

## Lynden School District Sexual Health Education Information for Lynden Families

**Healthy Youth Act** Legislation RCW 28A.300.475 **WAC 392-410-140** requires that when teaching sexual health education, schools must assure that the instruction:

- When teaching sexual health education, schools must assure that the instruction
  - Is medically and scientifically accurate.
  - Is age appropriate.
  - Is appropriate for students regardless of gender, race, disability status, or sexual orientation.
  - Includes information about abstinence **and** other methods of preventing unintended pregnancy and sexually transmitted diseases, neither to the exclusion of the other.
  - Is consistent with the 2005 *Guidelines for Sexual Health Information and Disease Prevention*.

### **Purpose of the guidelines:**

- To describe effective sex education and its outcomes
- To provide a tool for educators, policymakers and others to evaluate existing or new programs, curricula or policies
- To enhance and strengthen sex education programs
- To educate schools and school districts, community organizations, communities of faith, the public, the media, policymakers and others involved in educating youth.

### **The Goal of Sex Education**

In the early years, the foundation ...is laid with healthy self-esteem, positive body image, good self care, effective communications, respect for others, caring for family and friends, and a responsibility to the community.

As an individual matures other essential elements are added: understanding body changes, sexual intimacy and commitment; knowing and using health enhancing measures, such as health exams, abstinence and protection; and recognizing the joys and responsibilities of parenting.

### **2016 Health and PE Student Learning Standards**

- Health Standards Review Committee: parents, Health teachers, counselors, nurses.
- Prioritized the standards based on our Healthy youth Survey results and input from Committee members
- High School collection of curriculum resources was reviewed.
- Middle School Botvin curriculum was reviewed.
- Both resources were reviewed and recommended to the School Board by the Instructional Materials Committee: parents, teachers, content area teachers, librarians.

- School Board reviewed and approved.

### New Requirements for Comprehensive Sexual Health Education 12/3/2020

Sexual Health Education Requirements: Summary <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>

	K-3	4-5	6-8	9-12
<b>Currently required 2020-2021</b>	<p>No sexual health content is currently required for grades K-3.</p> <p>If districts choose to provide sexual health education, it must be consistent with requirements in the Healthy Youth Act.</p>	<p>HIV/STD prevention must start no later than 5<sup>th</sup> grade and be provided annually through 12<sup>th</sup> grade.</p> <p>If districts choose to provide sexual health education, it must be consistent with requirements in the Healthy Youth Act</p>	<p>HIV/STD prevention must start no later than 5<sup>th</sup> grade and be provided annually through 12<sup>th</sup> grade.</p> <p>If districts choose to provide sexual health education, it must be consistent with requirements in the Healthy Youth Act</p> <p>Age appropriate instruction and information about the legal elements of sexual (sex) offences where a minor is a victim and the consequences upon conviction.</p> <p><b>New Requirements 2020-2021:</b> If schools are already providing sexual health education they must ensure that students get <u>age-appropriate instruction on affirmative consent and bystander training.</u> Affirmative consent is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the</p>	<p>HIV/STD prevention must start no later than 5<sup>th</sup> grade and be provided annually through 12<sup>th</sup> grade.</p> <p>If districts choose to provide sexual health education, it must be consistent with requirements in the Healthy Youth Act</p> <p>Age appropriate instruction and information about the legal elements of sexual (sex) offences where a minor is a victim and the consequences upon conviction.</p> <p><b>New Requirements 2020-2021:</b> If schools are already providing sexual health education they must ensure that students get <u>age-appropriate instruction on affirmative consent and bystander training.</u> Affirmative consent is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the</p>

			<p>absence of “no.” In 6th through 8th grades it might focus on hugs, hand-holding, kissing or sexual touch, as well as virtual contact such as texts or emails or taking photos. Bystander training teaches students how to safely intervene when they see bullying, sexual harassment or unwanted sexual activity. They are included in this legislation as a way for schools to combat the high rates of unwanted sexual contact experienced by youth in our state.</p>	<p>absence of “no.” In 6th through 8th grades it might focus on hugs, hand-holding, kissing or sexual touch, as well as virtual contact such as texts or emails or taking photos. Bystander training teaches students how to safely intervene when they see bullying, sexual harassment or unwanted sexual activity. They are included in this legislation as a way for schools to combat the high rates of unwanted sexual contact experienced by youth in our state.</p>
2021-2022		<p>If schools are already providing sexual health education they must ensure that students get age-appropriate instruction on affirmative consent and bystander training.</p> <p>Affirmative consent is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in any activity. It is not just the absence of “no.” In 4th or 5th grade it might focus on hugs or horseplay, hand-holding or other touch, as well as virtual contact such as texts or emails or taking photos. Bystander training teaches students how to safely intervene when</p>	<p>Currently required HIV/STD prevention instruction will continue to be required.</p> <p>Schools must start providing sexual health education at least twice in grades 6-8. Ideally this would be a unit in at least two different grades, and there are many possible strategies for providing all required content. Best practice suggests providing instruction over time, building on earlier instruction. Instruction must be consistent with Health Education K-12 Learning Standards. Grade-level outcomes are provided as examples</p>	<p>Schools must start providing sexual health education at least twice in grades 9-12. Ideally this would be a unit of instruction in at least two different grades, and there are many possible strategies for providing all required content. Best practice suggests providing instruction over time, building on earlier instruction. Instruction must be consistent with <u>Health Education K-12 Learning Standards</u>. Grade-level outcomes are provided as examples only and do not represent a required course of instruction.</p> <p>Required topics of instruction are described</p>

		<p>they see bullying, sexual harassment, or unwanted sexual activity. They are included in this legislation as a way for schools to combat the high rates of unwanted sexual contact experienced by youth in our state.</p>	<p>only and do not represent a required course of instruction.</p> <p>Required topics of instruction are described in ESSB 5395, with a focus on helping students understand and respect personal boundaries, develop healthy friendships and dating relationships, gain a deeper understanding of human growth and development, and develop skills to support choosing healthy behaviors and reduce health risks, including understanding the influence of family and society on healthy sexual relationships.</p>	<p>in <u>SB 5395</u>, with a focus on helping students understand and respect personal boundaries, develop healthy friendships and dating relationships, gain a deeper understanding of human growth and development, and develop skills to support choosing healthy behaviors and reduce health risks, including abstinence and other STD/pregnancy prevention methods, how to access valid health care and prevention resources and understanding the influence of family and society on healthy sexual relationships. Currently required HIV/STD prevention instruction will continue to be required.</p>
2022-2023	<p>Schools must provide social emotional learning (SEL) to students in grades K-3. SEL provides skills to do things like cope with feelings, set goals, and get along with others.</p> <p>No sexuality content or curriculum will be required.</p>	<p>Currently required HIV/STD prevention instruction will continue to be required.</p> <p>Schools must start providing sexual health education no later than 5th grade. Instruction must be consistent with Health Education K-12 Learning Standards. Grade-level outcomes are provided as examples only and do not represent a required course of instruction.</p>		

		Required topics of instruction are described in ESSB 5395, with a focus on helping students understand and respect personal boundaries, develop healthy friendships, and gain a basic understanding of human growth and development.		
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