

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: 9/95 Amended: 6/15

The following sexual health education curriculum will be used as part of the Teen Health curriculum for 7th graders:

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.

Dear Parent/Guardian:

The Hawaii Department of Education requires schools to include a Sexual Health Unit as part of their Comprehensive Health Education Program. Our Comprehensive Health Program is based on curriculum provided by *HealthTeacher.com* that is aligned to the National Health Education Standards and the Common Core Standards. Additionally, the curriculum has been approved by the Hawaii DOE and is aligned with the Hawaii Content and Performance Standards. The *HealthTeacher.com* curriculum is designed to provide students 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 Sexual Health Unit include age appropriate, medically accurate lessons that: 1) provides information on abstinence, contraception, and methods of infection prevention to avert unintended pregnancy and sexually transmitted diseases; 2) helps students develop relationship 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; and 4) encourages students to communicate with their parents, guardians , and/or other trusted adults about sexuality. It emphasizes that abstinence is the best way to avoid risks and the only way to be 100% safe.

Parents or legal guardians may preview the curriculum prior to the start of the Sexual Health Unit. Call your child's PE/Health teacher at (808) 305-9200 if you are interested in reviewing this unit. **Any parent/guardian may choose to "opt-out" on the Sexual Health Unit and have their child do alternative health lessons in its place.** Please indicate your "opt-out" choice by signing your name at the bottom of the informational letter that all students will receive before the start date of the Sexual Health Unit or by writing a letter to your child's PE/Health teacher requesting that he/she be excluded from the unit. If your child's teacher does not hear from you prior to the start date of the unit, it will be assumed that you have no questions or objections about the curriculum and your child has approval to participate in the curriculum.