

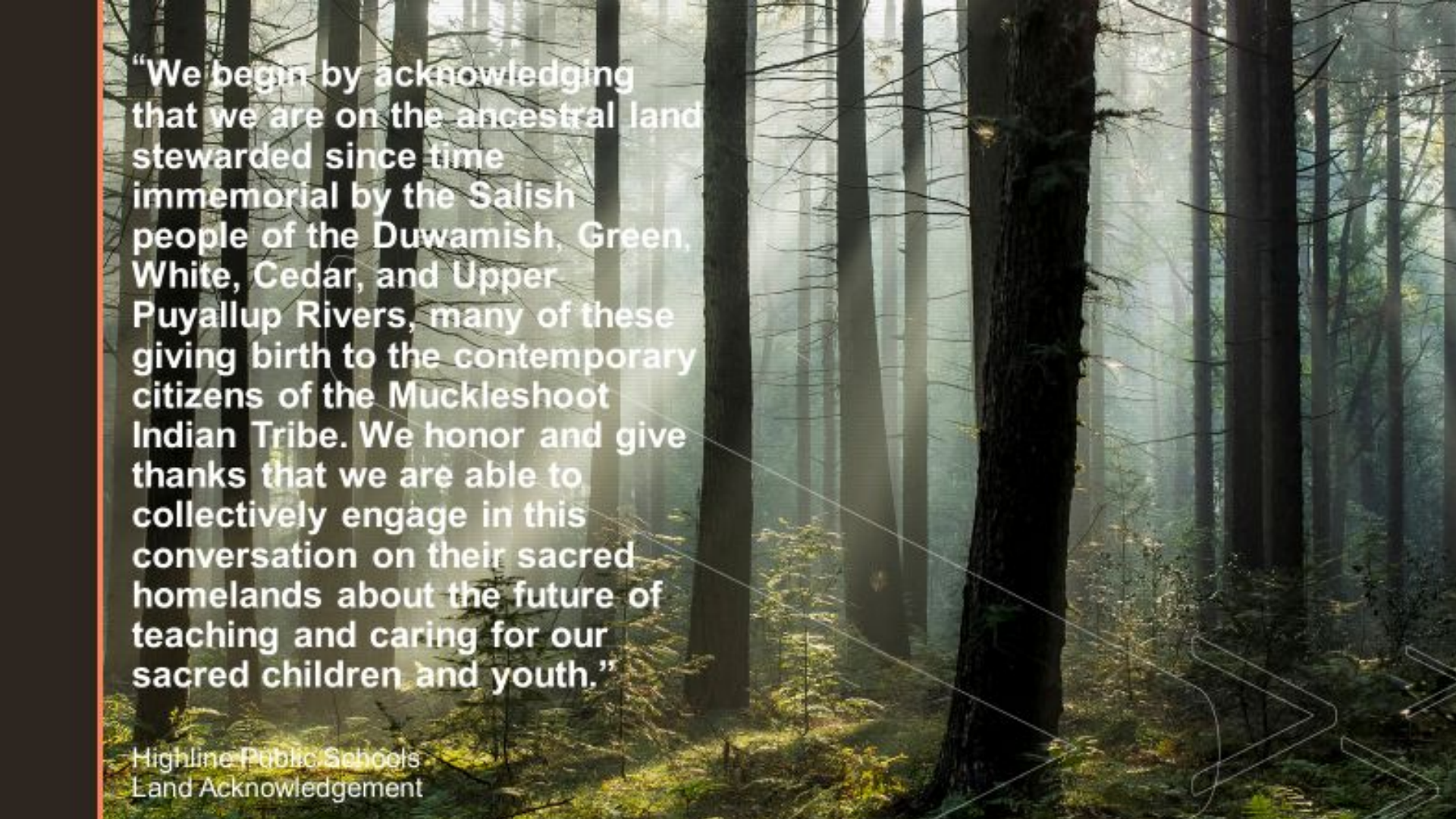
# **Family Night for Sexual Health Education**

Highline Public Schools  
March 15, 2023



# Our Promise

**Every student** in Highline Public Schools is known by **name, strength** and **need**, and graduates prepared for the **future they choose.**

A misty forest scene with tall, thin trees and sunlight filtering through the canopy. The text is overlaid on the left side of the image.

**"We begin by acknowledging that we are on the ancestral land stewarded since time immemorial by the Salish people of the Duwamish, Green, White, Cedar, and Upper Puyallup Rivers, many of these giving birth to the contemporary citizens of the Muckleshoot Indian Tribe. We honor and give thanks that we are able to collectively engage in this conversation on their sacred homelands about the future of teaching and caring for our sacred children and youth."**

Highline Public Schools  
Land Acknowledgement

# Agenda

**Dr. Laura Schneider**

Director of Secondary Instruction

**Derek Severson**

Health and PE Specialist

**Laurie Dils**

OSPI - Associate Director for  
Sexual Health Education

- Overview of sexual health education and state law
  - Purpose of sexual health education
  - Goals and overview of FLASH curriculum
  - Parents' Rights
  - Q & A
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# Questions?

- Write questions on a 3x5 card
- Place at the edge of your table
- We will address during Q&A at the end of the session

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# Overview of Sexual Health Education

We teach comprehensive sexual health education in alignment with **state law** (RCW 28A.300.475) and **district policy** (Policy 2125).

**FLASH** (Family Life and Sexual Health) is our curriculum that meets **state requirements for sexual health education**.

**FLASH** is taught in **grades 4-12**. No sexual health content is taught in grades K-3.

# Comprehensive Sexual Health Education

In grades 4-12, instruction must be consistent with [Health Education K-12 Learning Standards](#), must be inclusive, using language and strategies that recognize all members of protected classes, and must include age-appropriate, medically/scientifically, inclusive information about:

- The physiological, psychological, and sociological developmental process experienced by an individual
- The development of intrapersonal and interpersonal skills to communicate, respectfully and effectively, to reduce health risks and choose healthy behaviors and relationships based on mutual respect and affection, and free from violence, coercion, and intimidation
- Health care and prevention resources
- The development of meaningful relationships and avoidance of exploitative relationships
- Understanding the influences of family, peers, community and the media throughout life on healthy sexual relationships
- Affirmative consent and recognizing and responding safely and effectively when violence or a risk of violence is or may be present, with strategies that include bystander training

# Overview of Health Education in Highline

**Grades K-5:** Health is taught by the classroom teacher.

**Grades 6-8:** Health is integrated into other subjects (Physical Education, Science, Advisory)

**Grades 9-12:** Health is required for one semester (0.5 credits) as partial fulfillment of WA State graduation requirements.



# Health Education Core Topics in Highline

**\* aligned with Washington State Health Standards**

Wellness	Nutrition	Social Emotional Health	Safety	Sexual Health	Substance Use & Abuse
<ul style="list-style-type: none"><li>• Dimensions of Health</li><li>• Disease Prevention</li><li>• Analyzing Influences</li><li>• Access Valid Information</li><li>• Communication</li><li>• Decision-Making</li><li>• Goal-Setting</li></ul>	<ul style="list-style-type: none"><li>• Food Groups and Nutrients</li><li>• Beverages</li><li>• Label Literacy</li><li>• Caloric Intake and Expenditure</li><li>• Disease Prevention</li><li>• Nutritional Planning</li></ul>	<ul style="list-style-type: none"><li>• Self-Esteem</li><li>• Body Image</li><li>• Stress Management</li><li>• Expressing Emotions</li><li>• Harassment, Intimidation, and Bullying</li></ul>	<ul style="list-style-type: none"><li>• Injury</li><li>• First Aid</li><li>• Violence Prevention</li></ul>	<ul style="list-style-type: none"><li>• Anatomy, Reproduction, and Pregnancy</li><li>• Puberty and Development</li><li>• Self-Identity</li><li>• Prevention</li><li>• Healthy Relationships</li><li>• Washington State Laws</li></ul>	<ul style="list-style-type: none"><li>• Use and Abuse</li><li>• Effects</li><li>• Prevention</li><li>• Treatment</li><li>• Legal Consequences</li></ul>

**FLASH** (Family Life and Sexual Health) is the district curriculum for sexual health education, developed by King County Public Health.

# Why is Sexual Health Education Important?

According to the 2018 Healthy Youth Survey, **12.3% of 8th graders**, **18.9% of 10th graders**, and **25.2% of 12th graders** had been **forced** into kissing, sexual touch or intercourse when they did not want to.

Research shows comprehensive sexual health education is an important and **effective sexual abuse and violence prevention strategy**.

When students learn about and develop skills related to affirmative consent, they are more able to **set personal boundaries, to feel respected, and to respect the boundaries of others**.

# FLASH aligns with **state law** and **Highline policy**

- FLASH teaches content and skills that are developmentally appropriate across grade levels.
  - FLASH was developed in the 1980s and has been updated over time to be medically and factually up-to-date.
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# Goals of the FLASH Curriculum

FLASH is designed to support young people in making **healthy choices**:

- Abstaining from sex
- Using protection when they do have sex
- Seeking health care when they need it
- Communicating effectively with their families
- Respecting others' decisions not to have sex





# FLASH & Families

One goal of the FLASH curriculum is to **improve communication with families** about relationships and sexual health.

This includes optional family homework assignments so that students can have **short, focused conversations with family members** to learn more about the **values** and **expectations** of the important adults in their lives.



# What do students learn in FLASH?

\*FLASH is aligned to WA state learning standards for health



# Grades K-3

No sexual health content is taught in grades K-3.

Instruction focuses on life skills to help students understand their feelings, set goals, solve problems and get along with others (social emotional learning).

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# Grades 4-5

Comprehensive sexual health education occurs one time in these grades. HIV/AIDS prevention is taught annually.

- Self-Esteem & Decision-Making
  - Friendship & Gender Roles
  - Consent & Bystander Skills
  - Reporting Sexual Abuse
  - Reproductive System & Puberty
  - Pregnancy & HIV/AIDS
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# Grades 6-8

Comprehensive sexual health education is taught two times during these grades. HIV/AIDS prevention is taught annually.

- Reproductive System & Pregnancy
  - Sexual Orientation & Gender Identity
  - Rules of Dating & Saying No
  - Preventing STDs & HIV/AIDS
  - Condoms & Birth Control Methods
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# Grades 9-12

Comprehensive sexual health education occurs two times during high school.

- Climate Setting
- Reproductive System & Pregnancy
- Sexual Orientation & Gender Identity
- Undoing Gender Stereotypes
- Healthy Relationships
- Coercion & Consent
- Online Safety & Preventing Sexual Violence
- Abstinence & Birth Control Methods
- Condoms & Preventing Pregnancy, HIV & STDs
- Testing for HIV & other STDs
- Communication & Decision Making
- Improving School Health

# What Are My Rights as a Parent/Guardian?

Parents and guardians **must be notified by the school 30 days before planned instruction** and be able to review all instructional materials.

Parents **can opt their children out of some or all sexual health education instruction** (HIV / AIDS must be previewed first).

Waiver forms can be found on the Sexual Health Education page of district website.



**HIGHLINE**  
PUBLIC SCHOOLS

Waiver  
Sexual Health Education  
Curriculum & Instruction

## Student Participation in Sexual Health Education

According to state law and district policy, a parent or legal guardian may excuse their child from participating in any, or all, classes related to sex education after they have previewed the materials. If you do not want your child to participate, you must notify the school in writing.

Unless this form is completed and returned, we assume that you give your consent to allow your child to participate in HIV/AIDS and sexual health education.

Please submit one form per child.

My child may **not attend or participate** in

- a) \_\_\_\_\_ the HIV/AIDS prevention lessons only
- b) \_\_\_\_\_ all of the Family Life and Sexual Health Education lessons (FLASH)
- c) \_\_\_\_\_ only the specific lessons identified below (please identify which lessons)

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

Your child will be provided alternative educational experiences during the instructional times you have identified above.

# For More Information

Information about state and district policies, including information about the curriculum:

- Highline Website: [highlineschools.org/FLASH](https://highlineschools.org/FLASH)
- King County Public Health Website:  
[kingcounty.gov/health/flash](https://kingcounty.gov/health/flash)
- [Washington Office of Superintendent of Public Instruction:  
Sexual Health Education](#)

# Questions & Answers

