



## INSTRUCTION

### ADMINISTRATIVE REGULATION – **SEXUAL HEALTH AND HIV/AIDS** **PREVENTION INSTRUCTION**

AR 6142.1

#### **Definitions**

Comprehensive sexual health education means education regarding human development and sexuality, including education on pregnancy, contraception, and sexually transmitted infections. (Education Code 51931)

HIV prevention education means instruction on the nature of human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS), methods of transmission, strategies to reduce the risk of HIV infection, and social and public health issues related to HIV and AIDS. (Education Code 51931)

Age appropriate refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group. (Education Code 51931)

Medically accurate means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists. (Education Code 51931)

#### **General Criteria for Instruction and Materials**

The County Superintendent of Schools (County Superintendent) or designee shall ensure that the Santa Barbara County Education Office (SBCEO) county-operated programs' comprehensive sexual health and HIV prevention instruction and materials: (Education Code 51933)

1. Are age appropriate
2. Are medically accurate and objective
3. Align with and support the following purposes as specified in Education Code 51930:

- a. To provide students with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy
  - b. To provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family
  - c. To promote understanding of sexuality as a normal part of human development
  - d. To ensure students receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end
  - e. To provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors
4. Are appropriate for use with English learners, students with disabilities, and students of all races, genders, sexual orientations, and ethnic and cultural backgrounds
  5. Are available on an equal basis to a student who is an English learner, consistent with the existing curriculum and alternative options for an English learner as otherwise provided in the Education Code
  6. Are accessible to students with disabilities, including, but not limited to, the provision of a modified curriculum, materials, and instruction in alternative formats and auxiliary aids
  7. Do not reflect or promote bias against any person in protected categories of discrimination pursuant to Education Code 220
  8. Affirmatively recognize that people have different sexual orientations and, when discussing or providing examples of relationships and couples, shall be inclusive of same-sex relationships
  9. Teach students about gender, gender expression, and gender identity, and explore the harm of negative gender stereotypes
  10. Encourage students to communicate with their parents/guardians and other trusted adults about human sexuality and provide the knowledge and skills necessary to do so
  11. Teach the value of and prepare students to have and maintain committed relationships such as marriage

12. Provide students with the knowledge and skills they need to form healthy relationships that are based on mutual respect and affection and are free from violence, coercion, and intimidation
13. Provide students with knowledge and skills for making and implementing healthy decisions about sexuality, including negotiation and refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities
14. Do not teach or promote religious doctrine

### **Components of Sexual Health and HIV Prevention Education**

The SBCEO county-operated programs' comprehensive sexual health education and HIV prevention education for students in grades 7-12, in addition to complying with the criteria listed above in the section "General Criteria for Instruction and Materials," shall include all of the following: (Education Code 51934)

1. Information on the nature of HIV and other sexually transmitted infections and their effects on the human body
2. Information on the manner in which HIV and other sexually transmitted infections are and are not transmitted, including information on the relative risk of infection according to specific behaviors, including sexual behaviors and injection drug use
3. Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infections and that abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy

The instruction shall provide information about the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other sexually transmitted infections and pregnancy

4. Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually transmitted infections, including the use of antiretroviral medication, consistent with the Centers for Disease Control and Prevention
5. Information about the effectiveness and safety of reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing

6. Information about the treatment of HIV and other sexually transmitted infections, including how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others
7. Discussion about social views on HIV and AIDS, including addressing unfounded stereotypes and myths regarding HIV and AIDS and people living with HIV

This instruction shall emphasize that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and that testing is the only way to know if one is HIV-positive

8. Information about local resources, how to access local resources, and students' legal rights to access local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence
9. Information about the effectiveness and safety of FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception. Instruction on pregnancy shall include an objective discussion of all legally available pregnancy outcomes, including, but not limited to:
  - a. Parenting, adoption, and abortion
  - b. Information on the law on surrendering physical custody of a minor child 72 hours of age or younger, pursuant to Health and Safety Code 1255.7 and Penal Code 271.5
  - c. The importance of prenatal care
10. Information about sexual harassment, sexual assault, sexual abuse, and human trafficking, including:
  - a. Information on the prevalence and nature of human trafficking, strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance if there is a suspicion of trafficking
  - b. Information on how social media and mobile device applications are used for human trafficking
11. Information about adolescent relationship abuse and intimate partner violence, including the early warning signs of each

The SBCEO county-operated program's comprehensive sexual health education and HIV prevention education shall include instruction regarding the potential risks and

consequences of creating and sharing suggestive or sexually explicit materials through cell phones, social networking websites, computer networks, or other digital media. (Education Code 51934)

### **Professional Development**

The SBCEO county-operated program's comprehensive sexual health education and HIV prevention education shall be provided by instructors trained in the appropriate courses who are knowledgeable of the most recent medically accurate research on human sexuality, healthy relationships, pregnancy, and HIV and other sexually transmitted infections. (Education Code 51931, 51933, 51934)

The County Superintendent or designee shall cooperatively plan and conduct in-service training for all SBCEO personnel who provide HIV prevention education, through regional planning, joint powers agreements, or contract services. (Education Code 51935)

In developing and providing in-service training, the County Superintendent or designee shall cooperate and collaborate with the teachers who provide HIV prevention education and with the California Department of Education (CDE). (Education Code 51935)

The SBCEO county-operated programs shall periodically conduct in-service training to enable SBCEO personnel to learn new developments in the scientific understanding of HIV. In-service training shall be voluntary for personnel who have demonstrated expertise or received in-service training from the CDE or Centers for Disease Control and Prevention. (Education Code 51935)

The County Superintendent or designee may expand HIV in-service training to cover the topic of comprehensive sexual health education for SBCEO personnel teaching comprehensive sexual health education to learn new developments in the scientific understanding of sexual health. (Education Code 51935)

The County Superintendent or designee shall periodically provide continuing education that enables SBCEO personnel to learn about new developments in the understanding of abuse, including sexual abuse and human trafficking, and current prevention efforts and methods. Such education may include early identification of abuse, including sexual abuse, and human trafficking of students and minors. (Education Code 51950)

### **Use of Consultants or Guest Speakers**

The County Superintendent or designee may contract with outside consultants or guest speakers, including those who have developed multilingual curricula or curricula accessible to persons with disabilities, to deliver comprehensive sexual health and HIV prevention education or to provide training for SBCEO personnel. All outside consultants and guest speakers shall have expertise in comprehensive sexual health education and HIV prevention education and knowledge of the most recent medically

accurate research on the relevant topic(s) covered in the instruction. The County Superintendent or designee shall ensure that any instruction provided by an outside speaker or consultant complies with county board policy, administrative regulation, and Education Code 51930-51939. (Education Code 51933, 51934, 51936)

### **Parent/Guardian Notification**

At the beginning of each school year or at the time of a student's enrollment, the County Superintendent or designee shall notify parents/guardians about instruction in comprehensive sexual health education and HIV prevention education, as well as research on student health behaviors and risks, planned for the coming year. The notice shall advise parents/guardians: (Education Code 48980, 51938)

1. That written and audiovisual educational materials to be used in comprehensive sexual health and HIV prevention education are available for inspection
2. That parents/guardians have a right to excuse their child from comprehensive sexual health or HIV prevention education, or research on student health behaviors and risks, provided they submit their request in writing to the SBCEO
3. That parents/guardians have a right to request a copy of Education Code 51930-51939
4. Whether the comprehensive sexual health or HIV prevention education will be taught by SBCEO personnel or outside consultants and if the SBCEO chooses to use outside consultants or guest speakers for this purpose, the following information: (Education Code 51938)
  - The date of the instruction
  - The name of the organization or affiliation of each guest speaker
  - Information stating the right of the parent/guardian to request a copy of Education Code 51933, 51934, and 51938

If the arrangements for instruction by outside consultants or guest speakers are made after the beginning of the school year, the County Superintendent or designee shall notify parents/guardians by mail or another commonly used method of notification no fewer than 14 days before the instruction is given. (Education Code 51938)

### **Nonapplicability to Certain Instruction or Materials**

The requirements of Education Code 51930-51939 pertaining to instructional content, teacher training, and parental notification and consent shall not apply to the following: (Education Code 51932)

1. A description or illustration of human reproductive organs that may appear in a textbook, adopted pursuant to law, if the textbook does not include other elements of comprehensive sexual health education or HIV prevention education
2. Instruction or materials that discuss gender, gender identity, gender expression, sexual orientation, discrimination, harassment, bullying, intimidation, relationships, or family and do not discuss human reproductive organs and their functions

**Policy Reference Disclaimer:**

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the County Superintendent of Schools or designee to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

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| <p><b>Federal</b><br/>20 USC 1232h<br/>20 USC 7906</p>  | <p><b>Description</b><br/>Protection of student rights<br/>Sex education requirements and prohibited use of funds</p>  |
| <p><b>Management Resources</b><br/>California Department of Education<br/>Publication<br/>California Department of Education<br/>Publication<br/>CSBA Publication<br/><br/>Human Rights Campaign Foundation<br/>Publication<br/>Website<br/>Website<br/>Website<br/>Website<br/>Website<br/>Website<br/>Website<br/>Website</p> | <p><b>Description</b><br/>Health Framework for California Public Schools: Kindergarten through Grade 12, 2003<br/>Health Education Content Standards for California Public Schools, Kindergarten Through Grade 12, 2008<br/>Promoting Healthy Relationships for Adolescents: Board Policy Considerations, Governance Brief, August 2014<br/>California LGBTQ Youth Report, January 2019<br/><br/><a href="#">U.S. Food and Drug Administration</a><br/><a href="#">Human Rights Campaign</a><br/><a href="#">CSBA</a><br/><a href="#">Centers for Disease Control and Prevention</a><br/><a href="#">California Safe Schools Coalition</a><br/><a href="#">California Partnership to End Domestic Violence</a><br/><a href="#">California Healthy Kids Resource Center</a><br/><a href="#">California Department of Public Health</a><br/><a href="#">California Department of Education, Sex Education and HIV/AIDS/STD Instruction</a></p> |
| <p><b>State</b><br/>Ed. Code 220<br/>Ed. Code 33544<br/><br/>Ed. Code 48980<br/>Ed. Code 49381<br/>Ed. Code 51202<br/>Ed. Code 51210.8<br/>Ed. Code 51225.36<br/><br/>Ed. Code 51240<br/>Ed. Code 51513<br/><br/>Ed. Code 51930-51939</p>   | <p><b>Description</b><br/>Prohibition of discrimination<br/>Inclusion of sexual harassment and violence in health curriculum framework<br/>Parent/Guardian notifications<br/>Human trafficking prevention resources<br/>Instruction in personal and public health and safety<br/>Health education curriculum<br/>Instruction in sexual harassment and violence; districts that require health education for graduation<br/>Excuse from instruction due to religious beliefs<br/>Test, questionnaire, survey, or examination containing questions about beliefs or practices<br/>California Healthy Youth Act</p>   |

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| Ed. Code 51950  | Abuse, sexual abuse, and human trafficking prevention education |
| Ed. Code 67386  | Student safety; affirmative consent standard                    |
| H&S Code 1255.7 | Parents surrendering physical custody of a baby                 |
| Pen. Code 243.4 | Sexual battery  |
| Pen. Code 261.5 | Unlawful sexual intercourse                                     |
| Pen. Code 271.5 | Parents voluntarily surrendering custody of a baby              |

APPROVED BY COUNTY SUPERINTENDENT:  
REVISED:

September 15, 2017  
December 13, 2024