

Memorandum

To: Dr. Christensen and Board of Directors
 From: Matt Charlton, Director Secondary Education
 Spencer Taylor, Director Elementary Education
 Date: June 7, 2021 – Updated July 12, 2021
 RE: Sexual Health Education Curriculum Review

A team of eighteen educators have worked for the past four months to review Eastmont’s Sexual Health Curriculum required as a result of passage of Senate Bill 5395 and Referendum 90. The team has reviewed the legally required changes, existing instructional materials and instructional delivery practices (grade levels/courses when taught) and developed the attached recommended changes.

Given the sensitive topic the committee adopted the following principles in conducting our work:

COMMITTEE PRINCIPLES

<ul style="list-style-type: none"> ● We believe parents are the first and most important teachers of sexual health ● We respect parents’ rights to: <ul style="list-style-type: none"> ○ Know what is being taught and when ○ Exclude their student from all or part of the sexual health instruction ● We will be transparent in the instructional materials, sexual health standards and methods we recommend teaching ● We will meet the requirements of SB 5395 	<ul style="list-style-type: none"> ● We will use our collective professional judgment in recommending developmentally appropriate sexual health content for Eastmont students <ul style="list-style-type: none"> ○ No sexual health education in grades K - 4 (SEL instruction only) ○ When individual students ask or indicate a need for more detailed information we will provide them with individual access to trained staff members and refer them to a parent or caring adult
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We held two parent advisory committee meetings seeking input on draft recommendations on May 25th (Elementary) and May 27th (Secondary) with approximately thirty parents participating. The committee listened to our parents and in several instances modified our recommendations based on their input.

Next steps in this process, should the board approve our recommendations, will be to purchase additional instructional materials and train teachers who will be providing the instruction.

After the discussion at the last Board meeting, additional items were added per the Board’s direction to the Kindergarten through 4th Grade curriculum and are highlighted in yellow.



Eastmont School District

School Board Meeting
Sexual Health Education
June 7, 2021



Committee Principles

- We believe parents are the first and most important teachers of sexual health
- We respect parents' rights to:
 - Know what is being taught and when
 - Exclude their student from all or part of the sexual health instruction
- We will be transparent in the instructional materials, sexual health standards and methods we recommend teaching
- We will meet the requirements of SB 5395



Committee Principles

- We will use our collective professional judgment in recommending developmentally appropriate sexual health content for Eastmont students
 - No sexual health education in grades K - 4 (SEL instruction only)
 - When individual students ask or indicate a need for more detailed information we will provide them with individual access to trained staff members and refer them to a parent or caring adult



Changes in Law

Senate Bill 5395 Rights of Parents

- Schools must notify parents/guardians:
 - Opportunities to review sexual health instructional materials
 - 30 days in advance of providing sexual health education to students
 - Parents may opt their child out of any/all sexual health education
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How To Opt Out



[Sexual Health Parent Notification Letter](#)

[Sexual Health Parent Opt Out Form](#)



Learning Progression



Kinder - 4th

Focus on social emotional learning (SEL)

Developing healthy relationships



5th & 6th Grades

Focus on social emotional learning (SEL)

Focus on Human Growth and Development (Puberty)

HIV/AIDS Prevention



7th & 8th Grades

Focus on social emotional learning (SEL)

Focus on reproduction process, choosing healthy vs. risky behaviors

HIV/AIDS Prevention



9th -12th Grades

Focus on social emotional learning (SEL)

Focus on sexual health, prevention strategies, consent and Wa St laws

HIV/AIDS Prevention

Fifth Grade

Boys and Girls Taught Separately

PE/Health Teacher, Counselor, or
Principal Designee

Anonymous Q & A

Counselor & Parent Referral

- Social Emotional Learning (SEL)
 - Human Growth and Development (Puberty)
 - HIV/AIDS Prevention
-

7th Grade

Example

- Social Emotional Learning (SEL)
 - Sexual Health Education
 - Affirmative Consent and Bystander Training
 - HIV/AIDS Prevention
-

Questions?



**Eastmont School District
Sexual Health Education Program
June 2021**

Kindergarten through 4th Grade	
Instructional Topics	<ul style="list-style-type: none"> ● Social Emotional Learning (SEL) ● Sexual Abuse Prevention <i>No sexual health instruction in Grades K-4</i>
Instructional Standards	<ul style="list-style-type: none"> ● Washington's K -12 Social Emotional Learning Standards and Benchmarks
Instructional Materials	<ul style="list-style-type: none"> ● Sanford Harmony https://www.harmonysel.org/ ● Character Strong- Purposeful People https://characterstrong.com/curricula/elementary ● Sexual Abuse Prevention (TBD Fall 2021)
Instructional Delivery	<ul style="list-style-type: none"> ● Weekly throughout the school year ● Taught by: multiple instructors
Parent Resources	<ul style="list-style-type: none"> ● Sexual Abuse Awareness and Prevention <ul style="list-style-type: none"> ○ Training offered (live/recorded) ○ Resources available on website

5th Grade	
Instructional Topics	<ul style="list-style-type: none"> ● Social Emotional Learning (SEL) ● Sexual Health <ul style="list-style-type: none"> ○ Growth and Development (Puberty) ○ HIV Prevention ● Affirmative Consent and Bystander Training
Instructional Standards	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> ● Washington's K -12 Social Emotional Learning Standards and Benchmarks <p>Sexual Health Standards</p> <p>Growth and Development</p> <ul style="list-style-type: none"> ○ H7.Se.2.5 Identify ways to manage physical, social, and emotional changes that occur during puberty. ○ H1.Se3.5 Recognize puberty prepares the body for reproduction. <p>HIV Prevention</p> <ul style="list-style-type: none"> ○ H1.Se4.5a Define human immunodeficiency virus (HIV). ○ H1.Se4.5b Identify methods of transmission and prevention of HIV. <p>Anatomy, Reproduction, and Pregnancy</p> <ul style="list-style-type: none"> ○ H1.Se1.5 Understand functions of reproductive systems.

Instructional Materials	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Sanford Harmony https://www.harmonysel.org/ • Character Strong- Purposeful People https://characterstrong.com/curricula/elementary <p>Growth and Development (Puberty)</p> <ul style="list-style-type: none"> • Video - Always Changing and Growing Up Girls Puberty Education Video • Video - Always Changing and Growing Up Boys Puberty Education Video • FLASH (Lesson 9) <p>HIV Prevention</p> <ul style="list-style-type: none"> • KNOW HIV/STD Prevention Curriculum Grade 5 (Lessons 1.1, 1.2, 2.1, 2.2, 2.3) • Video - <i>Marissa's Story</i> https://www.youtube.com/watch?v=S2J7bH1JQ40 • Video - Immune System (Brain Pop) <p>Affirmative Consent and Bystander Training</p> <ul style="list-style-type: none"> • Video - Consent and Communication • Video - What is Bullying? • Video - Be an Upstander - Prevent Bullying: A NED Short • Video - Be Someone's Hero
Instructional Delivery	<p>SEL</p> <ul style="list-style-type: none"> • Weekly throughout the school year • Taught by: multiple instructors <p>Sexual Health Education</p> <ul style="list-style-type: none"> • 4-5 lessons • Taught by: Health and Fitness teacher or designee

6th Grade	
Instructional Topics	<ul style="list-style-type: none"> • Social Emotional Learning (SEL) • Sexual Health <ul style="list-style-type: none"> ○ Growth and Development (Puberty) ○ HIV Prevention • Affirmative Consent and Bystander Training
Instructional Standards	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Washington's K -12 Social Emotional Learning Standards and Benchmarks <p>Sexual Health Standards Taught</p> <p>Puberty and Development</p> <ul style="list-style-type: none"> ○ Identify physical, social, mental, and emotional changes that occur during puberty. H1.Se2.6 <p>Prevention</p>

	<ul style="list-style-type: none"> ○ Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.Se4.6 ○ Identify examples of protective factors and risk behaviors. H1.Se4.6c <p>Healthy Relationships</p> <ul style="list-style-type: none"> ○ H1.Se5.6 Explain the importance of talking with a family member and other trusted adults about relationships. ○ ○ H1.Se5.6b Recognize that everyone has the right to set boundaries based on personal values.
Instructional Materials	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> ● Sanford Harmony https://www.harmonysel.org/ ● Character Strong- Purposeful People https://characterstrong.com/curricula/elementary <p>Puberty and Development</p> <ul style="list-style-type: none"> ● Video - Always Changing and Growing Up Co-Ed Puberty Education Video <p>Prevention</p> <ul style="list-style-type: none"> ● HIV/AIDS Prevention - KNOW HIV/STD Prevention Curriculum Grade 5-6 ● Video - Understanding HIV/AIDS: Learn the Facts, Fight the Stigma, Stay Safe (Redefine Positive - 6th Grade) <p>Affirmative Consent and Bystander Training</p> <ul style="list-style-type: none"> ● Video - Be Someone's Hero
Instructional Delivery	<p>SEL</p> <ul style="list-style-type: none"> ● Weekly throughout the school year ● Taught by: multiple instructors <p>Sexual Health Education</p> <ul style="list-style-type: none"> ● 4 lessons ● Taught by: Health and Fitness teacher or designee

7th Grade	
Instructional Topics	<ul style="list-style-type: none"> ● Social Emotional Learning (SEL) ● Sexual Health Education ● Affirmative Consent and Bystander Training ● HIV/AIDS Prevention
Instructional Standards	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> ● Washington's K -12 Social Emotional Learning Standards and Benchmarks <p>Sexual Health Standards</p> <p>Anatomy, Reproduction and Pregnancy</p>

	<ul style="list-style-type: none"> ● Describe reproductive systems including body parts and functions. H1.Se1.7a ● Describe the stages of a pregnancy from fertilization to birth. H1.Se1.7b <p>Puberty and Development</p> <ul style="list-style-type: none"> ● Recognize that there are individual differences in growth and development. H1.Se2.7 <p>Healthy Relationships</p> <ul style="list-style-type: none"> ● Describe characteristics of healthy and unhealthy relationships. H1.Se5.7 ● Demonstrate communication skills that foster healthy relationships. H4.Se5.7a ● Explain the importance of setting personal boundaries and showing respect for the boundaries and values of others. H4.Se5.7b
<p>Instructional Materials</p>	<p><u>Social Emotional Learning (SEL)</u></p> <ul style="list-style-type: none"> ● Character Strong - CharacterStrong <p><u>Affirmative Consent and Bystander Training</u></p> <ul style="list-style-type: none"> ● Maybe Doesn't Mean Yes ● "Don't Bully. Be an Active Bystander" PSA <p><u>Sexual Health Education</u></p> <p>Family Life and Sexual Health (FLASH)</p> <ul style="list-style-type: none"> ● Middle School - Lesson 1 - Reproductive System and Pregnancy <ul style="list-style-type: none"> ○ 7th Grade FLASH Reproductive System and Pregnancy.pdf <ul style="list-style-type: none"> ■ 7th Grade FLASH Reproductive Visual Teaching Resources.pdf ■ 7th Grade FLASH Lesson 1 - Family Homework.pdf ■ 7th Grade FLASH Lesson 1 - Individual Homework.pdf ○ Supplemental video <ul style="list-style-type: none"> ■ What Are The Stages Of Pregnancy? ● Middle School - Lesson 3 - Rules of Dating <ul style="list-style-type: none"> ○ 7th Grade FLASH Lesson 3 - Rules of Dating - Teaching Guide.pdf <ul style="list-style-type: none"> ■ 7th Grade FLASH Lesson 3 - Rules of Dating - Student Resources.pdf ■ 7th Grade FLASH Lesson 3 - Family Homework.pdf ■ 7th Grade FLASH Lesson 3 - Individual Homework.pdf ○ Supplemental video <ul style="list-style-type: none"> ■ Finding An Adult That You Can Trust ● Middle School - Lesson 4 - Saying "NO" <ul style="list-style-type: none"> ○ 7th Grade FLASH Lesson 4 - Saying No - Teaching Guide.pdf <ul style="list-style-type: none"> ■ 7th Grade FLASH Lesson 4 - Saying No - Student Resources.pdf ■ 7th Grade FLASH Lesson 4 - Family Homework.pdf ■ 7th Grade FLASH Lesson 4 - Individual Homework.pdf ○ Supplemental video <ul style="list-style-type: none"> ■ What Is Abstinence? <p>HIV/AIDS Instruction</p> <ul style="list-style-type: none"> ● HIV: How to Protect Yourself and Others

Instructional Delivery	<p>SEL</p> <ul style="list-style-type: none"> • Weekly throughout the school year • Taught by: multiple instructors <p>Sexual Health Education/Affirmative Consent and Bystander Training/HIV</p> <ul style="list-style-type: none"> • 1 Week unit taught in 7th grade health course (1 trimester)
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8th Grade	
Instructional Topics	<ul style="list-style-type: none"> • Social Emotional Learning (SEL) • Sexual Health Education • Affirmative Consent and Bystander Training • HIV/AIDS Prevention
Instructional Standards	<p><u>Social Emotional Learning (SEL)</u></p> <ul style="list-style-type: none"> • Washington's K -12 Social Emotional Learning Standards and Benchmarks <p><u>Sexual Health Standards</u></p> <p>Anatomy, Reproduction and Pregnancy</p> <ul style="list-style-type: none"> • Identify physical, emotional, and social effects of sexual activity. H1.Se1.8b <p>Prevention</p> <ul style="list-style-type: none"> • List and describe commonly used methods of birth control, including abstinence. H1.Se4.7a • Describe methods to prevent the transmission of STDs/HIV, including abstinence. H1.Se4.7b • Understand that all STDs are treatable and many are curable. H1.Se4.7c <p>Self Identity</p> <ul style="list-style-type: none"> • Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.Se3.7 <p>Healthy Relationships</p> <ul style="list-style-type: none"> • Explain how to build and maintain healthy family, peer, and dating relationships. H1.Se5.8a • Analyze the impact of technology and social media on friendships and relationships. H2.Se8.8. <p>Washington State Laws</p> <ul style="list-style-type: none"> • Identify and understand laws related to accessing sexual health care services. H1.Se6.8a

	<ul style="list-style-type: none"> ● Define sexual offenses as they relate to state law. H1.Se6.7b ● Identify and explain the consequences of sharing sexually explicit pictures or messages. H1.Se6.8c
Instructional Materials	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> ● Character Strong - https://characterstrong.com/ <p>Affirmative Consent and Bystander Training</p> <ul style="list-style-type: none"> ● Consent Explained: What Is It? ● Active bystander <p>HIV/AIDS</p> <ul style="list-style-type: none"> ● AIDS 101 National Geographic ● What Is HIV? <p>Family Life and Sexual Health (FLASH)</p> <ul style="list-style-type: none"> ● Middle School - Lesson 5 - Preventing STD's <ul style="list-style-type: none"> ○ 8th Grade FLASH Lesson 5 Preventing STDs Teaching Guide.pdf <ul style="list-style-type: none"> ■ 8th Grade FLASH Lesson 5 Preventing STDs Student Resources.pdf ■ 8th Grade FLASH Lesson 5 Preventing STDs Family Homework.pdf ■ 8th Grade FLASH Lesson 5 Preventing STDs Individual Homework.pdf ● Middle School - Lesson 7 - Birth Control Methods <ul style="list-style-type: none"> ○ 8th Grade FLASH Lesson 7 Birth Control Methods - Teaching Guide.pdf <ul style="list-style-type: none"> ■ 8th Grade FLASH Lesson 7 Birth Control Methods Family Homework.pdf ■ 8th Grade FLASH Lesson 7 Birth Control Methods Individual Homework.pdf ● Sexual Health Resource - Laws <ul style="list-style-type: none"> ○ 8th Grade FLASH - Sexual Health Laws Resource.pdf ○ 8th Grade FLASH Washington State Laws on Relationship and Sex.pdf ● Sharing Sexually Explicit Pictures/Sexting <ul style="list-style-type: none"> ○ Teen Voices: Sexting, Relationships, and Risks ● Self Identity <ul style="list-style-type: none"> ○ Terminology Adolescent and School Health ● Healthy Relationships <ul style="list-style-type: none"> ○ What Teens Think About: Healthy Relationships ○ Teen Voices: Friendships and Boundaries
Instructional Delivery	<p>SEL</p> <ul style="list-style-type: none"> ● Weekly throughout the school year ● Taught by: multiple instructors <p>Sexual Health Education/Affirmative Consent and Bystander Training/HIV</p>

	<ul style="list-style-type: none"> • 1 Week unit taught in 8th grade health course (1 trimester)
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9th Grade	
Instructional Topics	<ul style="list-style-type: none"> • Social Emotional Learning (SEL) • Sexual Health Education/HIV/AIDS Prevention • Affirmative Consent and Bystander Training
Instructional Standards	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Washington's K -12 Social Emotional Learning Standards and Benchmarks <p><u>Sexual Health Standards</u></p> <p>Anatomy, Reproduction and Pregnancy</p> <ul style="list-style-type: none"> • Describe the human sexual response cycle, including the role hormones play. AP.12.CC.1 <p>Puberty and Development</p> <ul style="list-style-type: none"> • Analyzes the physiological and psychological changes throughout the lifetime. PD 2.2.1 <p>Self-Identity</p> <ul style="list-style-type: none"> • Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.Se3.7 <p>Prevention</p> <ul style="list-style-type: none"> • Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods, including condoms.PR.12.CC.1 • Access medically-accurate information about contraceptive methods, including abstinence and condom.PR.12.AI.1 <p>Healthy Relationships</p> <ul style="list-style-type: none"> • Explain how to build and maintain healthy family and peer relationships.SH1.12.1 • Analyze characteristics of healthy relationships. SH1.12.2 • Summarize the qualities of a healthy dating relationship. SH1.12.3
Instructional Materials	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Character Strong - https://characterstrong.com/ <p>Sexual Health Education//HIV/AIDS Prevention</p> <ul style="list-style-type: none"> • High School Health Program - Savvas (formerly Pearson K12 Learning) • Terminology Adolescent and School Health

	Affirmative Consent and Bystander Training <ul style="list-style-type: none"> • Rights, Respect, Responsibility: Don't Have Sex Without Them
Instructional Delivery	Sexual Health Education/Affirmative Consent and Bystander Training <ul style="list-style-type: none"> • 3 Week unit taught in 9th grade trimester health course

High School (10th Grade)	
Instructional Topics	<ul style="list-style-type: none"> • Social Emotional Learning (SEL) • Sexual Health Education • Affirmative Consent and Bystander Training • HIV/AIDS Prevention
Instructional Standards	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Washington's K -12 Social Emotional Learning Standards and Benchmarks <p><u>Sexual Health Standards</u></p> <p>Anatomy, Reproduction and Pregnancy</p> <ul style="list-style-type: none"> • Summarize fertilization, fetal development, and childbirth. H1.Se1.HSa • Explain the role hormones play in sexual behavior and decision making. H5.Se1.HS • Describe emotional, social, physical, and financial effects of being a teen or young adult parent. H1.Se1.HSb • Describe behaviors that impact reproductive health. H1.Se1.HSc • Describe steps of testicular self exam and the importance of breast self-awareness. H7.Se1.HS <p>Prevention</p> <ul style="list-style-type: none"> • Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.Se4.HSa • Demonstrate steps to using a condom correctly. H7.Se4.HS • Identify local youth-friendly sexual health services. H3.Se4.HS • Understand that people can choose abstinence at different times in their lives. H1.Se4.HSb • Advocate for STD testing and treatment for sexually active youth. H8.Se4.HS • Use a decision-making model to make a sexual health-related decision. H5.Se4.HS <p>Self Identity</p> <ul style="list-style-type: none"> • Distinguish between biological sex, gender identity, gender expression, and sexual orientation. H1.Se3.7

	<p>Healthy Relationships</p> <ul style="list-style-type: none"> • Differentiate between affection, love, commitment, and sexual attraction. H1.Se5.HSa • Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.Se5.HSb • Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.Se5.HS • Analyze factors that can affect the ability to give or recognize consent to sexual activity. H2.Se5.HS • Identify ways to access accurate information and resources for survivors of sexual offenses. H3.Se5.HS <p>Washington State Laws</p> <ul style="list-style-type: none"> • Describe laws related to accessing sexual health care services. H3.Se6.HS • Understand the importance of personal and social responsibility for sexual decisions. H7.Se6.HS • Examine laws and consequences related to sexual offenses, including when a minor is involved. H1.Se6.HSa • Identify laws and concerns related to sending or posting sexually explicit pictures or messages. H1.Se6.HSb
<p>Instructional Materials</p>	<p>Social Emotional Learning (SEL)</p> <ul style="list-style-type: none"> • Character Strong - https://characterstrong.com/ <p>Sexual Health Education:</p> <ul style="list-style-type: none"> • Textbook High School Health Program - Savvas (formerly Pearson K12 Learning) • Terminology Adolescent and School Health • HS FLASH Lesson 3 Pregnancy Teacher Guide.pdf <ul style="list-style-type: none"> ○ HS FLASH Lesson 3 Pregnancy Activity 2 truths 1 lie.pdf ○ HS FLASH Lesson 3 Pregnancy visual resources.pdf ○ HS FLASH Lesson 3 Pregnancy Individual Homework.pdf ○ HS FLASH Lesson 3 Pregnancy Family Homework.pdf <ul style="list-style-type: none"> ■ Supplemental videos <ul style="list-style-type: none"> • Pregnancy 101 National Geographic • Fertilization • Pictures of Fetal Development Month-by-Month • What It's Like To Be a TEEN MOM Smile Squad Skits • HS FLASH Lesson 7 Coercion and Consent - teacher's guide.pdf <ul style="list-style-type: none"> ○ HS FLASH Lesson 7 Coercion and Consent - Scenarios.pdf ○ HS FLASH Lesson 7 Coercion and Consent - WA St Laws.pdf ○ HS FLASH Lesson 7 Coercion and Consent - Individual Homework.pdf ○ HS FLASH Lesson 7 Coercion and Consent - Family Homework.pdf <ul style="list-style-type: none"> ■ Supplemental video <ul style="list-style-type: none"> • 2 Minutes Will Change the Way You Think About Consent • HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Teacher guide.pdf

	<ul style="list-style-type: none"> ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Scenarios.pdf ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Family Homework.pdf ○ HS FLASH Lesson 8 Online Safety Sexual Violence Prevention Individual Homework.pdf ● HS FLash Lesson 9 Abstinence teacher guide.pdf <ul style="list-style-type: none"> ○ HS FLash Lesson 9 Abstinence refusal skills.pdf ○ HS FLASH Lesson 9 Abstinence Family Homework.pdf ○ HS FLASH Lesson 9 Abstinence Individual Homework.pdf <ul style="list-style-type: none"> ■ Supplemental Video <ul style="list-style-type: none"> ● STD Zombie :60 PSA <p>Affirmative Consent and Bystander Training:</p> <ul style="list-style-type: none"> ● 2 Minutes Will Change the Way You Think About Consent <p>HIV/AIDS Prevention</p> <p>Kids Meet a Person Living with HIV Kids Meet HiHo Kids</p>
<p>Instructional Delivery</p>	<p>SEL</p> <ul style="list-style-type: none"> ● Weekly throughout the school year ● Taught by: multiple instructors <p>Sexual Health Education/Affirmative Consent and Bystander Training</p> <ul style="list-style-type: none"> ● All 10th graders in Health/Fitness Class, one trimester

Senate Bill 5395

School Districts must provide comprehensive sexual health education

- Comprehensive sexual health education means recurring instruction in human development and reproduction that is age appropriate and inclusive of all students.
 - Comprehensive sexual health education must be consistent with the Washington state health and physical education K-12 learning standards...

Legislation requires only the following topics, at developmentally appropriate times:

- The physiological, psychological, and sociological developmental process experienced by an individual;
- The development of intrapersonal and interpersonal skills to communicate, respectfully and effectively, to reduce health risks and choose healthy behaviors and relationships based on mutual respect and affection, and free from violence, coercion, and intimidation;
- Health care and prevention resources;
- Abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases;
- The development of meaningful relationships and avoidance of exploitative relationships;
- Understanding the influences of family, peers, community and the media throughout life on healthy sexual relationships;
- Affirmative consent and recognizing and responding safely and effectively when violence or a risk of violence is or may be present, with strategies that include bystander training.

2021-22 Instruction required

- 6-8th grades (2 out of 3 years)
- 9-12th grades (2 out of 4 years)

2022-23 Instruction required

- 4-5th grades (1 out of 2 years)
- Kinder - 3rd Grade
 - Social Emotional Learning (SEL)
 - Teaching students about respectful communication, healthy friendships, respecting personal space and managing emotions.
 - The law does not require sexual health content required in grades K-3.

Curriculum and Instruction must include age appropriate information about:

- Affirmative Consent
 - an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the absence of “no.”
 - Bystander Training
 - teaches students how to safely intervene when they see bullying, sexual harassment or unwanted physical touch.



Eastmont School District

Relationships, Relevance, Rigor, Results

Grade Sexual Health Education Parent Letter

Date:

Dear Parent(s) / Guardian(s),

Partnering with parents regarding the health and well-being of our students is very important to us. This letter is to inform you that we will be teaching our students some important, yet sensitive material around Sexual Health Education as required by the State of Washington. As we prepare for this instruction to take place, we will follow these core principles:

- We believe parents are the first and most important teachers of sexual health
- We respect parents' rights to: Know what is being taught and when and exclude their student from all or part of the sexual health instruction.
- We will be transparent in the instructional materials, sexual health standards and instructional methods we use.
- We will use our collective professional judgment in determining developmentally appropriate sexual health content for Eastmont students.
- No sexual health education in grades K - 4 (Social Emotional Learning instruction only)
- When individual students ask or indicate a need for more detailed information we will provide them with individual access to trained staff members and information

What will our students be taught? Below are some options to help you know what our students will be taught during these lessons.

- Visit our website at www.eastmont206.org. Access to detailed lessons and videos.
- Attend a parent information meeting: _____(Date) _____(time)
_____ (location) _____(livestream access)

When will this instruction occur? _____ to _____.

What can I do if I do not want my child to participate? Parents may complete the "[Sexual Health Education Opt Out Form](#)" (www.eastmont206.org or in the school office) and submit it to the principal of the school before instruction begins. These students will go to an alternate location to work on other educational activities during this time.

Please contact us if you have any questions.

Sincerely,

Principal
(email address, school phone number)

Teacher 1

Teacher 2



Eastmont School District

Relationships, Relevance, Rigor, Results

Sexual Health Education Opt Out Form

IF you do NOT want your child to participate in the sexual education lessons, please complete the following form and return it to the school office.

Student Name: _____ Grade: _____

School: _____

If you wish to opt your student out of a specific part of the instruction please check the box below and include your phone number so a staff member may contact you and discuss how to best meet your request.

_____ Phone Number

Students opting out of lessons will be provided educational activities in a separate location during these lessons.

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____

Date _____