



THE CALIFORNIA HEALTHY YOUTH ACT – EDUCATION CODE §§ 51930-51939

Comprehensive Sexual Health and HIV Prevention Education Grade 7 and 8 “Opt-Out” Passive Permission Slip

California state law and the California Healthy Youth Act requires that comprehensive sexual health education and HIV prevention education be provided to students at least once in middle school, starting in 7th grade. Unless you choose to opt out of this instruction, your child will receive comprehensive sexual health education and HIV prevention during the months of May and/or June 2026. To opt-out of this instruction, parents/guardians must request in writing that their child not participate in the instruction. If the parent/guardian does not request in writing that the child be withheld, the child will attend the instruction (EC § 51938[a]). However, as stated in Education Code 51932(b), the opt-out provision of the California Healthy Youth Act does not apply to instruction or materials outside the context of comprehensive sexual health education. All curriculum is available for preview at <https://www.cajonvalley.net/Page/18037>

If you would like to opt-out your child from comprehensive sexual health and HIV prevention education please write a short letter or send an email to your school principal.

Educational Services

Cajon Valley Union School District

750 E. Main St.

El Cajon, CA 92020

(619) 588-3021

Below are the lesson titles and descriptions that are included in the Sexual Health Curriculum:

Lesson Title	Lesson Description
Setting the Right Environment	Establishing shared agreements for learning about sexual health
Healthy Relationships	Understanding how to have safe, respectful, and responsible relationships now and in the future
Consent and Boundaries	Understanding how consent and boundaries are an important part of healthy relationships
Changing Bodies and Relationships	Knowing the physical, emotional, and social changes during adolescence and puberty
The Parts of the Human Reproductive System	Understanding the anatomy of the human reproductive system
How the Reproductive System Works	Understanding how all the parts of the system work together

Decision-Making, Choices, and Body Image	Understanding how to be positive and informed about ourselves and others
Pregnancy	Understanding the role of pregnancy in human reproduction
Preventing an Unplanned Pregnancy	Understanding how to prevent an unplanned pregnancy and to make healthy choices
Sexually Transmitted Infections (STIs)	Understanding sexually transmitted infections and how they are spread
Preventing STIs	Understanding how to make healthy choices to prevent STIs
Goal Setting	Making plans for now and for your future