

# Getting Sexual Health Education in the Classroom

Raising the Bar  
October 20, 2011

# Goals

- Orientation to the key transformative elements for all standards
- Comprehensive health concepts and skills
- Alignment to legislation
- Current landscape
- Available tools
- What's next?

# **CELEBRATING SUCCESSSES**

# Colorado Academic Standards

The essential concepts and  
skills for postsecondary and  
workforce readiness

# Colorado's Standards: Keys to Transformation

- **Designed with the End in Mind**
  - Postsecondary workforce readiness
  - P-13 vertical progression
- **Require Application of Knowledge**
  - 21<sup>st</sup> century skills: critical thinking and reasoning, information literacy, collaboration, self direction, invention
  - Mastery – apply and transfer
- **Fewer Expectations with Greater Depth**
  - Concepts and skills
  - Ending the “culture of coverage”
- **Focus on “All students, All standards”**

# What Is Required of Local Education Providers?

## **2009 CRS 22-7-1013:**

- Review and revise local standards
- Adopt standards
- Adopt curricula
- Adopt assessments



# Collaborating With Colorado Educators and Community Partners

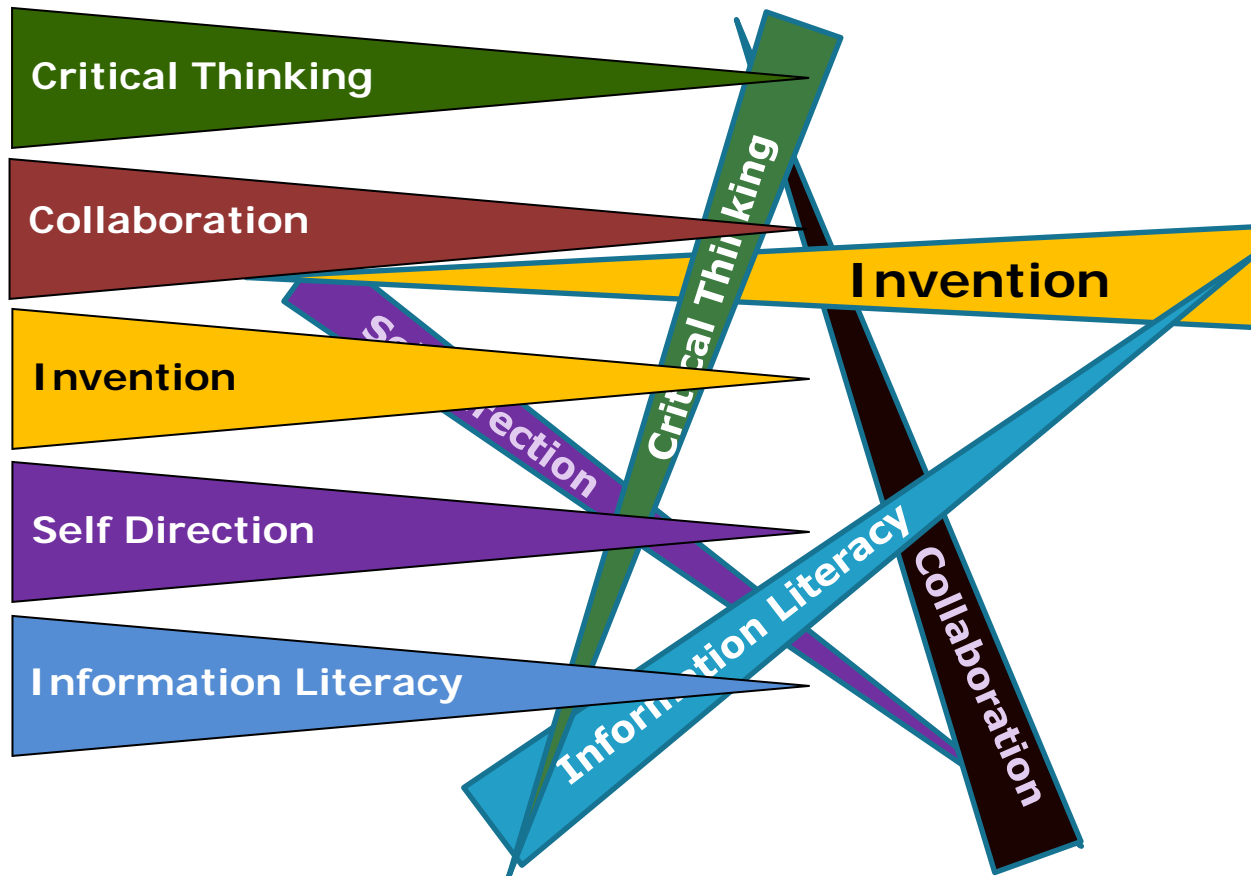




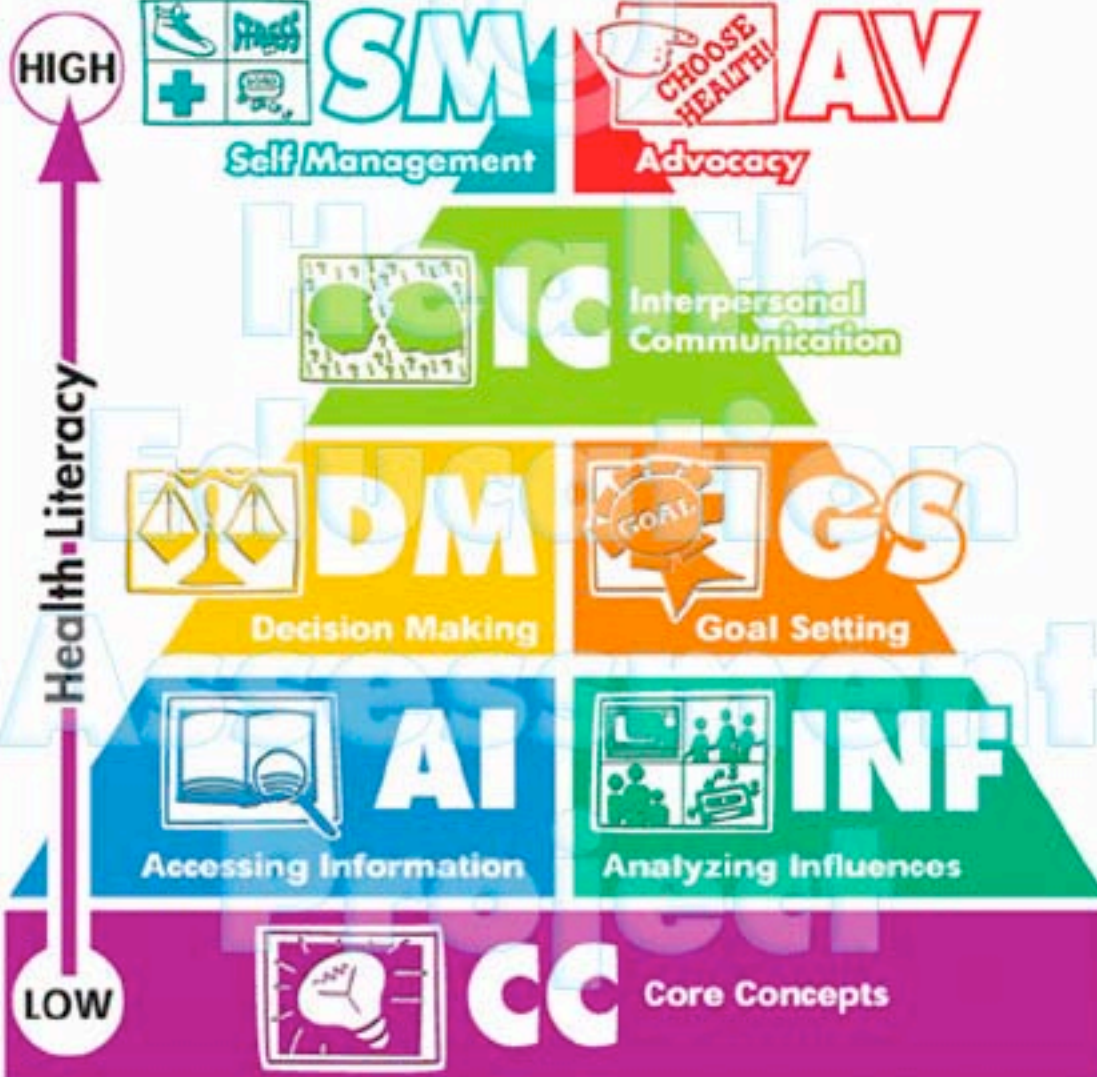
# Comprehensive Health & Physical Education Standards and Prepared Graduate Competencies

	<i>Movement Competency &amp; Understanding</i>	<i>Physical &amp; Personal Wellness</i>	<i>Emotional &amp; Social Wellness</i>	<i>Prevention &amp; Risk Management</i>
<i>PE</i>	<ul style="list-style-type: none"><li>• Motor Skills &amp; Patterns</li><li>• Movement Concepts</li></ul>	<ul style="list-style-type: none"><li>• Regular Physical Activity</li><li>• Health-Enhancing Fitness Level</li></ul>	<ul style="list-style-type: none"><li>• Responsible &amp; Respects Self and Others</li></ul>	
<i>Both</i>				<ul style="list-style-type: none"><li>• Safety; Injury Prevention</li></ul>
<i>CH</i>		<ul style="list-style-type: none"><li>• Healthy Eating</li><li>• Healthy Relationships; Sexual &amp; Reproductive Health</li><li>• Health Promotion</li></ul>	<ul style="list-style-type: none"><li>• Mental, Emotional, &amp; Social Well-being</li></ul>	<ul style="list-style-type: none"><li>• Healthy Decisions; ATOD Prevention</li><li>• Healthy Relationships; Violence &amp; Bully Prevention</li></ul>

# 21<sup>st</sup> Century Skills



# National Health Education Standards



## Content Areas



**Content Area**

**Name of Content Area**

**Standard:**

**Topical Organization**

**Prepared Graduates:**

**P-12 Concept and Skill thread students must master**

**High School and Grade Level Expectations**

**Concepts and skills students master:**

**Concepts & skills indicating progress to PGC mastery**

**Evidence Outcomes**

**NHES SKILLS**

**21<sup>st</sup> Century Skills and Readiness Competencies**

**Students can:**

**Indicators of student mastery**

**Inquiry Questions:**

**Promote critical thinking**

**Relevance and Application:**

**Relevant societal context**

**Nature of the Discipline:**

**Characteristics of Discipline**

# H.B. 07-1292: Science-Based Sexuality Education

- Encourages parental involvement and family communication
- Emphasizes abstinence as the only certain way to avoid pregnancy and STIs
- Age appropriate
- Culturally relevant
- Medically accurate according to published authorities relied on by the medical profession

## Develops an understanding of:




- STIs, including HIV/AIDS and Hepatitis C
- HPV, the link to cervical cancer, and the availability of the vaccine
- How alcohol and drugs impair healthy decision-making
- The health benefits, potential side effects, and availability of contraceptives and barrier methods, including emergency contraception

Develops skills for making responsible,  
healthy choices

# Comprehensive Health Education Act of 1990

- Opt “in” for human sexuality
- Positive self-concept
- Dynamic relationship of physical, mental, emotional, and social well-being
- Integrates available community resources

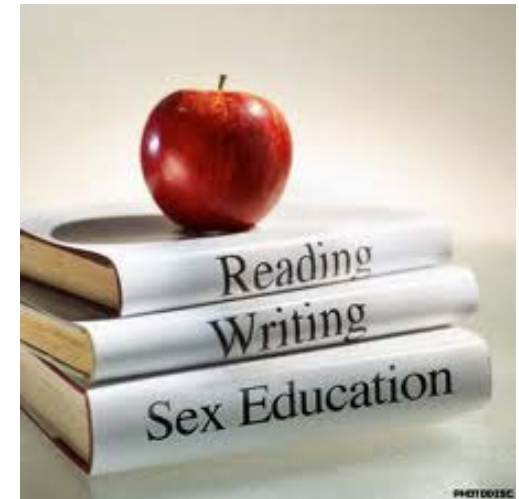
# Identifying How HB 07-1292 and The Comprehensive Health Education Act Informed the Standards

1. Underline what elements are explicitly in the standards
2.  **Circle** areas that warrant clarification and definition
3.  **Square** areas where community health partners can provide additional support for instruction and application
4.  **Star** what you are already doing

Now That You Know,  
What Will You Do?

## What Does the Data Tell Us?

- **Every 1.5 hours a baby is born to a Colorado teen**
- **1 in 4 adolescent females has a least one STI**
- **Nearly half of all new cases of HIV occur among young people under the age of 25**



Colorado Youth Matter (2010). "HIV Prevention and Sexuality Education in Colorado Classrooms: A Snapshot of Policy and Practice"

# Policies Are in Place in CO Districts?

- Majority of school districts (78%) included policies regarding sexual health online.
- None had policies limiting the instruction of sexuality instruction.
- Many had policies that refer to “Comprehensive Health Education” and the use of medically accurate and/or science based content.



Based on an online search of 41 schools from 34 districts and surveys from 97 school district employees (Colorado Youth Matter, 2010)

According  
to the  
2008  
Colorado  
School  
Health  
Profiles  
(CDC, 2010)

**70%-73%**  
of schools report giving  
instruction on human  
sexuality!!



# Reality In Colorado

(The Healthy Colorado Youth Alliance, 2011)

Comprehensive  
Sexual Health  
Education  
Money



\$1,601,843 in  
federal funding

Abstinence  
Only  
Money



\$1,548,735 in  
federal  
funding

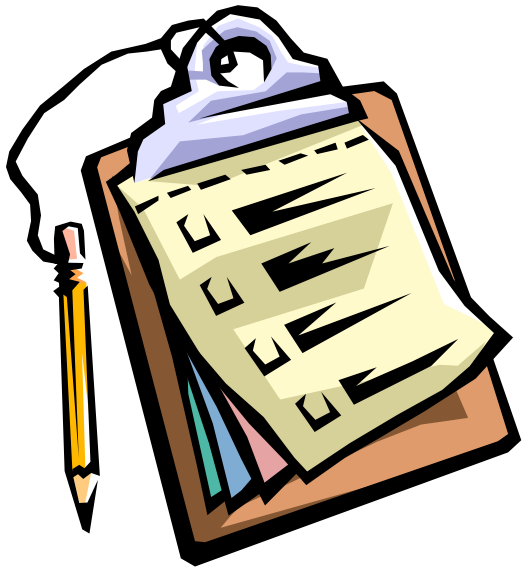
# You Are On a Mission



# Your Objective : To Get In & Be Asked Back

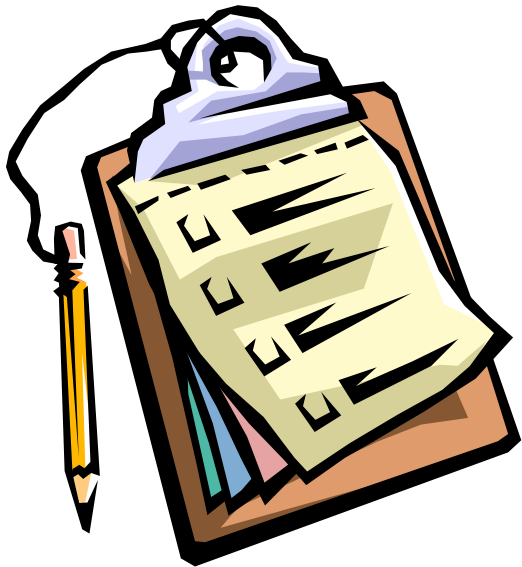


# You Need a Good Plan!



- Be familiar with the standards
- Know the standards vocabulary
- Know the data regarding incidence rates in their counties
- Talk to the principal or dean – leave a one pager?
- Make sure necessary in/out permission has been granted

# You Need a Good Plan!



- Have program materials available for administrative and parent preview
- Know HB 1292, so when you meet with resistance you are informed and can negotiate sensitive topics
- Prepare responses of sensitive topics to share with administration

# State Resources Available NOW!

[www.cde.state.co.us/sitoolkit](http://www.cde.state.co.us/sitoolkit)

[www.coloradoyouthmatter.org](http://www.coloradoyouthmatter.org)

<http://colegacy.org/comprehensive-pe-and-health-standards>

[www.healthycoloradoyouth.org](http://www.healthycoloradoyouth.org)

# Upcoming State Resources



# Purposed State Reference Point for Abstinence and Sexual Health Education Resources

Website disclaimer

CDE/CDPHE Intro Letter on Sexual Health

## National and State Considerations

Local control disclaimer

National Sexual Health Education Standards

Colorado Comprehensive Health and Physical Education Standards

The Comprehensive Health Education Act of 1990

State Law HB 07-1292 "Concerning the Adoption of Science-Based Content Standards for Instruction Regarding Human Sexuality"

Colorado School Board Policy – Family Life/ Sex Education

Sexuality Laws

Consensual Sex

Statutory Rape

Child Molestation

Access to Health Care

HIV and Sexuality Education in the Colorado Classroom "A Snapshot of Policy and Practice"

## Statistical Considerations

Healthy Kids Colorado Survey

CDPHE Child and Adolescent Survey Results

CDC - Current HIV/STI Statistics

CDC - Current Teen Pregnancy Statistics

Sexual Activity in Relation to Graduation and Academic Performance Statistics

State of Adolescent Sexual Health report

## District and School Considerations

FAQ regarding Sexual Health Education

Sexual Health Education Pathway Recommendations

Sample of District Policies

Confidentiality of Students and/or Staff with Communicable Diseases

Attendance Issues of Students with HIV

Reasonable Accommodations

Universal Precautions

School Based Health Clinics' Role

Advisory Committee Guidelines

PowerPoint "The Call For Sexual Health Education"

PowerPoint "Parent Information regarding Comprehensive Sexual Health Education"

Parental Notification and Consent

Teacher Training Guidelines

Guidelines for Utilization of Outside Agencies

## Curriculum Considerations

A case for Evidence Based Programs

CDC Recommendations – Guidelines for Effective School Health Education to Prevent the Spread of AIDS

Colorado Teen Pregnancy Prevention Action Plan

## Instructional Considerations

Sexual Health Glossary

Guest Speaker Guidelines

Videos

Male & Female Anatomy

Pregnancy & Birth

Contraception

HIV/AIDS

STI's

Instructional Graphics

Instructional Fact Sheets

Healthy Living Skills – e.g. Decision Making, Refusal Skills, Communication, Self Advocacy

Sexual Violence/Bullying Information

Recommendations for Answering Sensitive Questions

Professional Development Opportunities

## Resources

CDC – Centers for Disease Control and Prevention

CDPHE – Colorado Department of Public Health and the Environment

CDHHS – Colorado Department of Health and Human Services

HCPF – Health Care Policy and Finance

Colorado Legacy Foundation

Resources for supporting all youth, particularly youth who are:

GLBT – Gay, Lesbian, Bi-Sexual and Transgender

Homeless

English Language Learners

Have Physical, Medical and/or Cognitive Disabilities

African-American

Latino

Native-American





# Young People Want and Need - Comprehensive Sexual Health Education

# Contact Information

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