# San Diego Unified School District Sexual Health Curriculum Overview



## **S**exual **H**ealth **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
  - YRBS and School Health Profiles
  - Grant management and evaluation
- Currently funded through July 31, 2018



## Youth Risk Behavior Survey

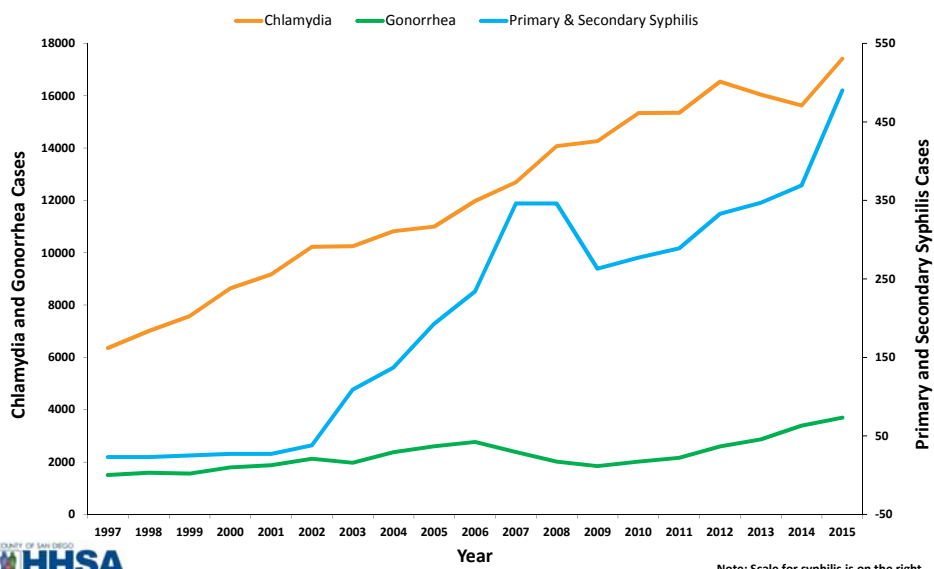
The YRBS is an anonymous survey, created and overseen by the CDC and administered every other year in SDUSD high schools.

All data is reported collectively as a district, and *not* by individual schools.

In 2015, San Diego Unified School District high school students reported:

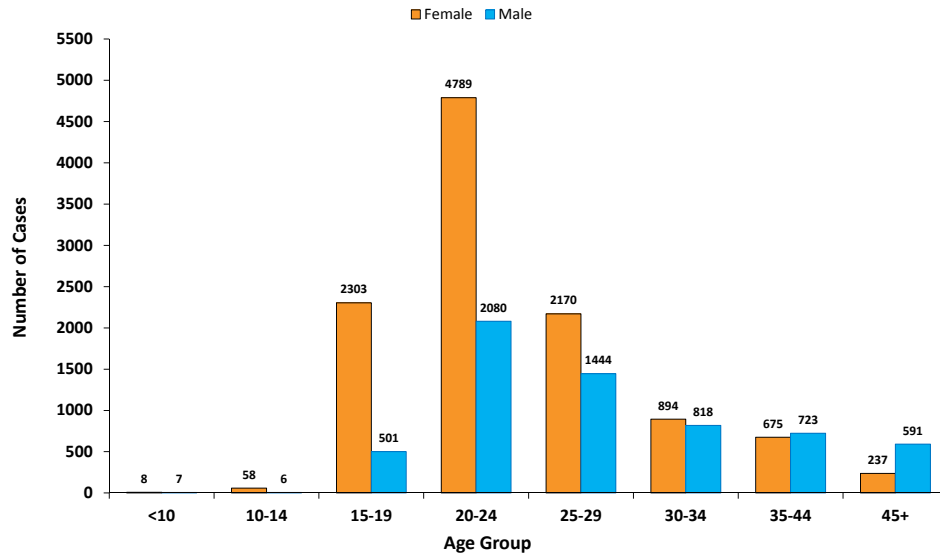
- 32% have had sex (ranging from 12% in 9<sup>th</sup> grade to 52% in 12<sup>th</sup> grade).
- 59% used a condom during last intercourse.
- 12% reported having had sex between 11-14 years old.
- 12% have been tested for HIV.
- 9.1% of females and 6.4% of males experienced physical dating violence within the past year.
- 7.8% describe themselves as lesbian, gay, or bisexual.
- 11.6% have been harassed due to being perceived as being lesbian, gay, or bisexual.

STDs Reported Among San Diego County Residents, 1997 – 2015



Note: Scale for syphilis is on the right.

## Chlamydia Cases by Gender and Age San Diego County, 2015



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

## 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 (grades 7-12).
- Age-appropriate if taught earlier than grade 7 and instruction must align with the general provisions ([§§51930-2](#)) and may include any of the general topics ([§§51933-4](#)).
- 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.

CA Education Code [§§51930-9](#)

## New Required Topics

- Sexuality is a normal part of human development.
- Develop healthy attitudes concerning adolescent development, body image, gender, and sexual orientation.
- Affirmatively recognize different sexual orientations and provide examples of same-sex relationships.
- HIV-positive individuals successfully treated with antiretrovirals have normal life expectancies.
- Decrease risk of HIV transmission by decreasing needle use and needle sharing.
- Discuss all legally available pregnancy outcomes, including parenting, adoption, and abortion.
- Information about sexual harassment and assault, relationship violence, and sex trafficking.
- Information about how to access local sexual healthcare resources and minors' legal rights.

CA Education Code [§§51933-4](#)

## Parent Notification

- Parent notification letter templates in different languages available on the Staff Portal page of our: [www.sandiegounified.org/SHEP](http://www.sandiegounified.org/SHEP).
- We recommend including this letter in all registration/enrollment packets.
- Parents/guardians must be notified at the beginning of the school year:
  - Comprehensive sexual health and HIV prevention instruction will be taking place.
  - Curriculum materials are available for inspection.
  - They may excuse their child from instruction by providing a written request to the school.
- All incoming students throughout the school year must be notified.
- If instruction is arranged after the beginning of the school year, parents/guardians must be notified at least 14 days prior to instruction.

CA Education Code [§§51937-9](#)

## Additional Parent/Guardian Rights

Previewing Materials	Excusing Child from Instruction
<ul style="list-style-type: none"> <li>• Instructional materials must be made “available for inspection.”</li> <li>• May hold Parent Preview event.</li> <li>• And/or instruct parents to contact teacher to review materials.</li> <li>• Resources for previews available by contacting us or on our website.</li> </ul>	<ul style="list-style-type: none"> <li>• “In order to excuse their child they must state their request in writing to the school.”               <ul style="list-style-type: none"> <li>• Hand-written and signed note to teacher</li> <li>• No permission slips or anti-permission slips</li> </ul> </li> <li>• “Passive consent” – if no note from parent then the student receives the instruction</li> </ul>

[CA Education Code §51938](#)

## *Rights, Respect, Responsibility*

- Advocates for Youth’s curriculum is based on the belief that:
  - Youth have the right to honest sexual health information and equitable opportunities to reach their full potential.
  - Youth deserve respect and to have their experiences be valued.
  - Society has the responsibility to provide young people with all of the tools they need to safeguard their sexual health.
  - Young people have the responsibility to protect themselves.
  - Aligns with [National Sexuality Education Standards](#) and [CA Ed Code](#).

## Curriculum Overview



- 10 lessons, 50 minutes each
- Taught by trained classroom instructors
- Activity and skills-based instruction
- Homework includes parent/trusted-adult communication activities
- Taught in grades 6, 8, and high school Biology (typically)
- Additional one-hour lessons in grades 9, 11, 12

## Curriculum Materials

- Curriculum binders
- Online lessons, handouts, and videos
- Brochures:
  - *CA Minor Consent Laws card*
  - *Student Support cards*
  - *Respect Yourself, Protect Yourself pamphlet*
- Books for middle school classrooms

## Staff Resources

- Resources for school site staff
- [Teacher and Staff Resources](#) webpage
  - Online curriculum
  - PD PowerPoints
  - Law and policy information
  - Parent notification letter templates
  - Resources for answering student questions
  - Resources for teaching LGBTQIA topics
  - YRBS and School Health Profiles data

[www.sandi.net/staff/SHEP/teacher-staff-resources](http://www.sandi.net/staff/SHEP/teacher-staff-resources)

## Parent/Family Resources

- [Parent and Family Resources](#) webpage
  - Guidelines for Talking with Your Child
  - District Curriculum
    - Curriculum and materials
    - Curriculum overview PowerPoints
    - CA Healthy Youth Act information
    - Parent notification and exemption rights
  - Community event on February 6<sup>th</sup> 5-7pm at the Ed Center Auditorium
  - Request from Area Superintendent to present at cluster meeting

[www.sandiegounified.org/Parent-Family-Resources](http://www.sandiegounified.org/Parent-Family-Resources)

## Student Resources

Support makes everything possible.



- [Student Support](#) webpage
  - Crisis support services
  - Sexual health clinics and services
  - Sexuality and relationship information
  - Alcohol, tobacco, and other drug resources
  - LGBTQIA student support
  - Community resources
  - Curriculum evaluation (coming soon)

[www.sandiegounified.org/Support](http://www.sandiegounified.org/Support)

## Answering Parent Questions

- What might be some “hot topics” for parents?
- What are some questions/concerns they might have?
- What resources can you direct parents to?
- If they do not want their child to attend these lessons, what advice can you give them?



## Talking to Parents about Teaching LGBTQ Material

1. We have to protect the rights of all of our students to receive a safe and equitable education.
2. We are teaching tolerance.
3. We are teaching facts.
4. Explicitly including LGBTQ information in classes decreases bullying.
5. We are not teaching kids about LGBTQ people and topics – they already know about them.
6. It's the law: CHYA and Fair Education Act.

### Contact Information

Rachel Miller  
Resource Teacher  
Sexual Health Education Program  
4100 Normal Street, Room 2155  
San Diego, CA 92103  
(619) 725-7121  
[rmiller@sandi.net](mailto:rmiller@sandi.net)  
[www.sandiegounified.org/SHEP](http://www.sandiegounified.org/SHEP)

