

INSTRUCTION

Sexual Health Education

All instruction and materials for the district's comprehensive sexual health education program will meet the following criteria as defined by RCW [28A.300.475](#):

1. Be medically and scientifically accurate;
2. Be age appropriate;
3. Be inclusive of all students regardless of their protected status;
4. Be consistent with the learning standards and benchmarks adopted by the Office of the Superintendent of Public Instruction (OSPI) and the January 2005 guidelines for sexual health information and disease prevention developed by the department of health and OSPI.

In grades K-3, instruction in social and emotional learning, provided at least once, that is consistent with the social and emotional standards and benchmarks adopted by OSPI.

Comprehensive sexual health education will be provided at least once in grades 4-5, at least twice in grades 6-8, at least twice in grades 9-12, and will include information about:

1. The physiological, psychological, and sociological developmental processes experienced by an individual;
2. Abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases (abstinence may not be taught to the exclusion of other materials and instruction on contraceptives and disease prevention);
3. Health care and prevention resources;
4. The development of interpersonal 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;
5. The development of meaningful relationships and avoidance of exploitative relationships;
6. Understanding the influences of family, peers, community and the media throughout life on healthy sexual relationships;
7. 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.

Definitions

1. Affirmative consent is a conscious and voluntary agreement to engage in sexual activity as a requirement before sexual activity.
2. Medically and scientifically accurate is defined in RCW [28A.300.475](#) as information that is verified or supported by research in compliance with scientific methods, is published in peer review journals where appropriate, and is recognized as accurate and objective by professional organizations and agencies with expertise in the field of sexual health including but not limited to, the American College of Obstetricians and Gynecologists,

the Washington State Department of Health (DOH) and the Federal Centers for Disease Control and Prevention.

Adoption of Sexual Health Education Program Materials

The district will involve parents and community groups in the planning, development, evaluation, and revision of any instruction in comprehensive sexual health education offered as a part of the school program.

The district must ensure that all instructional materials are medically and scientifically accurate.

In determining the curriculum, district staff may review OSPI's list of sexual health education curricula for alignment to guidelines, standards, and other state requirements. If district staff chooses or develops a curriculum that is not from OSPI's list, the district will conduct a review of the selected or developed curriculum to ensure compliance with RCW, using the comprehensive sexual health curriculum analysis tool of OSPI.

Guest Speakers

Guest speakers who are invited and approved to deliver any aspects of the comprehensive sexual health education program must use the instructional materials approved for district use by the Board of Directors.

Parental/Guardian Notification Process

At least one month prior to teaching a program in sexual health education, each school will provide written notice to parents/guardians of the planned instruction using the district provided notification.

Parent/Guardian Material Review Process

At least one month prior to providing instruction in sexual health education, the district will notify parents that all instructional materials are available to parents/guardians for inspection. The notice must include, or provide a means for electronic access to, all course materials, by grade, that will be used at the school during the instruction. The opportunity for inspection will be provided at a time and place convenient for parent/guardian participation.

Excluding Student from a Program/Opt-Out

A parent/guardian who wishes to have a student excused from planned instruction of comprehensive sexual health education must communicate verbally or in writing, either using personal correspondence or the district provided opt-out form, to the designated staff at each school. The district will grant all such requests. Excused students will be provided with appropriate alternative educational opportunities.

Identification of Curricula Used

The district will annually identify to OSPI any curricula used to provide comprehensive sexual health education and will describe how the provided classroom instruction aligns with requirements of RCW [28A.300.475](#).