



## OFFICE OF THE CHIEF ACADEMIC OFFICER

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### Keu Kawm Kom Paub Zoo Txog Keu Sib Daj Sib Deev (CA Healthy Youth Act)

Nyob Zoo rau Niamtxiv/Tus Saibxyuas:

Xeev California tsab cai, California Healthy Youth Act, yuav kom muaj kev qhia txog kev ua sib daj sib deev thiab kev tiv thaiv kab mob HIV rau cov tub/ntxhais kawm ntawv yam tsawg kawg ib zaug nyob rau middle school thiab ib zaug nyob rau high school, pib thaum kawm qib 7. Kev qhia yuav tsum muaj kev nqua hu kom cov tub/ntxhais kawm ntawv muaj kev sib txuas lus nrog cov niamtxiv, cov saibxyuas, lossis lwm tus neeg laus uas ntseeg siab tau txog tib neeg kev sib daj sib deev. Kev qhia yuav tsum qhia kom meej raws li kev tshawb fawb uas muaj los, muaj hnuv nyoog tsim nyog paub thiab nrog rau txhua tus tub/ntxhais kawm ntawv. Yuav tsum muaj txog li cov nram qab no:

- Cov ntaub ntawv hais txog tus kab mob HIV (kas cees/kis lis vas) thiab lwm yam kab mob sib kis los ntawm kev sib deev (STIs), nrog rau kev sib kis, FDA cov hauv kev uas pom zoo koj los siv tiv thaiv kab mob HIV thiab STIs, thiab kev yuav kho lidas
- Cov ntaub ntawv qhia txog kev caiv thiaj yog tib txoj kev paub meej tias tiv thaiv kev xeeb tub thiab HIV thiab lwm yam STIs, thiab ntaub ntawv txog qhov muaj nqis ntawm ncuu kev sib deev
- Sib tham txog ntawm kev pom lidas rau ntawm tus kab mob HIV thiab AIDS (kas cees thiab kaslisvas)
- Cov ntaub ntawv qhia txog kev mus nrhiav cov kev noj qab haus huv pab ntawm kev sib deev thiab kev xeeb tub
- Cov ntaub ntawv qhia txog kev xeeb tub, nrog rau FDA cov kev pom zoo siv los tiv thaiv, cov xwm txheej uas muaj tshwm los tias muaj menyuum, kev tu menyuum thaum muaj nyob hauv plab, thiab txoj cai yog thaum yug tau es tsis xav yuav lawm, yuav koj mus rau qhov chaw twg thiaj li zoo
- Cov ntaub ntawv qhia txog kev pleev kev yis thiab pojniam/txivneej, nrog rau kev ua phem ntxub ntxaug ntawm kev tsis nyiam pojniam lossis txivneej
- Cov ntawv qhia txog kev niamtxiv lossis kev nkauj nraug zoo thiab zam kom txhob muaj cov cwj pwm uas tsis zoo thiab cov teebmeem zoo li no(xws li nyiag neeg muag)

#### Kuv yuav saib tau cov ntaub ntawv qhia no tau lidas?

Koj yuav saib tau cov ntaub ntawv uas sau qhia li no thiab lub xeev tsab cai CA Healthy Youth Act (California Education Code Sections 51930-51939) tau ntawm koj tus menyuum lub tsev kawm ntawv lub hoob kas. Koj kuj mus kuaj xyuas saib tau cov ntaub ntawv qhia no (uas muaj pom duab thiab mloog tau) nyob ntawm peb lub hauv paus tsev kawm qhov vevxaij (<http://www.scusd.edu/chya>) nyob rau ntawm cov ntsiab lus muaj npe tias middle school thiab high school.

#### Leej twg yog tus los ua tes dejnum los qhia qhov kev kawm?

Kev qhia no ib txwm mas yog cov xibfwb uas qhia rau qib 7 science thiab cov xibfwb uas qhia High School Biology/Earth. Cov tsev kawm ntawv thiab cov xibfwb koomtes nrog rau cov koom haum xws li Planned Parenthood kom tuaj muab cov kev qhia no. Thov tiv toj tau koj tus menyuum tus xibfwb yog xav paub ntau tshaj no ntxiv txog tias cov ntaub ntawv uas xa tawm.

#### Puas kam kuv muab kuv tus menyuum rho tawm ntawm qhov kev kawm no?

Lub xeev txoj cai cia koj muab koj tus menyuum rho tawm ntawv tag nrho lossis ib feem ntawm qhov kev kawm qhia txog kev sib daj sib deev kom noj qab haus huv. Yog tias koj tsis xav kom koj tus menyuum koomtes rau hauv kev kawm kom paub zoo txog kev sib daj sib deev lossis kev qhia tiv thaiv tus kab mob HIV, thov sau daim ntawv uas muaj nrog daim no "Tsis Kam Koomtes" thiab xa rov tuaj rau koj tus menyuum tus xibfwb qhia qib 7 science, tus xibfwb qhia high school biology/earth losyog tus thawj saibxyuas haujlwm ntawm tsev kawm ntawv. Thov nco ntsoov tias nyob hauv EC51932, qee cov lus qhia tsis muaj nyob hauv peb txoj cai ywj pheej tsis kam koomtes. Cov kev kawm ntawd tau muab ib lub cim asterisk tso rau ntawm peb daim form Tsis Kam Koomtes.

Yog koj muaj lus nug dabtsi lossis xav qhia tias koj xav lidas, thov mus ntsib tus xibfwb lossis tus tuam thawj xibfwb saibxyuas tsev kawm ntawv lossis sau koj cov lus nug/kev xav rau hauv daim ntawv hauv peb lub vevxaij (<http://www.scusd.edu/chya>).

Ua Tsaug,  
Christine Baeta  
Chief Academic Officer



# Middle School Daim Ntawv "Tsis Kam Koomtes" Kev Kawm Kom Paub Zoo Txog KevUa Nkauj Ua Nraug

\*Thov Ua Tib Zoo Sau\*

Daim ntawv no yog daim ntawv ceeb toom "tsis kam koomtes" rau kev kawm Advocates for Youth ® 3Rs and PROTECT CA Curriculum uas yog tsim los kom ua raws CA Healthy Youth Act. Ua ntej yuav xa daim ntawv no rov tuaj, thov mus saib cov qauv kawm thiab cov videos online ntawm (<http://www.scusd.edu/chya>). **Ua daim ntawv no kom tiav thiab xa rov tuaj rau koj tus menyuam lub tsev kawm ntawv tus thawj saibxyuas lossis tus xibfwb.**

Tsev Kawm Ntawv Npe: \_\_\_\_\_ Xibfwb Npe: \_\_\_\_\_

Kuv, \_\_\_\_\_ (niamtxiv/tus saibxyuas) xav thov kom kuv tus menyuam \_\_\_\_\_ tau txais kev zam los ntawm kev koomtes rau hauv cov kev kawm hauv qab no ntawm kev kawm txog kev sib daj sib deev kom muaj kev noj qab haus huv:

**Kev Xaiv Thib 1** (khij rau tag nrho cov uas koj xav kom koj tus menyuam tsis txhob koomtes rau):

- \* Kev Kawm 1: Xim xiav yog rau cov menyuam tub. Xim paj yeeb yog rau cov menyuam ntxhais ...lossis nws yog? (Tej yam sab nraud uas ua tau rau tias yog tub/ntxhais)
- \* Kev Kawm 2: Kev Qhia Txog Pojnim/Txivneej. Kev Coj Cwj Pwm thiab Qhia Tus Kheej: Kuv mloog zoo licas. Qhov kuv ua thiab Kuv yog leej twg (Kev qhia txog pojnim/txivneej)
- Kev Kawm 3: Txhua tus tib neeg muaj txhua yam khoom ntawv lub cev (Pojnim thiab txivneej cov khoom hauv lub nrog cev yam uas los xeeb tau menyuam)
- Kev Kawm 4: Qhia txog kev xeeb menyuam (Reproduction Basics) (Kev sib daj sib deev, Tib neeg kev muaj menyuam)
- Kev Kawm 5: STI Smarts (Cov yam ntxwv mob, kev kho mob thiab kev tiv thaiv ntawm tus kab mob STIs/HIV, nrhiav tej ntaub ntawv qhia txog kev kho mob kom yog rau tus kab mob STI/HIV)
- Kev Kawm 6: Tus kam mob HIV/AIDS (Tej ntaub ntawv uas qhia txog yam uas tau los, cov yam ntxwv mob thiab kev tiv thaiv ntawm tus kab mob HIV/AIDS)
- Kev Kawm 7: Kev tiv thaiv kom txhob muaj menyuam (Birth Control Basics) (Tej ntaub ntawv rau kev kho mob kom yog txog kev xeeb menyuam nrog rau kev caiv zaub mov, cov hnab tiv thaiv thiab kev muaj menyuam ceev)
- Kev Kawm 8: Yog hais tias...? (Cov cim qhia tias muaj menyuam, cov kev xaiv rau kev muaj menyuam, kev paub txog tej ntaub ntawv ntawm kev muaj menyuam zoo)
- \* Kev Kawm 9: Cov kev ceeb toom: To taub txog kev tsim txom thiab kev quab yuam deev (kev tsim txom thiab kev quab yuam deev, kev ua nkauj ua raug uas muaj kev sib ntaus sib tua, kev hais lus saib tsis taus thiab nyiag coj mus ua niam ntiav)
- Kev Kawm 10: Cov kev txiav txim siab uas ntse (Tus qauv txiav txim siab los txhawb pab rau kev txiav txim kom zoo tej peev xwm uas los zam kom dhau qee yam teebmeem uas tsis zoo)
- Kev Kawm 11: Tham txog kev sib daj sib deev (Kev sib txuas lus thiab cov kev pom zoo los txo kom txhob muaj cov teeb meem ntau heev txog kev sib daj sib deev)
- \* Kev Kawm 12: TIV THAIV CA: Tiv thaiv ib qho uas zoo tshaj plaws (Hom kev tsim txom – xws li nyiag neeg muag, xav tau ciam ciam rau tus kheej thiab qhov tseem ceeb ntawm kev ceeb toom txog kev tsim txom thiab kev ua phem rau ib tug neeg laus uas ntseeg siab)
- Kuv xav kom muab kuv tus menyuam tshem tawm ntawm tej kev nug kev soj ntsuam tsis qhia npe tias yog leej twg lossis cov lus nug uas hais txog cov ntsiab lus uas coj los qhia.

**Kev Xaiv Thib 2:**

- Kuv xav muab kuv tus menyuam rho tawm kom tag nrho ntawm cov kev kawm txog kev ua nkauj ua nraug (Tag nrho 12 qhob kev kawm) thiab cov kev soj ntsuam tsis qhia npe lossis cov lus nug.

Kuv to taub tias kuv xav kom muab kuv tus menyuam tshem tawm ntawm cov kev qhia uas yuav tsum tau paub txog los ntawm lub xeev txoj cai rau xyoo kawm ntawv tam sim no. Kuv to taub tias kuj yuav muaj lwm yam ntaub ntawv ua los hloov qhov no los ntawm tus xibfwb.

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Niamtxiv/Tus Saibxyuas Kos Npe

\_\_\_\_\_  
Hnub Tim

\*Nyob hauv CA EC51932, qhov uas qhia txog qhov kev kawm txog pojnim/txivneej, kev qhia tias yog pojnim/txivneej, kev nyiam pojnim los txivneej, kev hais lus saib tsis taus muab lub cim asterisks (\*) yuav muab tshem tawm tsis tau los ntawm qhov kev qhia uas muab qhia ua ib qho tas haj.

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# High School Daim Ntawv “Tsis Kam Koomtes” Kev Kawm Kom Paub Zoo Txog KevUa Nkauj Ua Nraug

\*Thov Ua Tib Zoo Sau\*

Daim ntawv no yog daim ntawv ceeb toom “tsis kam koomtes” rau kev kawm Advocates for Youth ® 3Rs and PROTECT CA Curriculum uas yog tsim los kom ua raws CA Healthy Youth Act. Ua ntej yuav xa daim ntawv no rov tuaj, thov mus saib cov qauv kawm thiab cov videos online ntawm (<http://www.scusd.edu/chya>). **Ua daim ntawv no kom tiav thiab xa rov tuaj rau koj tus menyuum lub tsev kawm ntawv tus thawj saibxyuas lossis tus xibfwb**

Tsev Kawm Ntawv Npe: \_\_\_\_\_ Xibfwb Npe: \_\_\_\_\_

Kuv, \_\_\_\_\_ (niamtxiv/tus saibxyuas) xav thov kom kuv tus menyuum \_\_\_\_\_ tau txais kev zam los ntawm kev koomtes rau hauv cov kev kawm hauv qab no ntawm kev kawm txog kev sib daj sib deev kom muaj kev noj qab haus huv:

**Kev Xaiv Thib 1** (khij rau tag nrho cov uas koj xav kom koj tus menyuum tsis txhob koomtes rau):

- \* **Kev Kawm 1: To taub txog pojniam los txivneej** (Pojniam/txivneej, Qhia seb yog pojniam los txivneej, Txoj Kev Qhia Txog Kev Sib Daj Sib Deev)
- Kev Kawm 2: Kev Txiaiv Txim Siab Sib Deev** (Cov peev xwm txiaiv txim siab, kev soj ntsuam uas muaj los)
- \* **Kev Kawm 3: Cov Cai uas Muaj, kev sib hwm thiab feem xyuas: Txhob Sib Deev Yog Tsis Muaj Lawv** (Tso cai, yuam, kev nkauj nraug sib hwm, kev sib tham kom haum xeeb thiab kev tsis pom zoo.)
- Kev Kawm 4: Kev Npaj thiab Kev Tiv Thaiv: Kev Zam thiab Kev Tswj tus kab mob STIs** (Txo kom txhob muaj cov kab mob STI/HIV ntau ntau, sib txuas lus tsis tu ncuu nrog lwm tus txog tej kab mob STIs/HIV)
- Kev Kawm 5: Soj ntsuam txog ntawm kev xeeb STI Testing** (STI tshuaj xyuas, kev kho thiab tiv thaiv; nrhiav kev tshuaj xyuas hauv ib cheeb tsam thiab cov kev pab kho mob; tshawb fawb txog ntawm tus neeg uas muaj HIV)
- Kev Kawm 6: HIV TAM SIM NOV – Tuaj Soj Ntsuam thiab Kho mob hnuv no!** (HIV/AIDS qhov muaj los, kev soj ntsuam thiab kev kho – nrog rau tej yam uas tiv thaiv thiab thaiv ua ntej yuav muaj tshwm sim)
- Kev Kawm 7: Paub Koj Cov Kev Xaiv** (Kev Tiv Thaiv Kom Txhob Muaj Menyuum nrog rau kev caiv zaub mov thiab lwm cov hauv kev FDA uas pom tau tias muaj menyuum ceev)
- Kev Kawm 8: Siv Cov Hnab Looj Tiv Thaiv Kom Zoo** (Kho kev siv hnab looj sab nrauv thiab sab hauv)
- Kev Kawm 9: Kuv cov cai uas kuv muaj rau ntawm kev xeeb menyuum yog dab tsi?** (Cov cai uas muaj los rau kev txiaiv txim txog ntawm kev muaj menyuum thiab cov hom phiaj uas tsis tau npaj tias yuav muaj menyuum)
- \* **Kev Kawm 10: Nws puas yog saib tsis taus yog tias...?** (Cov kev coj cwj pwm sib txawv ntawm ntau hom kev ua Nkauj ua nraug tsis zoo, yuav qhia tau licias thiab yuav teb licias, cov kev pab rau cov hluas)
- Kev Kawm 11: Kuv lub Neej, Kuv cov kev txiaiv txim siab** (Lwm cov kev xa xov sab nrauv uas txog kev txiaiv txim ntawm kev nkauj nraug; kev qhia tias yuav nrog leej twg tham txog kev sib daj sib deev thiab qhov tseeb ntawm kev ua niamtxiv)
- \* **Kev Kawm 12: TIV THAIV CA: Nkag Siab thiab Paub Txog KevNyiag Neeg** (Ua niam ntiav thiab ua qhev, nrhiav neeg raws li tau npaj tseg, kev cai lij choj, seb tej kev ib txwm muaj los thiab xov xwm kev xav tsis zoo rau ntawm cov neeg ua phem )
- Kuv xav kom muab kuv tus menyuum tshem tawm ntawm tej kev nug kev soj ntsuam tsis qhia npe tias yog leej twg lossis cov lus nug uas hais txog cov ntsiab lus uas coj los qhia.

**Kev Xaiv Thib 2:**

- Kuv xav muab kuv tus menyuum rho tawm kom tag nrho ntawm cov kev kawm txog kev ua nkauj ua nraug (Tag nrho 11 qhov kev kawm) thiab cov kev soj ntsuam tsis qhia npe lossis cov lus nug.

Kuv to taub tias kuv xav kom muab kuv tus menyuum tshem tawm ntawm cov kev qhia uas yuav tsum tau paub txog los ntawm lub xeev txoj cai rau xyoo kawm ntawv tam sim no. Kuv to taub tias kuj yuav muaj lwm yam ntaub ntawv ua los hloov qhov no los ntawm tus xibfwb.

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Niamtxiv/Tus Saibxyuas Kos Npe

\_\_\_\_\_  
Hnuv Tim

\*Nyob hauv CA EC51932, qhov uas qhia txog qhov kev kawm txog pojniam/txivneej, kev qhia tias yog pojniam/txivneej, kev nyiam pojniam los txivneej, kev hais lus saib tsis taus muab lub cim asterisks (\*) yuav muab tshem tawm tsis tau los ntawm qhov kev qhia uas muab qhia ua ib qho tas haj.

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