



## Sexual Health Education

Comprehensive sexual health education is required by the state of California at least once in middle school and once in high school. The Sexual Health Education Program manages the implementation of this curriculum within San Diego Unified School District and is funded by a cooperative agreement with the Centers for Disease Control and Prevention (CDC). Sexual health education is implemented in grades 6, 8, and high school. All programs follow California Education Codes. A Sexual Health Education Advisory Committee is in place to review all curricular materials used in the classroom. Sexual health education aims to prevent teenage pregnancy and sexually transmitted infections as well as assist students with developing interpersonal skills, responsible behavior, and goal setting. The program also provides schools and students with information regarding safe and legal access to sexual health services, supports for safe and welcoming environments for LGBTQ students, and additional interventions for schools with higher percentages of students at risk for HIV/STIs and unplanned pregnancies. Please visit our program's website for more information and resources: [www.sandiegounified.org/SHEP](http://www.sandiegounified.org/SHEP).

### Comprehensive Sexual Health Curriculum

- ❖ **Grade 6 – 10 one-hour lessons**
- ❖ **Grade 8 – 10 one-hour lessons**
- ❖ **High School – 13 one-hour lessons**

#### PARENT NOTIFICATION

- Prior to providing instruction in comprehensive sexual health education or HIV prevention education, [Education Code 51938](#) requires schools to notify parents of the instruction and to make materials available for parents to review.
- Schools must notify parents of this instruction and provide a preview date at the beginning of the school year or at least 14 days prior to the commencement of sexual health instruction.
- Parent preview meetings are conducted by site staff who will be teaching the sexual health curriculum. The meetings may be held in conjunction with Open House or other scheduled school events.
- Written and audio-visual educational materials used in comprehensive sexual health and HIV prevention education are to be made available for examination at the school.
- Parents/guardians may request in writing to site staff that their child be exempt from all or part of sexual health or HIV prevention education.
- Information and materials for the preview are available from the Sexual Health Education Program and on our program [website](#). Please email Nita Vjaters at [vjaters@sandi.net](mailto:vjaters@sandi.net) at least two weeks prior to your scheduled Parent Preview to ensure delivery of materials.

#### PROFESSIONAL DEVELOPMENT

- Only teachers trained by district staff in the district-approved curriculum will provide instruction in each of the comprehensive sexual health education courses.
- Teachers will deliver the curriculum with fidelity and with unbiased and medically accurate information.
- Teachers will provide students with the supplementary materials and resources.
- Untrained teachers who will be implementing sexual health education at their site must register and attend our program's Sexual Health Professional Development prior to implementing the curriculum.

#### CONFIDENTIAL MEDICAL SERVICES

- Confidential medical service is defined as medical care or counseling for drugs, alcohol, sexually transmitted infections, or mental health for students 12 years and older, and care for sexual assault or reproductive health at any age. Students may access these services without parental consent or notification.
- The district is required to notify parents and students of this law. Parental notification is included in Facts for Parents; student notification takes place during comprehensive sexual health instruction.
- A student may be referred by site staff or self-refer to the school nurse or school counselor if they wish to be released from school for confidential medical services.
- Release from school shall be handled confidentially by the school nurse, school counselor, or attendance office, if no school nurse or school counselor is present. Schools should take reasonable steps to ensure that the parent is not informed of the absence.
- Please refer to [district guidelines](#) for additional details.