



STATE OF HAWAII
DEPARTMENT OF EDUCATION
P.O. BOX 2360
HONOLULU, HAWAII 96804

OFFICE OF CURRICULUM, INSTRUCTION AND STUDENT SUPPORT

August 8, 2017

TO: Complex Area Superintendents, Intermediate/Middle School Principals, High School Principals, and Health Teachers

FROM: C. Suzanne Mulcahy *C. Suzanne Mulcahy*
Assistant Superintendent

SUBJECT: **Sexual Health Education Policy 103-5**

This memo serves as a reminder to intermediate/middle and high schools about the Sexual Health Education Policy 103-5 (Attachment A) and its guidelines and requirements. (Reference memo from C. Suzanne Mulcahy dated July 20, 2015.)

Approved curricula and website posting requirement: Schools shall use an approved sexual health education curriculum. All schools shall post a general overview description of their selected curriculum on their school's website. It is recommended that schools send a letter, convene a parents' night or use other means of communication to inform parents of the specific curriculum with description prior to the start of instruction. See Attachment B for curriculum overview descriptions.

Community resources: All schools shall post available community resources on their website and/or disseminate lists to students. See Attachment C for a sample of community resources. This list is not exhaustive as some schools may have resources unique to their community or geographic area.

Opt-out: A parent/legal guardian must provide a written request prior to instruction. A student's grade will not be negatively affected. However, a student will be required to complete an alternative assignment that relates to the class and is consistent with assignments required of all students in the class. See Attachment D for a sample opt-out form and letter.

More information about approved curricula and links to curriculum overview descriptions may be found on the DOE Intranet, <https://intranet.hawaiipublicschools.org/>, by searching for "Health," or on the DOE website, www.hawaiipublicschools.org, by searching for "Sexual Health Education."

Should there be any questions, please contact Ms. Monica Mann, Director of the Instructional Support Branch, at 305-9700 or via Lotus Notes.

CSM:lh
Attachments

c: Superintendent
Assistant Superintendents
Superintendent's Office Directors

POLICY 103-5 SEXUAL HEALTH EDUCATION

In order to help students make decisions that promote healthy behaviors, the Department of Education shall provide sexual health education to include age appropriate, medically accurate, health education that: (1) Includes education on abstinence, contraception, and methods of infection prevention to prevent unintended pregnancy and sexually transmitted infection, including human immunodeficiency virus; (2) Helps students develop relationships and communication skills to form healthy relationships that are based on mutual respect and affection and are free from violence, coercion and intimidation; (3) Helps students develop skills in critical thinking, problem solving, decision making and stress management to make healthy decisions about sexuality and relationships; (4) Encourages student to communicate with their parents, guardians and/or other trusted adults about sexuality; and (5) Informs students of available community resources. Instruction will emphasize that abstention from sexual intercourse is the surest way to prevent unintended pregnancies, sexually transmitted infections such as HIV/AIDS, and consequent emotional distress.

A description of the curriculum utilized by the school shall be made available to parents and shall be posted on the school's website prior to the start of any instruction. A student shall be excused from sexual health instruction only upon the prior written request of the student's parent or legal guardian. A student may not be subject to disciplinary action, academic penalty or other sanction if the student's parent or legal guardian makes such written request.

[Approved: 6/16/2015 (as Board Policy 103.5); amended: 06/21/2016 (renumbered as Board Policy 103-5)]

Former policy 2110 history: approved: 9/1995

General Descriptions

Draw the Line, Respect the Line

Grades: 6-8

www.etr.org

Draw the Line/Respect the Line is a three-year, school-based sex education program for sixth, seventh, and eighth grade students. It was evaluated in three school districts in urban Northern California between 1997 and 1999. This program was primarily designed to help young adolescents postpone having sex. Increasing condom use was a secondary goal. The program uses a 19-session curriculum that teaches youth how to establish and maintain limits regarding sexual behavior.

Three curriculum guides are available for purchase - one each for grades six, seven, and eight. The program was designed to be taught over multiple years (grades six, seven and eight).

Family Life and Sexual Health (F.L.A.S.H.)

Grade: 5-6

www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx

The Seattle and King County Department, State of Washington developed this curriculum. The *F.L.A.S.H* curriculum is unique in several ways:

- Addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles.
- Spans the school-age years (grades 5th-12th and secondary special education).
- Embraces an abstinence-based approach, as well as information related to the prevention of pregnancy, HIV and other sexually transmitted diseases.
- Rests on a foundation of positive and healthy sexuality across the lifespan.
- Focuses on the needs of public schools and diverse communities.
- Ensures discussion about the wide spectrum of beliefs on sensitive issues.
- Values family involvement.

The *F.L.A.S.H* curriculum, like most of the sexual health curricula that have been proven effective, is grounded in Social Learning Theory. It is designed to encourage people to make healthy choices: abstain longer, use protection if they do have sex, seek healthcare when they need it, communicate effectively with their families and with their partners and health care providers, seek help for sexual abuse, treat others with respect (not harass or exploit them), and stand up to harassment and exploitation.

HealthTeacher.com

Grades: K-12

www.healthteacher.com

HealthTeacher.com is developed by HealthTeacher, Inc. *HealthTeacher.com* is an online resource of health education tools including lessons, interactive presentations and additional resources to integrate health into any grade K-12. *HealthTeacher.com* provides students in grades K-12 with the knowledge and skills needed to overcome two serious threats to good health: a lack of physical activity and a void of health literacy. The research-based games, apps, and educational resources are designed to engage students and to provide data to measure and quantify their impact. *HealthTeacher.com's* K-5 products also work in tandem with two important sets of education standards: the National Health Education Standards (NHES) and the Common Core State Standards, which have been adopted by 45 states.

Making a Difference

Grades: 6-8

www.etr.org

Making a Difference! was developed by Ph.D.s Loretta and John Jermott, III and Konstance McCaffree and is distributed by Select Media.

Making A Difference!: An Abstinence Approach to Prevention of STDs, HIV and Teen Pregnancy is an eight-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth. *Making A Difference!* is an adaptation and extension of the original *Be Proud! Be Responsible!* curriculum in that it integrates STD, HIV and pregnancy prevention.

The goal of *Making A Difference!* is to empower young adolescents to change their behavior in ways that will reduce their risk of pregnancy and HIV or other STD infection. Specifically, this curriculum emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate the risk for pregnancy and STDs, including HIV.

Pono Choices: A Culturally Responsive Teen Pregnancy and STI Prevention Program

Grades: 6-8

<http://www.cds.hawaii.edu/ponochoices>

The *Pono Choices* curriculum is funded through a federal Office of Adolescent Health grant awarded to the University of Hawaii (UH) at Manoa Center on Disability Studies. The overarching goal of *Pono Choices* will be to reduce the number of teenage pregnancies and incidences of sexually transmitted infections (STIs); increase positive bonding in the school and community; increase sense of self-identity and self-efficacy; and improve expectations for the future. The project was designed to develop, implement, and study the impact of a first-of-its-kind teen pregnancy and STI prevention curriculum developed exclusively for youth in Hawaii.

The curriculum was developed through a collaborative workgroup process and reviewed by the federal Office of Adolescent Health for medical accuracy. UH applied to the DOE for approval to pilot the curriculum in Hawaii schools to inform the study. Following review of the curriculum, the DOE approved participation in the study as part of a randomized controlled trial. The study ran from 2012-2015 with teachers that were trained by the developers to implement the curriculum with fidelity. External evaluator Berkeley Policy Associates (BPA) is conducting the study's impact analysis examining the impact of the *Pono Choices* program on initiating sexual activity and avoiding unprotected sexual intercourse.

It is a scripted 10 module, 9.5 hour curriculum that provides middle school youth with the knowledge and skills necessary to reduce their risk of unintended pregnancy and STIs by providing medically accurate information within a Native Hawaiian place-based framework. Topics include: effective communication skills, refusing unwanted sexual pressure, information on how STIs are transmitted, and recognizing healthy and unhealthy relationships.

Positive Prevention

Grades: 6-8 (Level A), 9-12 (Level B), 7-12 (Special Populations)

<http://www.positiveprevention.com>

This curriculum is the district-adopted and required STD/HIV Curriculum to meet the requirements of the California (CA) education code on HIV prevention-education. It is a required district adopted curriculum for the Los Angeles Unified School District. It is research and evidence based. A health teacher must go through a one-day skill-based training (eight hours) to receive and teach the curriculum with fidelity. This curriculum must be used with a sexual health supplement to meet the CA Education Code.

Lesson Topics: Exploring Friendships and Other Relationships; Preventing Unplanned Pregnancies; Making Informed Decisions: Understanding the California Safe Surrender Law; Preventing Sexually Transmitted Diseases/Family Planning and Contraception; and Setting Goals.

Reducing the Risk

Grades: 9-12

www.etr.org

Reducing the Risk is a 16-session curriculum designed to help high school students delay the initiation of sex or increase the use of protection against pregnancy and STD/HIV if they choose to have sex. The major focus is the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STD, including HIV. This research-proven approach addresses skills such as risk assessment, communication, decision making, planning, refusal strategies and delay tactics.

Community Resources

Examples of community resources: this list is not exhaustive as some schools may have resources unique to their community or geographic area.

Hawaii Department of Health

<http://www.hawaii.gov/health/healthy-lifestyles/std-aids/index.html>

Sex Abuse Treatment Center of Hawaii - SATC

<http://satchawaii.com>

Centers for Disease and Control and Prevention

<http://www.cdc.gov>

Hawaii Health Matters

<http://www.hawaiihealthmatters.org/>

Hawaii Pacific Health

<https://www.hawaiipacifichealth.org/health-wellness/>

Community Health Centers:

Oahu:

Kalihi-Palama Health Center

Kokua Kalihi Valley

Koolauloa Community Health and Wellness Center

Waikiki Health Center

Waianae Coast Comprehensive Health Center

Hawaii:

Hamakua Health Center

Kau Family Health Center

Keaau Family Health Center

Kohala Health Center

Pahoa Family Center

Maui:

Ka Hale a Ke Ola Resource
Malama Ike Ola Health Center

Lanai:

Lanai Community Health Center

Molokai:

Molokai General Hospital

Kauai:

University of Hawaii - Kauai Community College Wellness Center
Waimea Clinic

Opt-out Sample 1

[ON SCHOOL'S LETTERHEAD]

SEXUAL HEALTH - STUDENT OPT-OUT FORM

Student Name: _____ Grade: _____

Parent/Legal Guardian: _____ Phone #: _____

Please list the curricular objective(s) from which you wish to have your child excused and the class/course. Please see example below.

Objective	<u>Class/Course</u>
<i>Describe the short and long-term effect and consequences of sexual activity</i>	<i>Health Education</i>
1. _____ _____	_____
2. _____ _____	_____
3. _____ _____	_____
4. _____ _____	_____

I have reviewed the sexual health curriculum and materials and would like my child to be excused from class when these lessons are taught. I understand my child's grade will not be negatively affected but he/she will be required to complete an alternative health related assignment.

Parent/Legal Guardian Signature: _____ Date: _____

School Administrator Signature: _____ Date: _____

Opt-out Sample 2

[ON SCHOOL'S LETTERHEAD]

[Date]

Dear Parent/Legal Guardian:

We will be teaching a Sexual Health unit, *[provide brief description of curriculum]*, in the next few weeks. The approved curriculum is aligned with Hawaii Content and Performance Standards III and have been reviewed using the National Sexuality Education Standards, The Center for the Disease Control's (CDC) Health Education Curriculum Analysis Tool (HE-CAT), and the CDC's Characteristics of an Effective Health Education Curriculum.

Schools are required to provide comprehensive sexual health education that follow the requirements set forth in the Hawaii Revised Statutes (HRS) §321-11.1, Hawaii State Board of Education (BOE) Policy 103-5, and aligns with state health education standards.

Parents or legal guardians may preview the curriculum prior to my start date of *[date]*. If you are interested in reviewing this matter with me prior to the start date, please call me at the number listed below. If I do not hear from you prior to the start date, I will assume that you have no questions about the curriculum. If I do not receive a signed and dated form by the beginning of the instruction, it will be assumed that your child has approval to participate in the curriculum.

Should you have any questions, please feel free to call me at *[teacher's phone number]*.

Sincerely,

Teacher Signature

Principal Signature

Student Name (printed)

Parent/Legal Guardian Signature

Date