

Current and Relevant Resources to Support Local Implementation of Comprehensive Sexual Health Education in California (CA) Schools

Adolescent Sexual Health Work Group (ASHWG)

Legislation Provisions, California Healthy Youth Act (CHYA)

CA Education Code, California Healthy Youth Act Provisions. Full text from CA Legislative Information. http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC§ionNum=51930

CA Education Code, California Healthy Youth Act 2016 – Legal Requirements for CA Public Schools. This webinar clarifies all sections of the CA Education Code updated with the passage of CHYA. <https://essentialaccesstraining.org/ets/store/item/?id=20cee10f-e6fd-11e5-a43e-005056a048ff>

CHYA Compliance Assessment Tools

Compliance Evaluation Checklist. A tool for evaluating curricula against compliance with the law. The tool is downloadable in print ready PDF. <https://www.aclunc.org/our-work/know-your-rights/sex-education>

CHYA Compliance Assessment Tool (CAT). This is a checklist of CHYA purposes and provisions that will help anyone in reviewing instructional materials for CHYA compliance and could help them plan adaptations to their instructional materials for compliance. The tool is in fillable PDF. A publication of Education, Training & Research (ETR). <http://www.etr.org/ebi/assets/File/CHYA-CAT-Part-1-Curriculum-Only-ETR.pdf>

School District Policies, Tools, Forms, and Other Materials

DISTRICT POLICIES AND CHYA COMPLIANCE EVALUATION

Downloadable and adaptable templates of district policies around CHYA implementation.

- **Sample District Policies from the CA School Board Association:** www.csba.org . This site requires paid membership for password access, but some policies are available for free and many school districts make their policies available on their local websites.
- **District Policy Gap Analysis Tool.** This is a curated list of school policies related to sexual health education, sexual health services, and safe and supportive school service for CA schools to prioritize these areas for policy updates. Email: STDHealthEd@cdph.ca.gov for copies.
- **Student Safety.** This Office of Educational Equity, West Contra Costa Unified School District resource website lists their district policies, in English and Spanish:
 - **Student Conduct**
 - **Positive School Climate**
 - **Non-Discrimination, Harassment, Intimidation and Bullying**

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- **Sexual and Gender-Based Harassment**
- **Hate Motivated Behavior**
 - Policies developed by the Office of Educational Equity, West Contra Costa Unified School District. <https://www.wccusdoee.net/index.cfm?fuseaction=public.policyInfo>
- **CA Minor Consent and Confidentiality Laws.** Designed to help health care providers understand the many laws that impact their work with adolescents, TeenHealthLaw.org provides information on laws from minor consent and confidentiality to child abuse reporting, insurance regulations, and more. www.teenhealthlaw.org
 - **Summary of laws related to minor rights.** A tool that provides a quick reference for laws regarding California minors rights to confidential sexual health and other services. Published by the National Center for Youth Law. <http://teenhealthlaw.electricense.net/wp-content/uploads/2015/10/CaMinorConsentConfChartFull11-11.pdf>
 - **Confidential Medical Release FAQ.** Provides answers to frequently asked questions about releasing students for confidential medical appointments. Includes examples of policies and forms from school districts that may be adapted by other schools. Published by the National Center for Youth Law. <https://youthlaw.org/wp-content/uploads/2016/01/FAQ-ConfidentialMedicalRelease-11-2015.pdf>
- **Minor Consent and Confidential Information Related to Private Insurance.** Website and resources related to confidential communication requests as a way to prevent confidential information from automatically going to health insurance holders such as parents/guardians. <http://www.myhealthmyinfo.org/>
- **Parent/Guardian Notification Letter.** Sample letter that meets requirements of the law for parental notification and obtaining passive consent for comprehensive sexual health and HIV prevention education. https://www.aclunc.org/docs/sample_parent-guardian_notification_letter_grades_7-12_ca_healthy_youth_act.pdf
- **LGBTQ & Gender Inclusiveness Assessment Tool.** This checklist provides a guide to help determine curriculum and instruction compliance with requirements of the law. CHYA requires unbiased, non-discriminatory instruction on sexual health and HIV prevention education. https://www.aclunc.org/docs/201703-lgbtq_gender_checklist.pdf
- **WISE Toolkit:** Guide to help schools implement sex education in school districts. www.wisetoolkit.org

Information and Materials on CHYA Compliance for the Community

- **Know Your Rights: California Healthy Youth Act.** Provides an overview of the law and youth's rights to sexual health and HIV prevention education, suitable for sharing with youth. A

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publication of ACLU of Northern California. www.aclunc.org/our-work/know-your-rights/know-your-rights-california-healthy-youth-act

- **Fast Facts about California Healthy Youth Act.** Provides an overview of the law, suitable for distribution to parents, staff and community members.
https://www.aclunc.org/docs/fast_facts_about_the_california_healthy_youth_act.pdf
- **Frequently Asked Questions.** Developed by the CA Sexual Health Education Roundtable and answers basic questions, suitable for sharing with parents, teachers, administrators or advocates. https://www.aclunc.org/docs/frequently_asked_questions-california_healthy_youth_act-ca_sexual_health_education_roundtable.pdf
- **Teen Health Law – for youth.** This resource offers opportunities for youth to ask questions about their legal rights and responsibilities regarding sex, pregnancy, parenting and related topics. Teen Health Law’s legal team responds to the questions posted online. www.teenhealthrights.org
- **TeenSource.org – for youth.** TeenSource.org has a webpage for youth outlining what topics they should be learning about in school under the California Healthy Youth Act. It includes a form for youth to contact the ACLU and the California Department of Education indicating whether or not they received comprehensive sex education at school. <http://www.teensource.org/know-your-rights/comprehensive-sex-ed>

Professional Development and Training to Support for CHYA Compliance

TRAINING

General sexual health topics – online and in-person training:

- **Answer.** Online workshops, training & capacity building for professionals, and resources for teens and parents (Sexuality ABCs, STD Basics, LGBTQ Issues, Boys and Sex Ed, Sexual Anatomy, Pregnant and Parenting Teens, Relationship Skills for Teens)
http://answer.rutgers.edu/page/online_workshops/
- **Essential Access Health’s Recommended Courses for Providing Sexuality Education.** Most courses have an online Educators Toolkit with resources and/or interactive activities that can be used when teaching sex education. They are also a great way to supplement your existing sex education curricula to cover all required areas of instruction under CHYA. All courses are discounted for California teachers.
<https://essentialaccesstraining.org/ets/store/?cat=d449d45b-6784-46d9-a91f-b60c71906fe9>
- **Sexual Health Educator (SHE) Training Program.** A program for educators in school, community and clinic settings who want to build their knowledge and skills in providing sexual health and sexuality education developed by the California Department of Public Health, STD Control Branch. Please email STDHealthEd@cdph.ca.gov for current information.

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Curricular and general sexual health training topics:

- **Professional Development and Training from Cardea Services.** Webinars, eLearning courses, job aids for professionals on topics including sexual and reproductive health education, adolescents, LGBTQ awareness, etc. www.cardeaservices.org
- **Professional Development and Training from ETR.** A variety of formats are available to educators and organizations interested in building capacity tailored to help them address specific needs of the communities they serve. Provides training needs assessment and tailored training to support sexual health and sexuality programs using evidence based and evidence informed programs. <http://www.etr.org/solutions/professional-development/>
- **Professional Development and Training from Health Connected.** Training and support for all five Teen Talk and Puberty Talk curricula. <http://www.health-connected.org/training-technical-assistance-c1brw>

Reference and Supplemental Materials & Training to Support CHYA Compliance

HEALTHY RELATIONSHIPS/TEEN DATING VIOLENCE PREVENTION

- **Building Safe Schools: A Guide to Addressing Teen Dating Violence.** Resource manual for school employees on the prevalence, consequences, and context of TDV; and includes a guide to “safety planning” for students who are engaged in a potentially unsafe relationship. <https://www.breakthecycle.org/sites/default/files/pdf/Building-Safe-Schools-A-Resource-Guide-for-School-Employees.pdf>
- **February is Teen Dating Violence (DV) Awareness Month!** A campaign toolkit is provided for your school each year by the California Partnership to End Domestic Violence. <http://www.cpedv.org/campaign/teen-dv-month-2016-california-educators>
- **Lessons from Literature.** An innovative program that enlists English teachers to use the books and material you’re already teaching to facilitate discussion and build awareness about physical, verbal and sexual abuse. <http://www.lessonsfromliterature.org/>
- **List of Local Domestic Violence Organizations.** Connect with your local domestic violence organization on prevention resources related to healthy relationships and teen dating violence. www.cpedv.org/domestic-violence-organizations-california
- **Loveisrespect.org** website is the ultimate resource to empower youth to prevent and end dating abuse. Includes handouts, posters and wallet cards for free. Topics include: abuse, healthy relationships, leaving relationships, LGBTQ relationships, etc. www.loveisrespect.org
 - **Educator Toolkits: Healthy Relationships.** Provides guidance to middle school and high school educators who want to lead these discussions in their schools. These toolkits can be used on their own or as a supplement to a larger curriculum. <http://www.loveisrespect.org/educators-toolkits/>
- **One Love Foundation.** One Love works to prevent and end relationship abuse by providing compelling, relatable film-based curricula and resources that educate and spark a conversation with young people about healthy & unhealthy relationships. www.joinonelove.org

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- **Start Strong: Building Healthy Teen Relationships.** A website that discusses lessons from a four-year, multi-million dollar initiative on promoting healthy relationships and preventing teen dating violence through school and district policies.
<http://startstrong.futureswithoutviolence.org/>
- **Teen Dating Violence.** Teen Dating Violence - Governance briefs and prevention tools published by the California Partnership to End Domestic Violence, providing information on adolescent dating abuse and its connection to multiple forms of violence, how schools can address and effectively intervene in abusive behavior on campus, and recommended prevention strategies for school districts and school boards. <https://www.cpedv.org/prevention>
- **THATSNOTCOOL.COM** website includes tools and resources to support young people as they learn to recognize, avoid, and prevent dating violence in their lives. Includes active engagement on [Facebook](#), [Twitter](#), [Instagram](#), and [Tumblr](#), as well as innovative new apps and games.
<https://thatsnotcool.com/>
- **Trauma-Informed Teen Dating Violence Prevention.** This webinar explores strategies to developing a youth-friendly trauma-informed program, a deeper exploration of how trauma, family violence, and community violence contribute to Teen Dating Violence.
<http://www.cpedv.org/webinar/trauma-informed-teen-dating-violence-prevention>
- **Understanding Teen Dating Violence.** Fact Sheet that defines teen dating violence.
<http://www.cdc.gov/violenceprevention/pdf/teen-dating-violence-factsheet-a.pdf>

SEXUAL VIOLENCE PREVENTION

- **Resources on Local Rape Crisis Centers.** Connect with your local rape crisis center on prevention resources related to healthy relationships and sexual violence. www.calcasa.org/agencies
- **PreventConnect.org.** website includes webinars/e-learning on the primary prevention of sexual assault and domestic violence as part of a national online project.
<http://www.preventconnect.org/>
- **Safe Place to Learn.** Resource package provides a range of materials to support school efforts to prevent and eliminate peer-to-peer sexual harassment and sexual violence. It is designed to help establish and maintain a safe, supportive learning environment and mitigate factors that interfere with learning. It supports school district and school staff efforts to comply with Title IX sex discrimination prohibitions and create a positive school climate.
<https://safesupportivelearning.ed.gov/safe-place-to-learn-k12>
- **What is Sexual Violence?** Fact Sheet that defines sexual violence and addresses frequently asked questions regarding victim response to sexual trauma.
<http://www.nsvrc.org/publications/what-sexual-violence>
- **What is Healthy Sexuality and Consent?** Fact Sheet that defines sexual health and affirmative consent. http://www.nsvrc.org/sites/default/files/saam_2015_what-is-healthy-sexuality-and-consent.pdf
- **Myths and Facts Quiz.** This quiz can be used to test knowledge of sexual assault.
<http://wiki.preventconnect.org/Myths+and+facts+quiz>
- **Consent Exercises.** Webpage provides two exercises that can be used to start a conversation about affirmative consent and its importance for high school students.
<http://wiki.preventconnect.org/Consent+Exercises>

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- **ASK. LISTEN. RESPECT.** Video and facilitator discussion guide to promote healthy relationships by providing concrete examples of how to ask for consent, what enthusiastic, verbal consent looks like, and how to accept “no” as normal boundary-setting in relationships. These can be used in a classroom setting, with a small group of tweens/teens, or one-on-one with an adult who can lead an informed discussion. <http://www.teachconsent.org/facilitators>
- **Using Videos to Model Consent and Communication.** Lessons and videos show what healthy and respectful communication looks like when young people are in sexual situations. Young people will learn what consent is, as well as how to recognize when it is, and is not, present. These videos can be used to supplement in-person, interactive activities, including brainstorming, group discussion, and skills practice about consent. Late high school to college youth (age 17-22).
www.nsvrc.org/sites/default/files/elearning_lessonplan_plannedparenthood_using-consent-videos-to-model-respect-communication.pdf

LGBTQ YOUTH

- **FairClassrooms.com.** This website includes workshops and resources to help teachers and administrators bring LGBTQ history into middle and high school classes.
www.fairclassrooms.com
- **Family Acceptance Project.** Provides training for school-based providers, educators, administrators and parents on helping educate and increase family support for LGBT students. Provides training on using research-based family support approach and educational materials for public, private and religious schools. <http://familyproject.sfsu.edu/training>
- **Supporting LGBTQ Youth: Creating Inclusiveness & Equity in Sexual & Reproductive Health Programs.** Includes a Fact Sheet for educators, a supplemental classroom lesson on sexual and gender identity, resource lists and a discussion guide. Can be used with any sexual health program for youth. <http://pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A230>
- **Gender Spectrum.** Provides trainings and resources to help institutions and organizations understand youth’s evolving conceptions of gender identity. <https://www.genderspectrum.org>
- **Introduction to Gender and Sexuality in a Health Care Setting: Providing Quality Care for Transgender and Gender Nonconforming Patients.** While geared for health care providers, this independent study describes sex and gender continuums, defines terminology used to describe transgender and gender nonconforming people, and identifies health disparities experienced by transgender and gender nonconforming people.
<http://www.cardeaservices.org/resourcecenter/introduction-to-gender-and-sexuality-in-a-health-care-setting>
- **Teaching Transgender Toolkit.** A Facilitator’s Guide to Increasing Knowledge, Decreasing Prejudice & Building Skills. Includes self-assessment tools, handling self-disclosure, understanding transgender terminology, handling common challenges, creating supportive environments and organizing guest speakers.

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<http://pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A535>

- **TransStudent.org.** Materials for the classroom and for educators to support transgender students. <http://www.transstudent.org/>
- **GLSEN.org.** Educator guides to improve school environments for LGBTQ youth. <https://www.glsen.org/educate/resources/guides>

STUDENTS WITH SPECIAL LEARNING NEEDS OR DISABILITIES

- **Healthy Relationships, Sexuality and Disability.** MA Department of Public Health. <http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf>
- **Sexual Health and Youth with Disabilities: Sexuality Education for All.** Family and Youth Services Bureau. <https://teenpregnancy.acf.hhs.gov/resources/sexual-health-and-youth-disabilities-sexuality-education-all>
- **Sexuality Education for Students with Disabilities.** Center for Parent Information and Resources. <http://www.parentcenterhub.org/repository/sexed/>
- **Woodbinehouse Publishers.** Books for teaching children with Down's Syndrome about sexuality and boundaries. http://woodbinehouse.com/main.asp?product_id=978-1-890627-33-1&.asp
- **The Arc Newsletter.** Autism Now resources. <http://autismnow.org/articles/resources-for-learning-about-sexuality/>
- **Sexual Health Education for Young People with Disabilities, Research and Resources for Educators.** Advocates for Youth. <http://www.advocatesforyouth.org/publications/publications-a-z/2559>

SEX TRAFFICKING

- **Empowering Students to Battle Exploitation.** A webinar on Learn the "4 Ts of Human Trafficking," understand the process of pushes and pulls that can lead a child into trafficking, and learn how you can begin to build a response protocol to act both preventatively and intervene. <http://empower.iempathize.org/course/webinar-what-is-trafficking-and-how-can-schools-help/>
- **Human Trafficking Awareness for Educators.** A training for educators with resources to help schools build a school-wide response to trafficking. It provides an assessment tool to develop a protocol. <https://humantraffickinghotline.org/resources/human-trafficking-awareness-educators>
- **How to Talk to Your Kids About Human Trafficking.** Resource for parents with signs of trafficking and key messages to share with kids. [https://teachunicef.org/sites/default/files/documents/units-lesson-plans/Talk to Your Kids.pdf](https://teachunicef.org/sites/default/files/documents/units-lesson-plans/Talk%20to%20Your%20Kids.pdf)
- **End Trafficking: An Educator's Guide from Teach UNICEF.** Includes curricula for high school students. <https://humantraffickinghotline.org/sites/default/files/End%20Trafficking%20-%20High%20School%20Educators%20Guide%20-%20UNICEF.pdf>

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- **Human Trafficking in America's Schools.** Report from the National Center of Safe Supportive Learning Environments with resources to help school personnel prevent and intervene on human trafficking. <https://safesupportivelearning.ed.gov/human-trafficking-americas-schools>
- **Human Trafficking Curriculum Comparison Chart.** A resource guide for planning age appropriate curricula addressing human trafficking. <http://nesteducators.org/curriculum-and-resources/curriculum-comparison-chart/>

FAMILY COMMUNICATION

- **Talk With Your Kids.** A website in both English and Spanish from Essential Access Health to support parent communication about healthy sexuality. This resource contains a timeline detailing what to talk about at each developmental stage, tips for having good conversations, a clinic finder, and information about healthy relationships, teen access laws, and the HPV vaccine. www.talkwithyourkids.org
- **Encouraging Family Communication about Healthy Sexuality.** A webinar that discusses how parents and guardians can educate youth and encourage them to make healthy decisions about sex and relationships. It also shares strategies for how youth can bring up conversations with parents, guardians and other family members. <http://www.clafh.org/resources-for-parents/parent-materials/>
- **Bay Area Communities for Health Education (BACHE).** A resource for parents, guardians, allies and community members who wish to promote for the teaching of comprehensive, medically accurate, age-appropriate, and bias-free sexual health education in California public schools. <http://bacheinfo.org/wordpress/>

PROGRAM DEVELOPMENT, MONITORING AND EVALUATION

- **ETR Program Success Center.** A variety of science-based curricula that focus on teen pregnancy and HIV/STD prevention are available for review. An interactive, online EBP needs assessment and selection tool may be accessed. The site also features an EBP comparison chart, detailed information on different EBPs and list of latest editions. www.etr.org/ebi

Curricular Resources

CURRICULA REVIEWED FOR CHYA COMPLIANCE

Review conducted by the Adolescent Sexual Health Workgroup (ASHWG), December 2016

For additional information regarding the ASHWG review process and an up-to-date list of materials reviewed and respective summaries of their findings, refer to:

<http://ashwg.org/2017/01/09/curriculum-review-california-healthy-youth-act/>

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- **FLASH.** A science-based comprehensive sexuality education curriculum developed by Public Health Seattle-King County. FLASH is designed to prevent teen pregnancy, STDs and sexual violence and available for elementary, middle school, high school and special education classrooms. www.etr.org/flash or <http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>
- **Making Proud Choices, California Edition.** An evidence-based curriculum for middle and high school, aimed at providing youth with knowledge, confidence and skills necessary to reduce their risk for pregnancy, STD/HIV while promoting affirmative consent and LGBTQ inclusivity. Includes a community edition (9 modules) and a school edition (14 modules). <http://pub.etr.org/ProductDetails.aspx?id=100000285&itemno=A403CA-16>
- **Positive Prevention Plus.** A comprehensive curriculum for grades 7-12 (middle school and high school editions), including lessons with marginal notes, pre/post-tests, family home assignments, a CD with PowerPoint and images, and other features. The curriculum involves 13 lessons, is available in English and Spanish, and a version for Special Education students. www.positivepreventionplus.com
- **Teen Talk and Puberty Talk Series.** Comprehensive and unbiased curricula designed by professional health educators for use with youth in grades 7-12 (middle school with 12 sessions and high school with 11 sessions), a high school refresher for grades 11-12 with 7 sessions. Puberty Talk is a 5-session curriculum for grades 5-6. All parent/student materials are available in English and Spanish. "Teen Talk Adapted for All Abilities" is available for educators working with special education students. www.health-connected.org/curriculum
- **Rights. Respect. Responsibility.** The 3 R's is a K-12 sexuality education curriculum that covers all 16 topics recommended by the Centers for Disease Control and Prevention as essential components of sexual health education. Inclusive for issues related to gender identity and sexual orientation. <http://www.advocatesforyouth.org>
- **Be Real. Be Ready.** A comprehensive, high school curriculum designed to fit into the context of required health classes in grade 9. It involves 24 lessons and includes pre/post-tests, implementation tools for each lesson and resources. Downloadable at no cost. <http://sfusdhealtheducation.org/be-real-be-ready>

Other Comprehensive Sexual Health Education & Related Curricula

- **iMatter.** A puberty curriculum developed for grades 4-6, offers an integrated approach to teaching younger adolescents about gender, puberty and rights. Designed to foster student's social and emotional learning and to promote their connectedness to school. iMatter comprise 8 60-minute lessons, aligned to US Common Core. www.popcouncil.org/research/imatter-teaching-about-puberty-gender-and-fairness

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- **Puberty: The Wonder Years.** A curriculum designed to teach students the knowledge and skills needed to lay a foundation for choosing to delay the initiation of sexual activity. Developed for grades 4, 5 and 6, the curriculum includes lessons are recommended to be taught at each grade level. <http://www.pubertycurriculum.com>
- **RIGHTS.** An evidence-informed curriculum from Planned Parenthood Los Angeles that teaches critical thinking skills about gender norms, power dynamics and their impacts on sexual health. RIGHTS includes videos created by and for Los Angeles teens that offer opportunities for skill-building around consent, advocacy and healthy relationships. <https://www.plannedparenthood.org/planned-parenthood-los-angeles/local-education-training/classroom-education> email: highschooler@pp-la.org
- **Safe Dates.** An evidence-based curriculum that prevents dating abuse for middle and high school students (grades 7-12). www.hazelden.org/web/go/safedates
- **Relationship Smarts Plus, 3.0.** An evidence-based curriculum created to help teens learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more for grades 8-12. www.dibbleinstitute.org/love-u2-relationship-smarts-plus-new
- **Dating Matters.** A comprehensive teen dating violence prevention initiative for 11 to 14 year olds that includes strategies for individuals, peers, families, schools, and neighborhoods. A free 60-minute, training is available to help educators understand the risk factors and warning signs associated with teen dating violence. www.cdc.gov/violenceprevention/datingmatters
- **Expect Respect.** A multi-component, school-based program for Preventing Teen Dating Violence and Promoting Safe and Healthy Relationships for middle and high school students (grades 6-12). www.expectrespectaustin.org
- **In Touch With Teens.** An evidence-informed curriculum which empowers youth (ages 12-19) to have healthy relationships by providing information about power and control, elements of healthy relationships and healthy sexuality, and media literacy as well as education on sexual harassment, sexual assault, and dating violence. www.peaceoverviolence.org/education/in-touch-with-teens-curriculum
- **Fourth R.** An evidence-based program to target multiple forms of violence, including bullying, dating violence, peer violence, and group violence (ages 12-18). <https://youthrelationships.org/fourth-r-programs>