



**Positive Prevention Plus
Upper Elementary Curriculum | 2023 Edition
Questions & Answers**

What is Comprehensive Sexual Health education?

- Comprehensive Sexual Health Education is an age-appropriate and medically accurate approach to teaching children and teens about their physical, emotional, and social development.
- It covers a range of topics, including understanding their bodies, forming healthy relationships, making informed decisions, and promoting respect for themselves and others.
- The goal is to equip students with the knowledge and skills they need to stay safe, make responsible choices, and build confidence as they grow.
- It is taught in a way that is respectful of family values and cultural beliefs.

Why are schools required to follow the Healthy Youth Act of 2016? What happens if they do not follow it?

- Schools in California are required to follow the Healthy Youth Act of 2016 because it is a state law mandating that comprehensive sexual health education and HIV prevention education be provided to students.
- The law ensures that instruction is medically accurate, age-appropriate, inclusive, and free from bias, equipping students with the knowledge and skills to make informed decisions about their health and well-being.
- If schools fail to comply with the Healthy Youth Act, they risk consequences such as legal challenges, loss of public trust, and potential oversight from the California Department of Education.
- Noncompliance may also deny students critical information and skills, leaving them unprepared to navigate important aspects of their health and relationships safely and responsibly.

Why does the California Health Framework for Public Schools specify that human growth and development classes should be taught in a co-educational environment?

- The California Health Framework for Public Schools specifies that human growth and development classes should be taught in a co-educational environment to promote inclusivity, mutual respect, and understanding among all students.
- Teaching in a co-educational setting helps students learn about the physical and emotional changes experienced by all genders, fostering empathy and reducing stigma or misconceptions.
- This approach prepares students to communicate respectfully and effectively with others, supporting the development of healthy relationships and a positive school culture.

What training is provided to fifth-grade teachers to prepare them to teach Positive Prevention Plus Upper Elementary?

Fifth-grade teachers attend a two-day, specialized training to effectively teach the Positive Prevention Plus Upper Elementary Curriculum. This training typically includes:

- **Curriculum Familiarization:** Teachers review the materials, lesson plans, and resources to understand the content and learning objectives.
- **Pedagogical Strategies:** Training emphasizes age-appropriate, inclusive, and sensitive approaches to teaching human growth and development topics.
- **Addressing Questions:** Teachers learn how to handle student questions in a way that is developmentally appropriate and aligned with the curriculum guidelines.
- **Cultural Competency and Inclusivity:** Training includes strategies for fostering a respectful and supportive classroom environment for all students.
- **Legal and Policy Requirements:** Teachers are educated on state laws, such as the Healthy Youth Act, and district policies regarding parent notification and student opt-out rights.

This comprehensive preparation ensures that teachers feel confident and equipped to deliver the curriculum effectively while supporting students' learning and well-being.

How can families access the teacher’s manual, slide decks, and appendices?

- As of January 15, 2025, the physical and digital Positive Prevention Plus Upper Elementary Curriculum is available for review at Jackson Academy of Math and Music, Los Paseos Elementary, P.A. Walsh STEAM Academy, San Martin/Gwinn Environmental Science Academy, and the MHUSD District Office.
- Additional physical and digital materials for review at Barrett Elementary, El Toro Health Science Academy, Nordstrom Elementary, and Paradise Valley Engineering Academy will be available soon.
- Positive Prevention Plus provides a general review of the Upper Elementary Curriculum on their [website](#). The complete materials provided are subject to copyright and not available to the public online.

How will fifth-grade parents/guardians be informed about Positive Prevention Plus Upper Elementary Curriculum and their right to opt out?

- Fifth-grade parents/guardians will be informed about the Positive Prevention Plus Upper Elementary Curriculum through clear and timely communication from the school or district.
- This will include ParentSquare messages, access to curriculum materials for review, and information sessions where parents can ask questions and learn more at each elementary and TK-8 school in March and April 2025.
- Parents/guardians will be notified of their right to opt their child out of participation in the curriculum, as required by law. This ensures that families are fully informed and can make decisions that align with their values and preferences.

Can parents opt their child out of individual Positive Prevention Plus lessons?

- The Positive Prevention Plus curriculum is designed as a comprehensive program where each lesson builds on the previous ones, ensuring students receive a complete understanding of the material. Opting out of individual lessons can lead to gaps in knowledge and make it difficult for students to fully engage with the program.
- Additionally, even if a student is excused from a specific lesson, there is no way to prevent their peers from bringing up the content as part of a subsequent lesson.

Why do fifth-grade students need to know the anatomical parts of female and male anatomy?

- Public schools are required to teach the [California Health Standards](#). Fifth-grade standard 1.2.G states that students will “Explain the structure, function, and major parts of the human reproductive system.”
- Fifth-grade students need to learn about the anatomical parts of female and male anatomy to help them understand their own bodies and the changes they may experience during puberty.
- This knowledge fosters a sense of confidence and reduces confusion or fear about natural developmental processes. It also empowers students to communicate effectively about their health, ask questions, and make informed decisions as they grow.
- Teaching this information in a factual and age-appropriate way sets the foundation for lifelong health and well-being.

What topics are addressed in the introduction and are recommended for parents to consider discussing with their children?

- The introduction includes a list of topics in addition to the topics covered in the eight lessons.
- These topics are referenced as “other topics of importance for parents and teachers to address with children approaching puberty.” These topics include:
 - sexuality as a part of the total self
 - more information on reproduction and pregnancy
 - the importance of values in decision-making
 - communication within the family unit about sexuality
 - masturbation
 - abstinence from sexual intercourse
 - avoiding and reporting sexual abuse
 - sexually transmitted diseases, including HIV/AIDS

What does the law say about lesbian, gay, bisexual, transgender, and queer (LGBTQ+) students, sexual orientation, and gender/gender identity?

- All instruction and materials in grades K-12 must be inclusive of LGBTQ students. Instruction shall affirmatively recognize that people have different sexual orientations and, when discussing or providing examples of relationships and couples, must be inclusive of same-sex relationships. (EC § 51933(d)(5).)
- It must also teach students about gender, gender expression, gender identity, and explore the harm of negative gender stereotypes. (EC § 51933(d)(6).) This means that schools must teach about sexual orientation and what being transgender means.
- The California Healthy Youth Act requires that sexual health education be appropriate for use with students of all genders and sexual orientations and clearly states that part of the intent of the law is “to encourage a pupil to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.” (EC § 51930.)
- The California Healthy Youth Act also prohibits sexual health education classes from promoting bias against anyone on the basis of any category protected by Education Code § 220, which includes actual or perceived gender and sexual orientation.

Are feelings of being attracted to the same gender addressed in Positive Prevention Plus Upper Elementary Curriculum?

- While the curriculum emphasizes respect for diversity and inclusion, it does not specifically address feelings of being attracted to the same gender.
- The Positive Prevention Plus Upper Elementary Curriculum is designed to provide age-appropriate and medically accurate information, focusing on topics like healthy relationships, personal safety, and making responsible choices.
- The curriculum primarily focuses on foundational knowledge and skills suitable for upper elementary students, fostering an environment of kindness and respect for all individuals.

Does the Positive Prevention Plus Upper Elementary Curriculum teach students about masturbation, homosexual feelings, oral and anal sex, or fisting?

- It does not include explicit discussions about topics like masturbation, homosexual feelings, oral or anal sex, or fisting.
- The Positive Prevention Plus Upper Elementary Curriculum is carefully designed to be age-appropriate and focuses on teaching students essential skills such as understanding healthy relationships, making responsible decisions, and preventing risky behaviors.
- The curriculum aligns with educational standards and is tailored to meet the developmental needs of upper elementary students in a way that is both respectful and supportive of family values.

Does the Positive Prevention Plus Upper Elementary Curriculum teach students about rape?

- No, the Positive Prevention Plus Upper Elementary Curriculum does not teach students about rape.
- The curriculum for upper elementary grades focuses on age-appropriate topics such as understanding personal boundaries, respecting others, identifying trusted adults for support, and developing skills for healthy relationships. It emphasizes safety and empowerment in ways that are suitable for younger students without introducing explicit or advanced topics like rape.