

Overview of Approved Sexual Health Curricula

Board of Education Policy

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

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

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

Grades: 5-12

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.

To view specific lesson content or the curriculum, please contact your child's school.