

SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION

General Criteria for Instruction and Materials

The Superintendent or designee shall ensure that the district's sexual health and HIV/AIDS prevention instruction and materials are: (Education Code 51933, 51934):

1. 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. Factually 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. Are appropriate for use with students of all races, genders, sexual orientations, and ethnic and cultural backgrounds; student with disabilities; and English learners.
4. 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, as otherwise provided in the Education Code.

(cf. 6174 – Education for English Language Learners)

5. 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.

(cf. 0410 – Nondiscrimination in District Programs and Activities)

(cf. 1312.3 – Uniform Complaint Procedures)

6. Not teaching or promoting religious doctrine.
7. Not reflecting bias or promoting prejudice against students in protected categories of discrimination pursuant to Education Code 220.
8. Affirmatively recognize that people have different sexual orientations and, when discussing or providing example of relationships and couples, shall be inclusive of same-sex relationships.

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9. Teach students about gender, gender expression, and gender identity, and explore the harm of negative gender stereotypes.
10. Encourage students to communicate with their parents/guardians and other trusted adults about human sexuality and provide the knowledge and skills necessary to do so.
11. Teach the value of and prepare students to have and maintain 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.

(cf. 5145.3 – Nondiscrimination/Harassment)

Additional Requirements for HIV/AIDS Prevention Instruction

HIV/AIDS prevention instruction shall be offered to all student in grades 7-12, including at least once in middle school and once in high school. (Education Code 51934)

The district's instruction on HIV prevention, in addition to complying with the criteria listed in "General Criteria for Instruction and Materials" in AR 6142.1(a), shall include all of the following:

1. Information on the nature of HIV/AIDS and its effects on the human body.
2. Information on the manner in which HIV is and is not transmitted, including information on the relative risk of infection according to specific behaviors, including sexual activities and injection drug use.
3. Discussion of methods to reduce the risk of HIV infection, including:
 - a. Information that abstinence from sexual, and intravenous drug use are the only certain means for HIV/AIDS prevention.

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- b. Information about the effectiveness and safety of all federal Food and Drug Administrative approved methods that may reduce the risk of the transmission of HIV.
 - c. 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.
- 4. 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.
 - 5. Discussion of social views on HIV and AIDS, including addressing unfounded stereotypes and myths regarding HIV and AIDS and people living with HIV.

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.

- 6. Information on local resources for HIV testing and medical care, 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.
- 7. Development of refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities.

Additional Requirements for Sexual Health Instruction

Comprehensive sexual health education shall be offered to all student in grades 7-12, including at least once in middle school and once in high school. (Education Code 51934)

The district's comprehensive sexual health education, in addition to complying with the criteria listed in "General Criteria for Instruction" in AR 6142.1(a), shall include all of the following:

- 1. Information on sexually transmitted infections and their effects on the human body.
- 2. Information on the manner in which sexually transmitted infections are and are not transmitted, including information on the relative risk of infection according to specific behaviors.

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3. Information 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 on the value of delaying sexual activity while also providing medically accurate information on other methods of preventing pregnancy and sexually transmitted diseases.
4. Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods of reducing the risk of contracting sexually transmitted diseases.
5. Information on 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 sexually transmitted diseases and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.
6. 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.

(cf. 5146 – Married/Pregnant/Parenting Students)

7. Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and sex trafficking.
8. Information about adolescent relationship abuse and intimate partner violence, including the early warning signs.

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Professional Development

The district's instruction 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, HIV and sexually transmitted diseases. (Education Code 51931, 51933, 51934)

The Superintendent or designee shall cooperatively plan and conduct in-service training for all district personnel who provide HIV/AIDS prevention education, through regional planning, joint powers agreements, or contract services. (Education Code 51935)

(cf. 4131/4231/4331 – Staff Development)

In developing and providing in-service training, the Superintendent or designee shall cooperate and collaborate with the teachers who provide HIV/AIDS prevention education and with the California Department of Education (CDE). (Education Code 51935)

The district shall periodically conduct in-service training to enable district personnel to learn new developments in the scientific understanding of HIV/AIDS. In-service training shall be voluntary for district personnel who have demonstrated expertise or received in-service training from the CDE or federal Centers for Disease Control and Prevention. (Education Code 51935)

The Superintendent or designee shall provide HIV 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 with expertise in comprehensive sexual health or HIV/AIDS prevention education, including those who have developed multilingual curricula or curricula accessible to persons with disabilities, to deliver 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. (Education Code 51933, 51934, 51936)

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Parent/Guardian Notification

Parents/guardians shall be notified about instruction in comprehensive sexual health education and HIV/AIDS prevention education, as well as research on student health behaviors and risks at the beginning of each school year or at the time of student's enrollment. The notice shall advise parents/guardians: (Education Code 48980, 51938)

1. That written and audiovisual educational materials to be used in comprehensive sexual health and HIV/AIDS prevention education are available for inspection.
2. That parents/guardians may request in writing that their child not receive comprehensive sexual health or HIV/AIDS prevention education or research on student health behaviors and risks.
3. That parents/guardians have a right to request a copy of Education Code 51930-51939.
4. Whether the comprehensive sexual health or HIV/AIDS 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 teach the comprehensive sexual health or HIV/AIDS prevention education, the notification shall include: (Education Code 51938)

- a. The date of the instruction.
- b. The name of the organization or affiliation of each guest speaker.
- 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 district shall notify parents/guardians by mail or another commonly used method of notification no fewer than 14 days before the instruction is given. (Education Code 51938)

If a parent/guardian wishes to excuse his/her student from instruction, he/she must provide a separate written request, as specified in Board policy.

(cf. 5145.6 – Parental Notifications)

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