



## OFFICE OF THE CHIEF ACADEMIC OFFICER

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*Iris Taylor, Ed.D., Chief Academic Officer*

### Comprehensive Sexual Health Education (CA Healthy Youth Act)

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Dear Parent/ Guardian:

California state law, the California Healthy Youth Act, requires that comprehensive sexual health education and HIV prevention education be provided to students at least once in middle school and once in high school, starting in grade 7. Instruction must encourage students to communicate with parents, guardians or other trusted adults about human sexuality. Instruction must be medically accurate, age-appropriate and inclusive of all students. It must include the following:

- 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 and HIV and other STIs, and information about value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law
- Information about sexual orientation and gender, including the harm of negative gender stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations

#### **How can I view the curriculum materials?**

You can view written instructional materials and the CA Healthy Youth Act (California Education Code Sections 51930-51939) at your child's school site in the main office. You can also examine the curriculum digitally (including audiovisual resources) on our district's webpage (<http://www.scusd.edu/chya>) under the heading, middle and high school overviews.

#### **Who is responsible for teaching the curriculum?**

Instruction will be usually provided by 7<sup>th</sup> grade life science teachers and High School Biology teachers. Schools and teachers may partner with organizations like Planned Parenthood to deliver instruction. Please contact your child's teacher for more information about instructional delivery.

#### **Can I opt my child out of the curriculum?**

State law allows you to excuse your student from this instruction. If you do not want your student to participate in comprehensive sexual health or HIV prevention education, please fill out the attached "Opt-Out" form and provide it to your child's 7<sup>th</sup> grade life science teacher, high school biology teacher or school's site administrator. Please be aware that per EC 233, some lessons are not included in our opt-out policy. Those lessons are notated with an asterisk (\*) on our opt-out form.

If you have questions or feedback, please see the teacher or principal or submit your question/feedback via the online form on our website (<http://www.scusd.edu/chya>).

Thank you,  
Iris Taylor, Ed.D.  
Chief Academic Officer



# Middle School "Opt-Out" Form Comprehensive Sexual Health Education

\*Please Print Neatly\*

This form serves as an official "opt-out" notice for the Advocates for Youth @ 3Rs Curriculum designed to be in compliance with the CA Healthy Youth Act. Prior to returning this form, please preview the curriculum and videos online at (<http://www.scusd.edu/chya>). **Return this completed form to your child's school administrator or teacher.**

School Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

I, \_\_\_\_\_ (parent/guardian) request that my child \_\_\_\_\_ be excused from participating in the following lessons of comprehensive sexual health education:

**Option 1** (check all that you would like your child to be excused from):

- \* Lesson 1: Blue is for Boys, Pink is for Girls...or Are They? (External Influences on Gender)
- \* Lesson 2: Sexual Orientation, Behavior and Identity: How I feel, What I do and Who I am (Sexual Orientation)
- Lesson 3: Everybody's Got Parts (Female and Male Reproductive Systems)
- Lesson 4: Reproduction Basics (Sexual Intercourse, Human Reproduction)
- Lesson 5: STI Smarts (Symptoms, treatment and prevention of STIs/HIV, accessing medically accurate STI/HIV information)
- Lesson 6: Birth Control Basics (Medically accurate information about contraception including abstinence, condoms and emergency contraception)
- Lesson 7: What if...? (Signs of pregnancy, parenting, adoption, abortion, accessing medically accurate pregnancy information)
- \* Lesson 8: Warning Signs: Understanding Sexual Abuse and Assault (Sexual abuse, sexual assault, relationship violence, sexual harassment and sex trafficking)
- Lesson 9: Making SMART Choices (Decision making model to support effective decision making skills to avoid high-risk activities)
- Lesson 10: Let's Talk About Sex (Communication and negotiation skills to reduce sexual health risks)
- Lesson 11: HIV/AIDS (Specific information around the acquisition, symptoms and prevention of HIV/AIDS)
- I would like my child to be excused from any anonymous surveys or questionnaires regarding the curriculum topics.

**Option 2:**

- I would like my child to be excused from the *entire* comprehensive sexual health education curriculum (all 11 lessons) and anonymous surveys or questionnaires.

I understand that I am requesting to excuse my child from curriculum that is required by state law for the current school year. I also understand that an alternative assignment may be assigned by the teacher.

\_\_\_\_\_  
Parent/ Guardian Signature

\_\_\_\_\_  
Date

\*Per CA EC 233, the indicated lessons around gender, gender identity, sexual orientation and harassment noted with the asterisks (\*) cannot be excluded from instruction exclusively.

Office/Teacher Use Only:

Date Received: \_\_\_\_\_ Received By: \_\_\_\_\_

*Please keep opt-out forms on file for the duration of the current academic year.*



# High School "Opt-Out" Form Comprehensive Sexual Health Education

\*Please Print Neatly\*

This form serves as an official "opt-out" notice for the Advocates for Youth ® 3Rs Curriculum designed to be in compliance with the CA Healthy Youth Act. Prior to returning this form, please preview the curriculum and videos online at (<http://www.scusd.edu/chya>). **Return this completed form to your child's school administrator or teacher.**

School Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

I, \_\_\_\_\_ (parent/guardian) request that my child \_\_\_\_\_ be excused from participating in the following lessons of comprehensive sexual health education:

**Option 1** (check all that you would like your child to be excused from):

- \* Lesson 1: Understanding Gender (Gender, Gender Identity, Sexual Orientation)
- Lesson 2: Sexual Decision Making (Decision making skills, analyzing influences)
- \* Lesson 3: Rights, Respect and Responsibility: Don't Have Sex Without Them (Consent, coercion, respectful relationships, negotiation and refusal skills)
- Lesson 4: Planning and Protection: Avoiding or Managing STIs (Reducing risk of STI/HIV infection, effectively communicating with others about STIs/HIV)
- Lesson 5: Getting Savvy about STI Testing (STI testing, treatment and prevention; accessing local testing and treatment resources; investigating HIV stigma)
- Lesson 6: Know Your Options (Pregnancy prevention including abstinence and all other FDA-approved contraceptive methods)
- Lesson 7: Using Condoms Effectively (Correct external and internal condom use)
- Lesson 8: What are my Reproductive Rights? (Laws pertaining to reproductive decision making and unplanned pregnancies)
- \* Lesson 9: Is it Abuse If...? (Characteristics of different types of relationship abuse, how to identify and respond, resources for teens)
- Lesson 10: My Life, My Decisions (Identifying external messages that impact sexual decision making; identifying who to talk to about sex and sexuality)
- Lesson 11: HIV Now - Testing and Treatment Today! (HIV/AIDS acquisition, testing and treatment - including antiretroviral therapy and pre-exposure prophylaxis)
- I would like my child to be excused from any anonymous surveys or questionnaires regarding the curriculum topics.

**Option 2:**

- I would like my child to be excused from the *entire* comprehensive sexual health education curriculum (all 11 lessons) and anonymous surveys or questionnaires.

I understand that I am requesting to excuse my child from curriculum that is required by state law for the current school year. I also understand that an alternative assignment may be assigned by the teacher.

\_\_\_\_\_  
Parent/ Guardian Signature

\_\_\_\_\_  
Date

\*Per CA EC 233, the indicated lessons around gender, gender identity, sexual orientation and harassment noted with the asterisks (\*) cannot be excluded from instruction exclusively.

Office/Teacher Use Only:

Date Received: \_\_\_\_\_ Received By: \_\_\_\_\_

*Please keep opt-out forms on file for the duration of the current academic year.*