

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION**

**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. 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)*

4. Appropriate for use with students of all races, genders, sexual orientations, and ethnic and cultural backgrounds, and students with disabilities

*(cf. 0410 - Nondiscrimination in District Programs and Activities)*  
*(cf. 1312.3 - Uniform Complaint Procedures)*

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

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

*(cf. 5145.3 - Nondiscrimination/Harassment)*

Other district courses that may include subject matter related to that which is presented in either HIV/AIDS prevention or comprehensive sexual health instruction, shall not be subject

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)**

to the requirements of Education Code 51930-51939 pertaining to instructional content, teacher training, and parental notification and consent, if such courses contain: (Education Code 51932)

1. Solely a description or illustration of human reproductive organs that may appear in a textbook adopted pursuant to law on physiology, biology, zoology, general science, personal hygiene, or health

*(cf. 6142.8 - Comprehensive Health Education)*  
*(cf. 6142.93 - Science Instruction)*

2. Instruction or materials that discuss gender, sexual orientation, or family life and do not discuss human reproductive organs and their function

*(cf. 6143 - Courses of Study)*

**Additional Requirements for HIV/AIDS Prevention Instruction**

HIV/AIDS prevention instruction shall be offered at least once in junior high or middle school and once in high school. (Education Code 51934)

Instruction shall accurately reflect the latest information and recommendations from the United States Surgeon General, the federal Centers for Disease Control and Prevention, and the National Academy of Sciences. The district's curriculum shall satisfy the criteria listed in items #1-7 in the section entitled "Instruction and Materials" above and shall also include: (Education Code 51931, 51934)

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 activities that present the highest risk of HIV infection
3. Discussion of methods to reduce the risk of HIV infection, including:
  - a. Emphasis that sexual abstinence, monogamy, the avoidance of multiple sexual partners, and abstinence from intravenous drug use are the most effective means for HIV/AIDS prevention
  - b. Statistics based upon the latest medical information citing the failure and success rates of condoms and other contraceptives in preventing sexually transmitted HIV infection
  - c. Information on other methods that may reduce the risk of HIV transmission from intravenous drug use

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)**

4. Discussion of the public health issues associated with HIV/AIDS
5. Information on local resources for HIV testing and medical care
6. Development of refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities
7. Discussion about societal views on HIV/AIDS, including stereotypes and myths regarding persons with HIV/AIDS and emphasizing compassion for persons living with HIV/AIDS

**Additional Requirements for Sexual Health Instruction**

The district's sexual health education curriculum shall satisfy the criteria listed in items #1-7 in the section entitled "Instruction and Materials" above as well as the following criteria: (Education Code 51931, 51933)

1. Instruction and materials shall encourage a student to communicate with his/her parents/guardians about human sexuality.
2. Instruction and materials shall teach respect for marriage and committed relationships.
3. Beginning in grade 7, instruction and materials shall teach 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 about the value of abstinence while also providing medically accurate information on other methods of preventing pregnancy and sexually transmitted diseases.
4. Beginning in grade 7, instruction and materials shall provide information about sexually transmitted diseases. This instruction shall include how sexually transmitted diseases are and are not transmitted, the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods of reducing the risk of contracting sexually transmitted diseases, and information on local resources for testing and medical care for sexually transmitted diseases.
5. Beginning in grade 7, instruction and materials shall provide information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception.

*(cf. 5141.25 - Availability of Condoms)*

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)**

6. Beginning in grade 7, instruction and materials shall provide students with skills for making and implementing responsible decisions about sexual conduct.

*(cf. 5146 - Married/Pregnant/Parenting Students)*

7. Beginning in grade 7, instruction and materials shall provide students with information on the law concerning surrendering physical custody of a minor child 72 hours or younger, pursuant to Health and Safety Code 1255.7 and Penal Code 271.5.

*(cf. 6143 - Courses of Study)*

**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, pregnancy, and sexually transmitted diseases. (Education Code 51932, 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 - 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 may expand HIV/AIDS in-service training to cover the topic of comprehensive sexual health education for district personnel teaching sexual health education to learn new developments in the scientific understanding of sexual health. (Education Code 51935)

**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

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)**

the instruction or to provide training for district personnel. 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)

*(cf. 6145.8 - Assemblies and Special Events)*

**Parent/Guardian Notification**

At the beginning of each school year, or at the time of a student's enrollment, 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, planned for the coming year. 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
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

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)

*(cf. 5145.6 - Parental Notifications)*

AR 6142.1(f)

**SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)**

Parents/guardians shall be asked to sign and return to the school an acknowledgment that they have received the notification. If a parent/guardian wishes to excuse his/her child from instruction, he/she must provide a separate written request, as specified in Board policy.

Regulation  
date: May 26, 2010

(11/02 11/03) 7/08  
**PAJARO VALLEY UNIFIED SCHOOL DISTRICT**  
Watsonville, California

**PVUSD Family Life/Sex Education/HIV-AIDS Disclosure and Choice Form**

Parent or Guardian:

To comply with the PVUSD Family Life/Sex Education/HIV-AIDS District Policy #6142.1, you have the right to review the district's curriculum and content before you choose to have your child participate. View curriculum materials at:

Public Review: Location: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

If you are unable to attend the public preview session but want more information, contact your child's teacher.

**Parent or Guardian Acknowledgment**

I have had the opportunity to review the curriculum for elementary 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> grade and understand the following:

**Description of Elementary 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Grade Program**

- |   |   |
|---|---|
| <p><b>I. Introduction to Self-Esteem</b><br/>Objective: Students will understand the concept of self-esteem and its effects on oneself and others</p> | <p><b>IV. Anatomy and Physiology</b><br/>Objective: Students will begin to identify the names and functions of the male and female reproductive systems and body changes that occur during puberty.</p>                                 |
| <p><b>II. Family</b><br/>Objective: Students will be aware of various family units and the support and information the family provides</p>            | <p><b>V. Pregnancy and Birth</b><br/>Objective: Students will begin to understand the process of conception, pregnancy and birth.</p>   |
| <p><b>III. Relationships</b><br/>Objective: Students will begin to identify and understand the various kinds of relationships</p>                     | <p><b>VI. Immune System and HIV/AIDS Disease (see District AIDS Curriculum)</b><br/>Objective: Students will understand the function of the immune system and the effect of the HIV (Human Immune Deficiency Virus) on that system.</p> |

**Controversial Issues:**

- Some issues in Family Life/Sex Education may be considered controversial.
- As defined in PVUSD Board Policy #6144 controversial issues can include topics regarding religious, political, social, economic, ethical and/or moral significance.
- At no time should students be asked about personal or family, sexual practices and beliefs without parental permission.
- If your family has concerns regarding possible controversial issues, the following three steps are recommended:
  1. Attend the Review Sessions (public or other) scheduled for your school.
  2. Discuss the class with your child. This material is best presented when school and parents work as a team.
  3. Contact your student's teacher/administrator if you have any questions or concerns.

**Outside Presenters**

- There may be approved outside speakers who might discuss any of the above issues with your child. The teacher will be present in the classroom during the presentation.
- School must notify parents at least two weeks before any outside speaker is to appear, explaining the purpose of the course or guest speaker. You have the right for your child to not attend that part of the course and receive another assignment during the time period (Ed Codes 51201.5, 51554, 51555).

**Supplemental Materials**

- If the teacher uses resources and materials besides the curriculum you will be notified at least two weeks before the class/presentation so you can get more information in order to choose whether to allow your child to participate (PVUSD Controversial Issues Procedures).

**USD Family Life/Sex Education/HIV-AIDS Parental Notification and Approval Notice**

Name and Title of Teacher or Presenter: \_\_\_\_\_ Date: \_\_\_\_\_

Child's Name/School: \_\_\_\_\_

**Check all boxes that apply:**

Yes, my child may participate in Family Life/Sex Education without my need to review materials.

I have\_\_\_\_ have not\_\_\_\_ reviewed the course curriculum and content for Family Life/Sex Education and choose to allow my child to participate fully in the course. I understand that no school may require students to attend any class in which human reproductive organs and their functions are described, illustrated or discussed. (CA Ed Code 51550).

No, my child may not attend or participate in the Family Life/Sex Education. Please provide my child with an appropriate alternate assignment during this course, and notify me as well.

\_\_\_\_\_  
Parent or Legal Guardian

\_\_\_\_\_  
Date

Contact me at: (\_\_\_\_\_) \_\_\_\_\_

**Comments or Questions:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## **Sexual Health and HIV/AIDS Prevention Classes Parent & Guardian Information Letter**

Dear Parents and Guardians,

You are receiving this letter to inform you that your 7<sup>th</sup> grade student will be learning a district-approved curriculum on sexual health and HIV/AIDS prevention. This program is consistent with the mandates outlined in the new state legislation named the "California Healthy Youth Act" effective January 1, 2016.

To view a Q&A Document on this Act please go to: <http://tinyurl.com/healthyouthactqa>

Instruction must encourage students to communicate with parents, guardians or other trusted adults about human sexuality. Instruction must be medically accurate, age-appropriate and inclusive of all students. It must include the following:

- 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 and HIV and other STIs, and information about value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law
- Information about sexual orientation and gender, including the harm of negative gender stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations

PVUSD has adopted Positive Prevention Plus as our middle school Sexual Health and HIV/AIDS Prevention curriculum to address the above topics.

For more information about Positive Prevention Plus, please visit the link below:

<http://www.positivepreventionplus.com/>

Parents are also allowed and encouraged to view the curriculum prior to your student receiving the instruction. Please read the back for information about viewing options at your school.

## **Clases de salud sexual y prevención de VIH/SIDA**

### **Carta de información para padres y tutores**

Estimados padres y tutores:

Usted está recibiendo esta carta para informarle que su estudiante de séptimo grado estará aprendiendo el currículo aprobado por el distrito sobre la salud sexual y prevención del VIH/SIDA. Este programa está de acuerdo con los mandatos descritos en la nueva legislación estatal nombrada "California Healthy Youth Act" a partir del 1 de enero de 2016.

Para ver una sesión de preguntas y respuestas sobre este mandato por favor vaya a:  
<http://tinyurl.com/healthyyouthactqa>

La instrucción debe animar a los estudiantes a comunicarse con los padres, los tutores u otros adultos de confianza sobre la sexualidad humana. La instrucción debe ser a nivel médico, edad apropiada e inclusiva de todos los estudiantes. Debe incluir los siguientes:

- La información sobre el VIH y otras infecciones de transmisión sexual (ITS), incluyendo la transmisión, métodos aprobados por la Administración de alimentos y drogas (*FDA: Food and Drug Administration*) para prevenir el VIH y las ITS, y su tratamiento.
- La información que la abstinencia es la única manera de prevenir el embarazo no intencionado y el VIH y otras ITS, e información acerca del valor de demorar la actividad sexual.
- El debate sobre las opiniones sociales del VIH y SIDA.
- La información sobre el acceso a recursos para la atención de salud sexual y reproductiva
- La información sobre el embarazo, incluyendo métodos de prevención aprobados por el FDA.
- Los resultados del embarazo, la atención prenatal y la ley de entrega segura de bebés recién nacidos.
- La información sobre la orientación sexual y género, incluyendo el daño de estereotipos negativos de géneros.
- La información sobre relaciones saludables y como evitar comportamientos y situaciones insalubres.

PVUSD ha adoptado el programa Positive Prevention Plus como nuestro currículo de salud sexual y prevención del VIH/SIDA en la escuela intermedia para abordar los temas mencionados.

Para más información sobre Positive Prevention Plus, por favor visite el siguiente enlace:  
<http://www.positivepreventionplus.com/>

Los padres también son permitidos y alentados a ver el currículo antes de que su estudiante reciba la instrucción. Por favor lea la parte posterior para obtener información sobre las opciones de verlo en su escuela.

Pajaro Valley Unified School  
Secondary Education

Health Education Class

Student Name: \_\_\_\_\_

School Name \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Period: \_\_\_\_\_ Date \_\_\_\_\_

Your son or daughter is enrolled in my Health course. In this course I will be covering the following subjects:

- Communication, Decision Making
- Values and Self-Esteem
- Relationships
- Reproductive Anatomy
- Abstinence
- Pregnancy and Birth
- Contraception
- Family Environment
- Sexual Issues in Society
- Drug and Substance Abuse
- Domestic Violence
- Sexual Harassment

These subjects will be discussed through lectures, films, written materials, and small group discussions.

At no time will your child be asked about personal or family sexual practices or beliefs. There will be approved outside speakers who might discuss any of the above. I will be present in the classroom during these presentations.

I encourage my students to discuss with their parents the content covered in this course and hope this course will stimulate conversation between and/or your child.

If you have any questions or concerns about any of these subjects to be covered in this course please call me so we can discuss them together. Feel free to call me at any time during the course if you have concerns about the content and/or your child's progress.

To comply with the PVUSD Family Life-Sex Education - HIV/AIDS district Policy #6142.1, you have the right to review the curriculum before you choose to have your child participate. Please call me to arrange a convenient time to review the materials.

\_\_\_\_\_ Yes, my child may participate in Family Life-Sex Education without my need to review the materials.

\_\_\_\_\_ No, my child may not attend or participate in Family Life/Sex Education.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Pájaro Valley Unified School  
Educación Secundaria

Educación de Salud

Nombre del Alumno: \_\_\_\_\_ Escuela \_\_\_\_\_

Nombre del maestro/a: \_\_\_\_\_ Periodo: \_\_\_\_\_ Fecha \_\_\_\_\_

Su hijo/a este en mi clase de Educación de Salud. En esta clase estaremos cubriendo los siguientes temas:

- Decisiones, Autoestima, Metas
- Anatomía
- Embarazo y Nacimiento
- Abstinencia
- Contraceptivos
- Infecciones y SIDA
- Uso y Mal uso de sustancias
- Violación
- Acoso Sexual
- Suicidio
- Pandillas y Violencia

Estos temas se discutirán por medio de lecturas, películas, materiales escritos y discusiones en grupos pequeños.

En ningún momento se le preguntara a su hijo/a tocante a sus prácticas sexuales personales o creencias de familia. Tendremos oradores aprobados que tal vez estarán discutiendo los temas arriba mencionados. Yo estaré presente en la clase durante estas presentaciones.

Yo animo a mis alumnos que hablen con sus padres sobre los temas que serán cubiertos en esta clase y espero que estos temas estimulen la conversación entre ustedes y su hijo/a.

Si tienen cualquier pregunta o preocupación sobre cualquier tema que será cubierto en esta clase y/o el progreso de su hijo/a, favor de comunicarse conmigo para hablar de ello.

Para cumplir con la póliza #6142.1 del Distrito PVUSD de Vida Familiar/Educación Sexual/HIV-SIDA, usted tiene el derecho de revisar el currículo antes de que usted decida que su hijo-a participe. Favor de llamarme para hacer una cita para que revisen los materiales.

\_\_\_\_\_ Si, mi hijo-a puede participar en la Educación Sexual/Vida Familiar sin que yo revise los materiales.

\_\_\_\_\_ No, mi hijo-a no puede asistir o participar en la Educación Sexual/Vida Familiar.

Firma del Padre o Tutor legal: \_\_\_\_\_ Fecha: \_\_\_\_\_