

SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION

Definitions

Comprehensive sexual health education means education regarding human development and sexuality, including education on pregnancy, contraception, and sexually transmitted infections.

HIV prevention education means instruction on the nature of human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS), methods of transmission, strategies to reduce the risk of HIV infection, and social and public health issues related to HIV and AIDS.

Age appropriate refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group.

Medically accurate means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists.

General Criteria for Comprehensive Sexual Health Instruction and Materials

The **Superintendent or designee shall ensure that the district's comprehensive sexual health HIV prevention instruction and materials are** ~~education curriculum shall satisfy the following criteria:~~

1. ~~Instruction and materials shall be a~~**Age appropriate.**

~~Age appropriate refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group.~~

2. ~~All factually information presented shall be~~ **and** medically accurate and objective.

~~Medically accurate means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional~~

~~organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists.~~

3. **Align with and support the following purposes as specified in Education Code 51930:**
 - a. **To provide students with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy;**
 - b. **To provide students 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;**
 - c. **To promote understanding of sexuality as a normal part of human development;**
 - d. **To ensure students receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end; and**
 - e. **To provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors.**
4. ~~Instruction and materials shall be~~**Are** appropriate for use with students of all races, genders, sexual orientations, **and** ethnic and cultural backgrounds, ~~and~~ students with disabilities, **and English learners.**
53. ~~Instruction shall be made~~**Are** available on an equal basis to a student who is an English learner, consistent with the existing curriculum and alternative options for an English learner ~~student,~~ as otherwise provided in the Education Code.
65. ~~Instruction and materials shall be~~**Are** accessible to students with disabilities, including, but not limited to, the provision of a modified curriculum, materials and instruction in alternative formats, and auxiliary aids.
7. **Do not reflect or promote bias against any person in protected categories of discrimination pursuant to Education Code 220.**

8. **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.**
9. **Teach students about gender, gender expression, and gender identity, and explore the harm of negative gender stereotypes.**
106. ~~Instruction and materials shall e~~**Encourage a** students to communicate with ~~his/her~~**their** parents/guardians **and other trusted adults** about human sexuality **and provide the knowledge and skills necessary to do so.**
117. ~~Instruction and materials shall t~~**Teach the value of and prepare students to have and maintain** ~~respect for marriage and~~ committed relationships **such as marriage.**
12. **Provide students with knowledge and skills they need to form healthy relationships that are based on mutual respect and affection and are free from violence, coercion, and intimidation**
13. **Provide students with knowledge and skills for making and implementing healthy decisions about sexuality, including negotiation and refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities**
148. ~~Instruction and materials may~~**Do** not teach or promote religious doctrine.
9. ~~Instruction and materials may not reflect or promote bias against any person on the basis of any category protected by Education Code 220.~~
10. ~~Beginning in grade 7, instruction and materials shall teach that abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy, teach that abstinence from sexual activity is the only certain way to prevent sexually transmitted diseases, and provide information about the value of abstinence while also providing medically accurate information on other methods of preventing pregnancy and sexually transmitted diseases.~~
11. ~~Beginning in grade 7, instruction and materials shall provide information about sexually transmitted diseases. This instruction shall include how sexually transmitted diseases are and are not transmitted, the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods of reducing the risk of contracting sexually transmitted diseases, and information on local~~

~~resources for testing and medical care for sexually transmitted diseases.~~

- ~~12. Beginning in grade 7, instruction and materials shall provide information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception.~~
- ~~13. Beginning in grade 7, instruction and materials shall provide students with skills for making and implementing responsible decisions about sexuality.~~
- ~~14. Beginning in grade 7, instruction and materials shall provide students with information on the law on surrendering physical custody of a minor child 72 hours or younger.~~

~~Components of Sexual Health and HIV/AIDS and Venereal Disease Prevention Education Instruction~~

~~The district's comprehensive sexual health and HIV/AIDS and venereal disease prevention education instruction for students in grades 7-12, in addition to complying with the criteria listed above in the section "General Criteria for Instruction and Materials," will be offered at least once in middle school and once in high school by instructors trained in the appropriate courses. Instruction shall accurately reflect the latest information and recommendations from the United States Surgeon General, the federal Centers for Disease Control and Prevention, and the National Academy of Sciences and shall include all of the following:~~

- ~~1. Information on the nature of HIV/AIDS and venereal disease and **other sexually transmitted infections and their** effects on the human body.~~
- ~~2. Information on the manner in which HIV **and other sexually transmitted infections are and are** not transmitted, including information on **the relative risk of infection according to specific behaviors, including sexual behaviors and injection drug use.** activities that present the highest risk of HIV infection.~~
- ~~3. Discussion of methods to reduce the risk of HIV infection, including:
 - ~~a. **Emphasis-Information that sexual abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infections, and that, monogamy, the avoidance of multiple sexual partners and abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy.**~~~~

- ~~_____ effective means for HIV/AIDS and venereal disease prevention.~~
- b. ~~_____ Statistics based upon the latest medical information citing the failure and success rates of condoms and other contraceptives in preventing sexually transmitted HIV infection.~~
- c. ~~_____ Information on other methods that may reduce the risk of HIV transmission from intravenous drug use.~~

The instruction shall provide information about the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other sexually transmitted infections and pregnancy.

4. ~~Discussion of the public health issues associated with HIV/AIDS and venereal disease.~~ **Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually *transmitted infections, including use of antiretroviral medication, consistent with the Centers for Disease Control and Prevention.**
5. ~~Information about the effectiveness and safety of reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing.~~ **on local resources for HIV testing and medical care.**
6. ~~Development of refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities.~~ **Information about the treatment of HIV and other sexually transmitted infections, including how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others.**
7. ~~Discussion about societal views on HIV and /AIDS and venereal disease, including addressing unfounded stereotypes and myths regarding persons with HIV and /AIDS and venereal disease. This instruction shall emphasize compassion for people rsons living with HIV./AIDS and venereal disease~~

This instruction shall emphasize that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and that testing is the only way to know if one is HIV-positive.-

8. **Information about local resources, how to access local resources, and students' legal rights to access local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.**
9. **Information about the effectiveness and safety of FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception. Instruction on pregnancy shall include an objective discussion of all legally available pregnancy outcomes, including, but not limited to:**
 - a. **Parenting, adoption, and abortion**
 - b. **Information on the law on surrendering physical custody of a minor child 72 hours of age or younger, pursuant to Health and Safety Code 1255.7 and Penal Code 271.5**
 - c. **The importance of prenatal care**
10. **Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and sex trafficking.**

Professional Development In-Service Training and Use of Consultants

The district's comprehensive sexual health education and HIV prevention education shall be provided by instructors trained in the appropriate courses who are knowledgeable of the most recent medically accurate research on human sexuality, healthy relationships, pregnancy, and HIV and other sexually transmitted infections.

The Superintendent or designee ~~will~~**shall** cooperatively plan and conduct in-service training for all district personnel who provide HIV ~~/AIDS and venereal disease~~ prevention education, through regional planning, joint powers agreements or contract services.

In developing and providing in-service training, the Superintendent or designee shall cooperate and collaborate with the teachers who provide HIV~~/AIDS and venereal disease~~ prevention education and with the California Department of Education.

The district shall periodically conduct in-service training to enable district personnel to

learn new developments in the scientific understanding of HIV ~~./AIDS and venereal disease~~. In-service training shall be voluntary for ~~district~~ personnel who have demonstrated expertise or received in-service training from the California Department of Education or ~~federal~~ Centers for Disease Control and Prevention.

The Superintendent or designee may expand HIV ~~/AIDS and venereal disease~~ in-service training to cover the topic of comprehensive sexual health education for district personnel teaching **comprehensive** sexual health education to learn new developments in the scientific understanding of sexual health.

Use of Consultants or Guest Speakers

The Superintendent or designee may contract with outside consultants **or guest speakers** ~~with expertise in comprehensive sexual health or HIV/AIDS and venereal disease prevention education~~, including those who have developed multilingual curricula or curricula accessible to persons with disabilities, to deliver **comprehensive sexual health and HIV prevention education** ~~the instruction~~ or to provide training for district personnel. **All outside consultants and guest speakers shall have expertise in comprehensive sexual health education and HIV prevention education and knowledge of the most recent medically accurate research on the relevant topic(s) covered in the instruction. The Superintendent or designee shall ensure that any instruction provided by an outside speaker or consultant complies with Board policy, administrative regulation, and Education Code 51930-51939.**

Parent/Guardian Notification

At the beginning of each school year or at the time of a student's enrollment, the Superintendent or designee shall notify parents/guardians about instruction in comprehensive sexual health education and HIV prevention education, as well as research on student health behaviors and risks, planned for the coming year. The notice shall advise parents/guardians:

- 1. That written and audiovisual educational materials to be used in comprehensive sexual health and HIV prevention education are available for inspection**
- 2. That parents/guardians have a right to excuse their child from comprehensive sexual health or HIV prevention education, or research on student health behaviors and risks, provided they submit their request in writing to the school**

3. **That parents/guardians have a right to request a copy of Education Code 51930-51939**
4. **Whether the comprehensive sexual health or HIV prevention education will be taught by district personnel or outside consultants**

If the district chooses to use outside consultants or to hold an assembly with guest speakers to deliver comprehensive sexual health or HIV prevention education, the notification shall include:

- a. **The date of the instruction;**
- b. **The name of the organization or affiliation of each guest speaker; and**
- c. **Information stating the right of the parent/guardian to request a copy of Education Code 51933, 51934, and 51938.**

If the arrangements for instruction by outside consultants or guest speakers are made after the beginning of the school year, the Superintendent or designee shall notify parents/guardians by mail or another commonly used method of notification no fewer than 14 days before the instruction is given.

Nonapplicability to Certain Instruction or Materials

The requirements of Education Code 51930-51939 pertaining to instructional content, teacher training, and parental notification and consent shall not apply to the following:

1. **A description or illustration of human reproductive organs that may appear in a textbook, adopted pursuant to law, if the textbook does not include other elements of comprehensive sexual health education or HIV prevention education; and**
2. **Instruction or materials that discuss gender, gender identity, gender expression, sexual orientation, discrimination, harassment, bullying, intimidation, relationships, or family and do not discuss human reproductive organs and their functions.**

Revised:

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