



MIRA MESA HIGH SCHOOL

10510 Marauder Way • San Diego, CA • 92126

<http://sandi.net/miramesa>

PHONE (858) 566-2262

FAX (858) 549-9541

THE CALIFORNIA HEALTHY YOUTH ACT – EDUCATION CODE §§ 51930 -51939
COMPREHENSIVE SEXUAL HEALTH AND HIV PREVENTION EDUCATION

September 4, 2018

Dear Parent/Guardian:

California state law and the California Healthy Youth Act, require that comprehensive sexual health and HIV prevention education be provided to students at least once in middle school and once in high school, starting in grade 7. In keeping with these requirements and guidelines, Mira Mesa High School conducts comprehensive sexual health education in Biology courses. The California Healthy Youth Act, corresponding CA Education Code, and other instructional resources may be viewed on the Sexual Health Education Program's website: www.sandiegounified.org/SHEP.

Please note that parents or guardians may excuse their child from the sexual health instruction for this school year by providing a written note in their preferred language to their child's teacher. The note should simply state that they are excusing their child from the instruction, include their child's name, and be signed by the parent or guardian. There is no need for any reason to be stated in this note.

Instruction is inclusive of all students, encourages students to communicate with their parents or guardians about human sexuality, and provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development. The following topics are included:

- 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, HIV, and other STIs, and information about the value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about gender, sexual orientation, and the harm of negative gender stereotypes
- Information about healthy relationships and skills to avoid unhealthy behaviors and situations
- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods and pregnancy options

Instruction will be provided by district classroom teachers trained in the curriculum.

If you would like to preview the curriculum, there are many helpful parent resources on the Sexual Health Education Program's website: www.sandiegounified.org/SHEP or you can contact your student's teacher.

Sincerely,



Jeff Sabins
Principal