

Family Night for Sexual Health Education

Highline Public Schools

March 25, 2024




Our Promise

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

LAND ACKNOWLEDGEMENT

“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.”



Agenda

Dr. Laura Schneider

Director of Secondary Instruction

Jill Gibson

Health and PE Specialist

- 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 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.

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).
- Sexual health is taught in **grades 4-12**. No sexual health content is taught in grades K-3.
- Instruction is **inclusive** and **respectful** of all protected classes, and uses **age-appropriate, medically accurate language**.

Why is Sexual Health Education Important?

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

According to the 2018 Healthy Youth Survey, the following percentage of students report being **forced** into kissing, sexual touch or intercourse when they did not want to:

- 12.3% of 8th graders
- 18.9% of 10th graders
- 25.2% of 12th graders

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**.

Sexual Health Education fosters **responsible relationship behaviors**.

Belonging and Future Readiness

Foster an environment where every student feels welcome, valued, and safe, and has the tools to prepare for the future they choose.



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

Teaches content and skills that are developmentally appropriate across grade levels.

Developed in the 1980s with updates over time to be medically and factually up-to-date.

Aligns with state law and Highline policy.

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.

Grades 4-5

Comprehensive sexual health education occurs at least 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
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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 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 Are My Rights as a Parent/Guardian?

The school will **notify families 30 days before planned instruction**. Families can review all instructional materials.

Parents and guardians **may waive their children out of some or all sexual health education instruction** (HIV / AIDS must be previewed first).

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



Waiver Form for
Sexual Health Education
Highline Public Schools

Waiver Form for 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 lessons related to HIV/AIDS and comprehensive sexual health education. In addition, any parent or legal guardian may review the HIV/AIDS and comprehensive sexual health education curriculum taught in their child's school by visiting highlineschools.org/FLASH.

If you do not want your child to participate in HIV/AIDS and sexual health education lessons, you must complete this form and submit it to your child's teacher. Please submit one form per child. This form should be submitted every school year as needed. Unless this form is completed and returned, we assume that you give your consent to allow your child to participate in HIV/AIDS and comprehensive sexual health education.

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

1. _____ the HIV/AIDS prevention lessons only
2. _____ all of the Family Life and Sexual Health Education lessons (FLASH)
3. _____ 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.

Please complete and sign the section below:

Name of Student: _____ Date: _____

School: _____ Grade: _____

Name of Student's Teacher: _____

Name of Parent/Guardian _____

Signature of Parent/Guardian: _____

Address: _____

City, State, ZIP: _____

Telephone Number: _____ Email: _____

For More Information

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

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



**Questions &
Answers**