

# FACTS: CHYA & CTF



## A SOLUTION FOR SEX EDUCATION

*In January 2016, California adopted a new law covering comprehensive sexual health education and HIV prevention education in public schools. This law is known as AB329 or the California Healthy Youth Act. Previously, school districts were only required to provide HIV prevention education once in middle school and once in high school. If districts choose to teach sexual health education, they were able to choose what topics they wanted to provide their students, however at that time it was not required to do so by law. With the enactment of AB329, sex education became mandatory for all public school students and took the power away from the local school districts to choose what information was right for their students.*

### CA EDUCATION CODE SECTIONS 51930-51939

Currently, the baseline requirements for sexual health education and HIV prevention include that all instruction in all grades (including elementary) must be age-appropriate (as determined by the state), medically accurate, and appropriate for students with disabilities, students who are English language learners, and for students of all races, ethnic and cultural backgrounds, genders, and sexual orientations.

Instruction may not promote religious doctrine and must affirmatively recognize different sexual orientations, and be inclusive of same-sex relationships when providing examples of couples or relationships. It mandates instruction on gender, gender expression, gender identity, and explores the harm of negative gender stereotypes.

Comprehensive sexual health education must encourage students to communicate with their parents or other trusted adults and must provide students with the knowledge and skills to develop healthy relationships and make healthy decisions about their sexuality.

#### **Additional content requirements include:**

- Information on the nature and transmission of HIV and other sexually transmitted infections (STIs)
- Information about all FDA-approved methods of reducing the risk of transmission of HIV and other STIs, including antiretroviral treatment, and information about treatment of HIV and STIs
- Information about reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing
- Discussion about social views of HIV and AIDS, emphasizing that all people are at some risk of contracting HIV and that the only way to know one's HIV status is by being tested
- Information about accessing resources for sexual and reproductive health care and assistance with sexual assault and intimate partner violence, as well as students' legal rights to access these resources
- Information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy (including emergency contraception);
- Information that abstinence is the only certain way to prevent unintended pregnancy and HIV and other STIs; however, the information about the value of delaying sexual activity must be accompanied by information about other methods for preventing pregnancy and STIs
- Information about pregnancy, including 1) the importance of prenatal care; 2) all legally available pregnancy outcomes, including parenting, adoption, and abortion; and 3) California's newborn safe surrender law
- Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and sex trafficking.



## A BALANCED CURRICULUM OPTION



*Check the Facts* curriculum is 100% compliant with the California Healthy Youth Act (AB329) and National and State Health Standards without the layers of oversexualized content and imagery that are common among other programs. *Check the Facts* also takes an informational approach as opposed to an instructional approach, also common among other programs.

## OUR MISSION

*Check the Facts* curriculum was developed to educate, equip, and empower students to make life affirming choices for their overall optimal health and well-being by providing instruction that is evidence informed, science based, medically accurate, unbiased, and age-appropriate, as deemed by the state of California. Our goal is to provide this required content in the most respectful way possible to all our students.

### The full 10-day curriculum includes information and skills regarding:

- |                                  |  |
|----------------------------------|--|
| Decision making                  | STDs   |
| Goal setting                     | HIV  |
| Values                           | Abstinence                                   |
| How to access information        | Contraception                                |
| The importance of trusted adults | Negotiation and refusal skills               |
| Communication skills             | Consent                                      |
| Fetal development                | Facts on healthy and unhealthy relationships |
| Teen pregnancy                   |  |

*Check the Facts* uses hands-on learning activities such as games, role plays, and discussions to build knowledge, skills, and awareness that help students reduce risks of unplanned pregnancies, HIV, and other sexually transmitted diseases.

AB329 provides for parents/caregivers the right to choose what is best for their student. If a parent/caregiver feels this content is not right for their family and/or student, we at *Check the Facts* want to empower them to opt their student out of this program. However, we do encourage you to speak with your student about these topics, as they will still be addressed with your students' peers.



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