Northville Public Schools
Reproductive Health Report

August 2018

Background Information

In keeping with Michigan law (MCL #380.1507), school districts are required to evaluate, measure and report to school parents every two years the district's program goals and objectives as they relate to reproductive health instruction. The following is the Northville Public Schools evaluation report for 2016-2018. It includes instructional goals for all levels and culminates with assessment information at each level (elementary, middle, and high school).

Michigan Public Acts 165 and 166 outline the planning, training, and implementation mandates related to HIV/AIDS and sex education for students (PA 165 of 2004), along with a parent complaint process PA 166 of 2004). These acts also stipulate the make-up of each district's Sex Education Advisory Board, as well as its roles and responsibilities. Northville Public Schools refers to this board as the "**Health Advisory Board."**

Public Acts 165 and 166 also stipulate that school districts are required to teach about dangerous communicable diseases, including but not limited to, HIV/AIDS. §380.1169 HIV/AIDS education must be offered at least once a year at every educational level (elementary, middle/junior, senior high) and each person who teaches K-12 pupils about HIV/AIDS must have received training in HIV and AIDS education for young people. §380.1169. Northville Public Schools offers health education – including reproductive health instruction – in grades 4 and 5 for elementary-aged students; and for middle and high school students through Health/Physical Education courses.

Health Advisory Board Composition

Every district that chooses to provide sex education must have a Sex Education/Health Advisory Board which periodically reviews materials and methods, and makes recommendations to the district regarding changes to the curriculum. The advisory board is established by the school district and includes parents, educators, local clergy, and community health professionals.

The 2016-18 Northville Public Schools Health Advisory Board is comprised of 18 voting members, including nine parents. Advisory Board members include two co-chairpersons (one a school parent and the other the district's Director of Instructional Programs and Service). Health Advisory Board is also comprised of teachers and administrators from each educational level, community members, parents, health professionals, and secondary students.

Notification of Parents and Parent Involvement

Parents receive written notification in advance of any lessons taught regarding reproductive health and/or HIV/sexually transmitted infections (STI), and participation in these lessons is by written parent permission only. Along with this notification, parents also have the opportunity to review the curriculum and materials used prior to the lesson.

At each level, parents are encouraged to preview the approved curriculum and materials, in order to make an informed decision about their student's participation in reproductive health lessons. Being aware of the curriculum and materials presented at school can also help to facilitate the critical conversations parents may want to have with their children in the home environment. In addition, throughout the lessons, students are encouraged to talk to their parents about relationships and to ask questions, through structured assignments, that help facilitate parent-child communication. Working together, schools and families can equip students with the information and skills they need to develop healthy habits and avoid health risks. Minutes of all Northville Public Schools Health Advisory Board meetings are available for review by district shareholders on the district website.

Participation Rates

At the elementary level, less than 1% of parents choose not to have their children participate in (opt-out of) the reproductive health and/or HIV/STI lessons and in some of our elementary schools, 100% of the children participate.

At the district's two middle schools, less than 1% of parents choose to opt their children out of these lessons at Hillside Middle School, while at Meads Mill Middle School the number of opt-outs ranges from less than 1 % to 1.5%, due to religious and cultural reasons.

At Northville High School, 17 sections of the Health Abstinence-Based (AB) class and one section of the Abstinence-Only (AO) class were offered during the 2016-17 school year. The percentage of parents choosing to have their student participate in all of lessons in the Health-Abstinence Based class was almost 100%, with less than 1% of parents opting their children out of some or all of the eight lessons. There were 27 total students enrolled in the Abstinence-Only course.

During the 2017-18 school year, 17 sections of the Health Abstinence-Based class and 1 section of Abstinence-Only class were offered. Of the students enrolled in Abstinence-Based, less than 1% of parents chose to opt their children out of some or all of the eight lessons. There were 36 total students enrolled in the Abstinence-Only course.

Goals, Objectives, and Curricula

The following goals and objectives for the Northville Public Schools' K-12 instruction in HIV/AIDS, reproductive health, and sex education are aligned with state laws; the State Board of Education *Policy to Promote Health and Prevent Disease and Pregnancy* (2003); and the *Grade Level Content Expectations;* as well as the *Michigan Merit Curriculum Credit Guidelines for Health Education*, adopted by the Michigan Board of Education (2007). The curriculum and materials selected for the Sexuality Education and HIV/STI prevention lessons were approved by the district's Health Advisory Board, District Curriculum Council, and the Northville Board of Education.

Goal:
To equip students with the knowledge and skills to develop healthy relationships and to avoid sexual behaviors that put them at risk for HIV, STDs, and unintended pregnancy.

Objectives:
At the end of the K-12 HIV/STI and reproductive health program of instruction, students will be able to:

- Analyze characteristics of healthy and unhealthy relationships.
- Evaluate positive and negative influences on sexual decisions.
- Understand that abstinence is the only 100% effective, emotionally and physically safe method for teens.

- Understand that engaging in sexual activity as a teen is detrimental – emotionally, physically and economically.
- Evaluate the possible emotional, physical, and legal consequences of teen pregnancy, teen parenting, HIV or other sexually transmitted infections on personal lifestyle, goal achievement, friends and family members.
- Apply strategies, including refusal and assertiveness skills to avoid, manage and escape situations that are high risk for pregnancy, HIV, and/or other sexually transmitted infections.
- Communicate with parents and other trusted adults regarding relationships, reproductive health, and sexual decisions.

Elementary Curricula:

Students learn about HIV/AIDS in grade 5, and changes in their bodies associated with puberty in grades 4 and 5.

- Grade 4 (females only; one class period):
    - Learn specific information regarding menstruation and that what is the "normal" age of onset for one individual may be different for another
    - Be aware that with sexual maturity comes physical and emotional changes
    - Know the importance of personal hygiene during these changes
- Grade 5 (both genders; one class period):
    - Puberty brings many important changes
    - Once completed, these changes will create a unique identity as an adult
    - Learning to accept these changes as "normal" will foster an acceptance of self

Middle School Curricula:

As part of the lessons taught during the school day, students are encouraged to continue the discussion with their parents at home. This is particularly true of the first and last lessons at each of the middle school grade levels.

- Grade 6 (both genders; four class periods):
  During puberty, my physical and emotional life changes. I need to identify and deepen my understanding about those changes and the fact that although I am changing, the constant is still ME. I need to understand that:
    - I am the expert on me
    - I have the right to stand up for myself
    - Only people who respect me deserve to have a place in my life
- Grade 7 (both genders; four class periods):
  I need to take care of myself. I need to maintain healthy relationships and avoid risky situations. If I find myself in a risky situation, I can still be me and stand up for myself. I also need to understand that the results of risky situations might include exposure to HIV/AIDS.
- Grade 8 (both genders; four class periods):
  I need to make decisions that reflect self-care and maximize future growth and success. Valuing these principles will help me maintain relationships based on respect and companionship instead of sexual activity. Looking ahead to high school, what challenges or red flags am I concerned about?

High School Curricula:

A May, 2006 EPIC-MRA survey of Northville parents suggested that approximately 76% of Northville parents prefer an *abstinence-based* approach to health education; about 12% of Northville parents prefer an *abstinence-only* approach; and about 8% of Northville parents prefer that sexuality education not be taught in school at all.

In recognition of the different perspectives our families have regarding this component of the curriculum, Northville Public Schools provides a number of options, in addition to a choice between an *abstinence-based* and *abstinence-only* courses, at the high school level.

In both health course options offered at the high school level, parents may choose to have their students participate in all, a portion of, or none of the lessons involving human sexuality. Those who choose not to have their student participate in one or more class periods have the choice of a replacement assignments/experiences (i.e. choice of health topics for deeper study, submission of an alternate topic/experience for approval, materials to review at home.)

The Northville Public Schools human sexuality education and HIV/STI prevention components of the two high school health courses consist of eight (87 minute) class periods. The content is based on selected lessons from the program *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention, A Module for Grades 9-12,* which was developed by the Michigan Department of Education and Michigan Department of Community Health with modifications/additions and notations made through the school district's Health Advisory Board process.

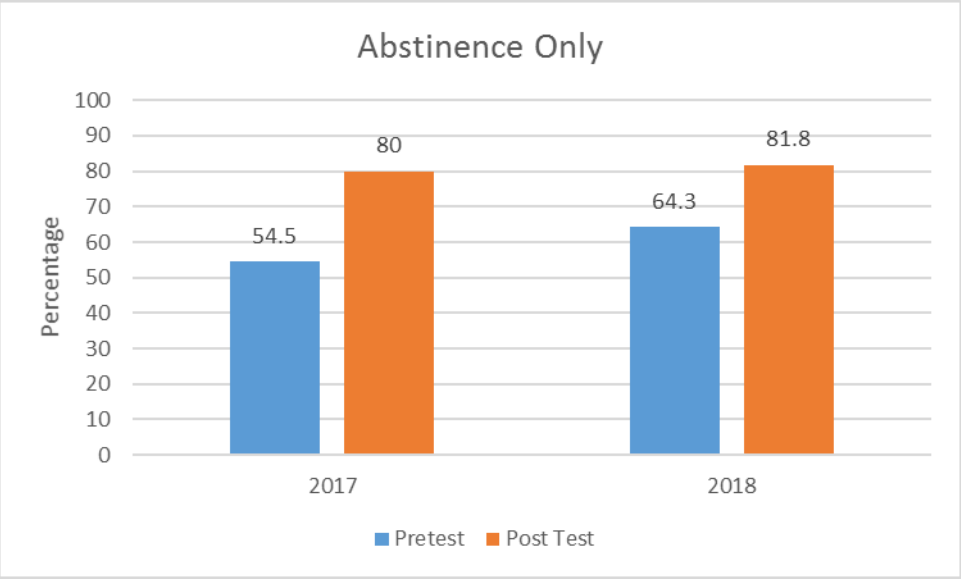
In the *abstinence-based* health course, the curriculum focuses on abstinence as the only 100% physically, emotionally, and economically safe and healthy choice for teens, and teaches about risk reduction strategies for when individuals become sexually active later in life. In the *abstinence-only* course, the curriculum focuses on abstinence as the only 100% physically, emotionally, and economically safe and healthy choice for teens, without teaching risk reduction strategies.

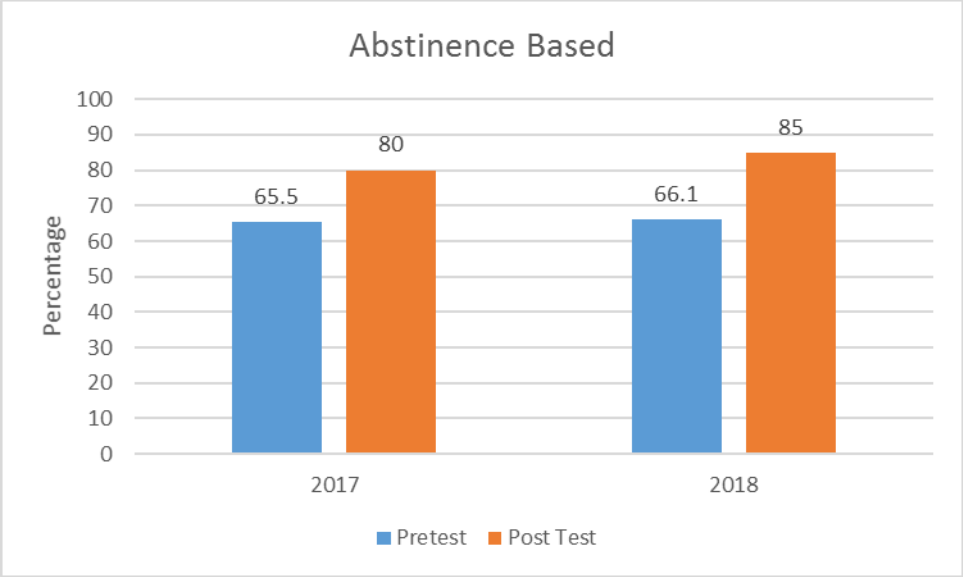
Assessment of High School Student Progress

The pre- and post-assessment for high school students was developed using items aligned with the Michigan Merit Curriculum content standards for health, and is primarily drawn from the Chief Council of State School Officers (CCSSO) sponsored State Collaborative on Assessment and Student Standards (SCASS) searchable database called HEAP (Health Education Assessment Program). This searchable database allows the selection of individual items based on the content area (based on health education content areas), skill (based on National Health Education Standards), and grade level (elementary, middle, and high school). The database contains more than 1,500 test items that were piloted using a national sample.

Items selected from the database were based on correlation to the concepts and skills taught in the district approved curricula. The assessment includes 70 test items which are used for both the pre- and post-test, and was administered in all Health classes during the 2016-17 and 2017-18 school years. There were 17 classes of Health-Abstinence Based (AB) classes offered during the 2016-17 school year and one class of Health Abstinence Only (AO). The same number of sections were offered during the 2017-18 school year based on student course requests.

Students took the pre-test in their classroom prior to the beginning of instruction. The post-test was administered after the conclusion of instruction. The district results of the pre- and post-tests are:



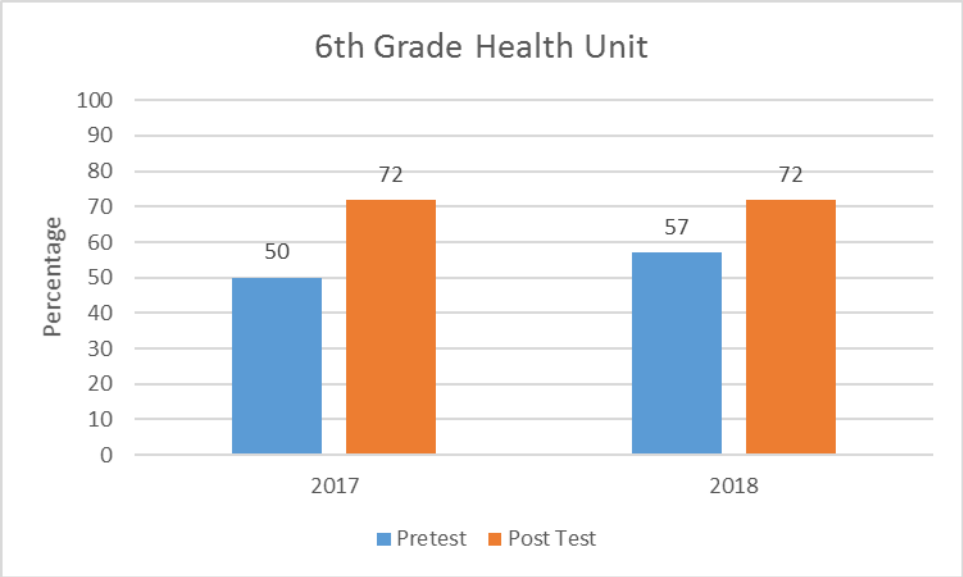


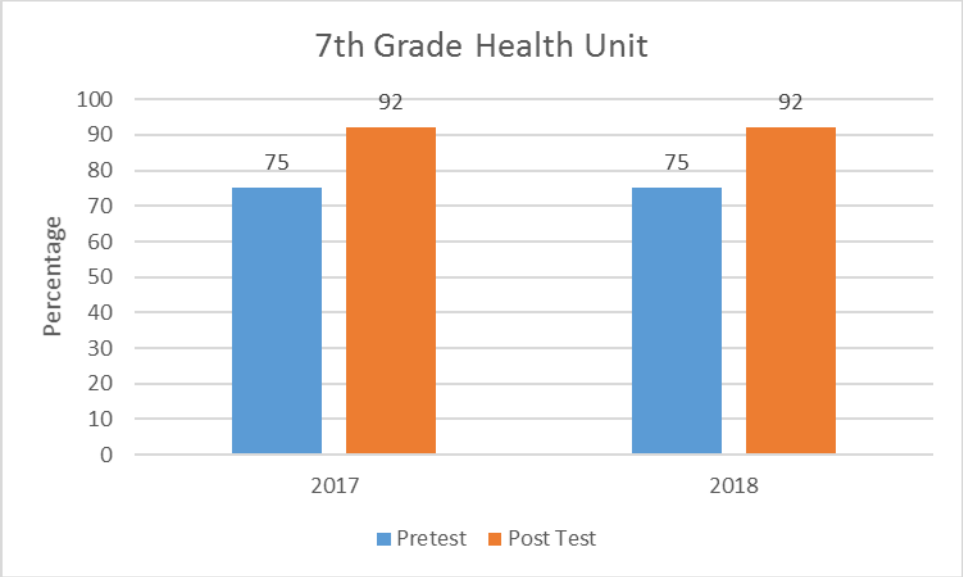
Overall, the pre- and post-tests indicate that students made significant progress in demonstrating proficiency in the health content standards. As with all test data, teachers analyze the results, together with student feedback, to adjust lessons and improve instructional delivery.

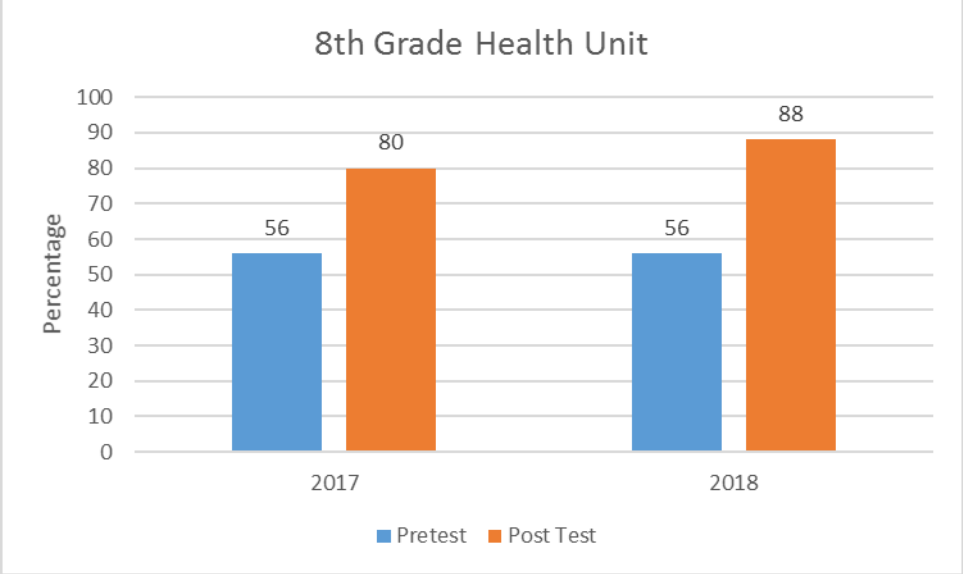
In addition to the pre- and post-assessment, students reflect on their learning throughout the unit of study. Students report in their writing that the conversations they have with their parents or other trusted adults are meaningful to them when it comes to making better decisions about sexual health. Likewise, student reflections suggest that the guided classroom discussions and activities also yield powerful results about positive sexual decision making.

Assessment of Middle School Student Progress

Middle school students begin the health class by taking a pre-assessment aligned to the health standards. After instruction concluded, the students all completed a post assessment over health content. These assessments were created in the spring of 2016 for implementation during the 2016-17 school year. The district results of the pre- and post-tests are as follows:

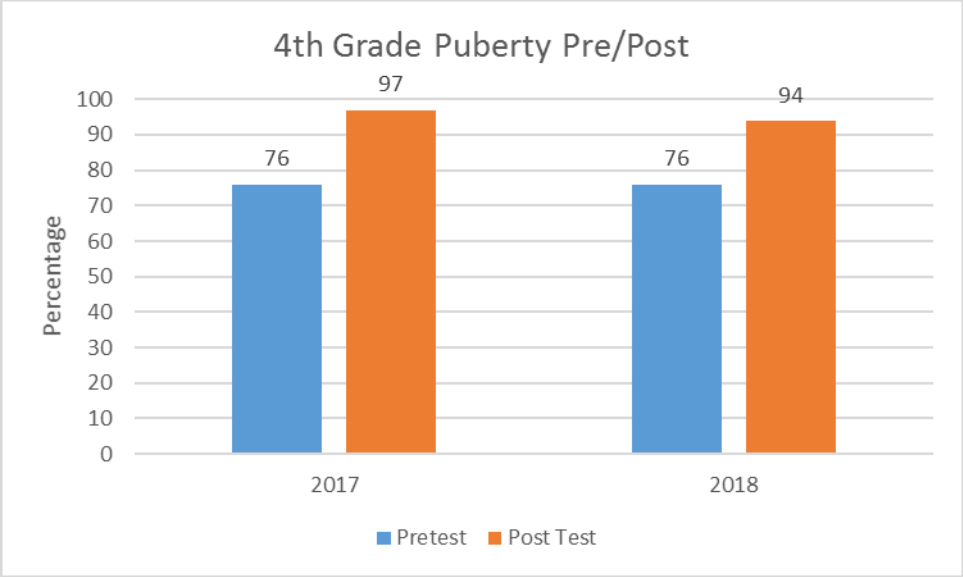




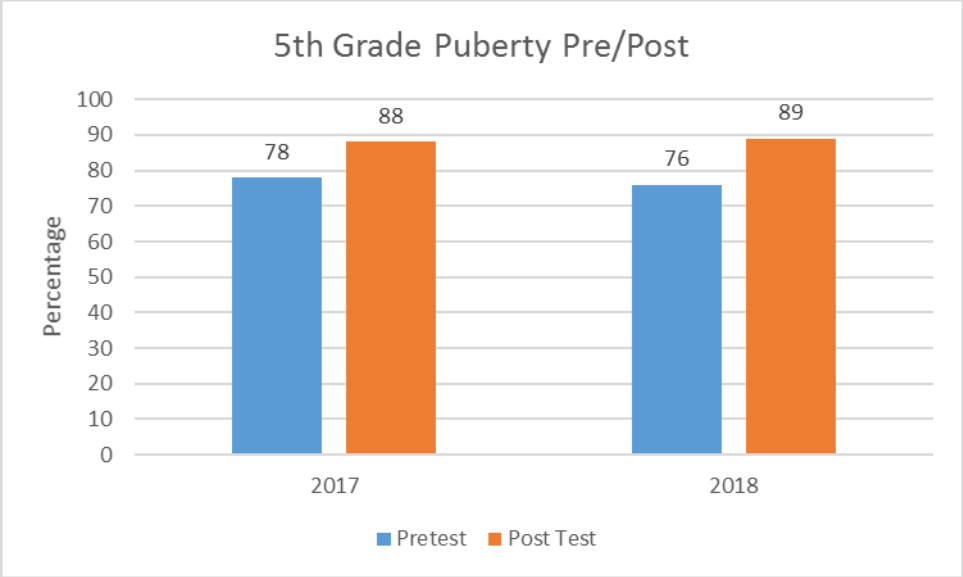


Assessment of Elementary School Student Progress

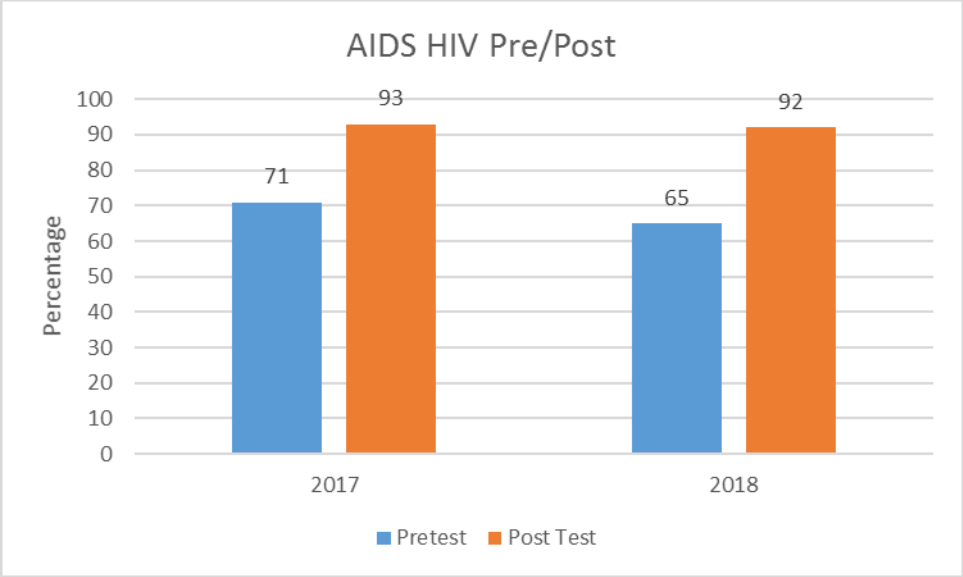
During the 2015-16 school year, the Health Advisory Board reviewed and recommended a new instructional DVD for the 4th grade reproductive health lesson for female students. The Northville Board of Education hosted two public hearings, along with opportunities for school parents and community members to review the DVD before subsequently approving the video for use in the 4th grade curriculum. Entitled *Just Around the Corner for Girls,* the updated video effectively covers the State of Michigan Health Standards. A pre- and post-assessment for the video was developed and implemented during the 2016-17 school year. The district results of the pre- and post-tests are as follows:



No changes were made to the 5th grade curriculum and video. *My Changing Life: The Complete Guide to Puberty* is the district-approved DVD, which continues to be show to 5th grade boys and girls. Pre- and post-assessment data from our 5th grade student sample is graphed below:



In the 2016-17 school year, the Health Advisory Board previewed a new video "Aids: Facts for Kids" and curriculum to provide HIV and communicable disease education to 5th grade students. The Northville Board of Education hosted two public hearings, along with opportunities for school parents and community members to review the DVD. This video replaced *Camp Itsamongus* (copyright, 1992), which was previously used as an instructional tool for these standards. The Physical Education Team met during the 2016-17 school year and created the new unit and common assessments for grade five. Pre- and post-assessment data from our 5th grade student sample is graphed below:



Conclusion

This summary report for 2016-2018 evaluates, measures and documents the goals and objectives related to reproductive health instruction at Northville Public Schools in accordance with Michigan law (MCL #380.1507). Northville Public Schools has established a Health Advisory Board comprised of parents, student(s), educators, local clergy and community health professionals. This board continues to review materials and methods and make recommendations to the Board of Education for final consideration.

Northville Public Schools' HIV/AIDS reproductive health and sex education instruction aligns with state laws and is focused on the objectives as outlined in this report. The high school Health curricula allows students and parents to have choices. They may select either the abstinence-based or abstinence–only approach. Further, they may choose to have their student(s) participate in all, a portion of, or none of the lessons involving human sexuality. Alternative assignments are available for those students who do not participate in a lesson(s).

The thoughtful work of the entire Health Advisory Board, with meaningful opportunities for community input and the involvement of teachers in the curriculum development, alignment, assessment, and review process is greatly appreciated. As a result of this work, students have the opportunity to participate in the health education offerings that address individual student needs and parent and family perspectives.

Copies of this report and the health curriculum standards are available on the Northville Public Schools website at www.northvilleschools.org at the following links: Health Advisory Board and Health Education. Northville Public Schools also completes the Michigan Profile for Healthy Youth (MiPHY) every other year for students in grades 7, 9, and 11. A copy of the 2018 pamphlet can also be found on the Northville School's Health Education website linked above.