



Dear Middle and High School Parent/Guardian:

The California Healthy Youth Act requires that comprehensive sexual health education and human immunodeficiency virus (HIV) prevention education be taught to students at least once in middle school and once in high school, beginning no later than grade seven. Instruction and materials must be medically accurate, objective, age-appropriate and inclusive of all students, as defined by law. The law requires that instruction and materials must encourage students to communicate with parents, guardians or other trusted adults about human sexuality.

The purpose of this instruction is 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.
- 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.
- Promote understanding of sexuality as a normal part of human development.
- 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.
- Provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors.

Instruction must encourage students to communicate with parents, guardians or other trusted adults about human sexuality. Instruction must be medically accurate, age-appropriate and inclusive of all students. It must include the following:

- Information about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment
- Information that abstinence is the only certain way to prevent unintended pregnancy and HIV and other STIs, and information about value of delaying sexual activity
- Discussion about social views of HIV and AIDS
- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law
- Information about sexual orientation and gender, including the harm of negative gender stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations

Parents and guardians have the opportunity to review materials used for comprehensive sexual health and HIV prevention education. A request can also be made to the district office to obtain copies of Board Policy 6142.1, Education Code Sections 51938 and 51934, and Chapter 5 and 6 of the California Healthy Youth Act. If you have any questions, please contact your child's life science teacher for 7<sup>th</sup> grade, the health science teacher for high school, or the school principal.

In 7<sup>th</sup> grade, the life science teacher provides instruction using the board-approved curriculum Positive Prevention. In high school, the health science teacher will provide this instruction. State law allows you to remove your student from all or some of the instruction. Please note: students cannot be exempted from instruction, materials, presentations or programming 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. **If you do not want your student to participate in comprehensive sexual health or HIV prevention education, please give a written request to your student's health science teacher or school principal by \_\_\_\_\_.**

Sincerely,

Kirsti Schroeder  
Director, Curriculum & Instruction and Professional Development

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extraordinary achievement  
every day*