

PARENTS, GUARDIANS, AND COMMUNITY STAKEHOLDERS CAN:

- Learn about what's included in comprehensive sexual health education. For a description, please visit www.PublicSchoolsProject.com.
- Find out what your students are being taught by:
 - Asking students what is being taught in their health education classes
 - Asking teachers at Back to School Night or Parent-Teacher Conferences about the health education being taught, and whether it is comprehensive
 - Sitting in on a health education class
 - Requesting a copy of the curriculum or a course outline from teachers, or contacting the district office for a copy
- Meet with the PTA and/or School Site Council, and talk with peers about the health education students are receiving. Tell them why you think comprehensive sexual health education is important.
- Share your knowledge! Activate other parents' interest by passing on current and local information about rates of teen pregnancy and STDs. This issue is about the health of all students. For current research and local statistics, please visit www.PublicSchoolsProject.com.
- Never underestimate the power of your voice. If comprehensive sexual health education is not being taught, insist that districts undertake a transparent process to adopt and implement the state-approved Department of Education Standards for health education.



For sample sexual health education policies, information about your high school, and a list of curricula currently available, go to www.PublicSchoolsProject.com.

SCHOOL BOARDS, PTAS, AND SCHOOL SITE COUNCILS CAN:

- Ensure that their district provides universal instruction of comprehensive sexual health education.
- Alert district personnel about compliance issues, and ask what measures are being taken to become compliant with the Education Code sections 51930-51939.
- Direct the necessary financial resources to ensure that every high school student receives comprehensive sexual health education.
- Refer to the education standards on health education provided by the California Department of Education to draft new curricula that is compliant with SB 71.
- Work in tandem with all levels of school and district administrators to ensure compliance with the Education Code and legislation.
- Establish a group to work in concert with school districts that are not in compliance with the Education Code.
- Partner with parents to review curricula and texts used for comprehensive sexual health education.
- Create and adopt a policy to only utilize health education textbooks that meet the state standards for comprehensive health education.
- Reinforce that the issue of comprehensive sexual health education is really about the health and safety of students.

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¹ Public Policy Institute of California, 2005
² McCave, E. L. (2007). Comprehensive sexuality education vs. abstinence-only sexuality education: The need for evidence-based research and practice. *School Social Work Journal*, 32(1), 14-28.
³ Constantine, Norman A., and Carmen Rita Navarez. No Time for Complacency: Teen Births in California. Public Health Institute, Center for Research on Adolescent Health and Development, 2006 Spring Update.
⁴ Report on the Conditions of Children in Orange County, 2008.
⁵ Report on the Conditions of Children in Orange County, 2008.
⁶ Birth data are from California Department of Public Health. Rates are calculated using California Department of Finance population estimates.
 For more information, visit the No Time for Complacency website at <http://teenbirths.phi.org>.

Sexual Health Education IN PUBLIC SCHOOLS

For fact sheets on Education Code sections 51930-51939 and Senate Bill 71, please visit www.PublicSchoolsProject.com.

To ensure that local school districts were complying with the state Education Code, Planned Parenthood of Orange and San Bernardino Counties audited the textbooks and curricula used in district health education classes. When the first report was released in spring 2008, it found that more than half of the districts were falling short of Education Code requirements and providing inadequate sexual health education. The findings in this report demonstrate the improvement of some school districts and recommendations for others that still have room for improvement.



COMPREHENSIVE SEXUAL HEALTH EDUCATION MATTERS

WHAT IT IS

Comprehensive sexual health education provides instruction on human development and sexuality, including information about abstinence, pregnancy, family planning, and sexually transmitted diseases (STDs).

State law requires that schools teach HIV/AIDS prevention, but not sexual health education. Those that choose to, however, must provide comprehensive curriculum that meets the criteria set forth in Education Code sections 51930-51939.

WHY IT IS IMPORTANT

Providing young people with the information they need to make responsible decisions is the commonsense solution to reducing unintended teen pregnancy and STDs. Californian parents overwhelmingly support (78%) comprehensive sexual health education in public schools.¹

Comprehensive sexual health education gives teens the tools to grow into productive members of society. Without it, communities pay the costs of the educational, health, financial, and social challenges associated with unintended teen pregnancy.² Teen mothers exhibit poorer psychological health than others their age, and teen fathers have lower earning potential over time.³

IN ORANGE COUNTY:

- In 2007, sexually transmitted disease rates in 15- to 17-year-olds increased 33%.⁴
- The rate of sexually transmitted diseases — including Chlamydia, syphilis, and gonorrhea — has increased 30.5% amongst 10- to 17-year-olds in the last 10 years.⁵
- In 2007, teen births cost taxpayers an estimated \$100 million and had an estimated societal cost of \$230 million.⁶

REVIEW OF MATERIALS USED BY SCHOOLS

The comprehensiveness of textbooks and other teaching materials plays an important role in influencing what topics educators cover and, in many cases, how they cover it. This is especially true when it comes to sexual health education. Therefore, to assess the comprehensiveness of curriculum being taught in Orange County high schools and the topics that teachers are covering, Planned Parenthood reviewed the textbooks and supplemental materials that local districts use for their sexual health education classes.

For more information on teen pregnancy, STDs, and parent attitudes, or to learn about the textbooks and curricula used by your school district, please visit www.PublicSchoolsProject.com.

AUDIT PROCESS

All secondary school districts in Orange County were contacted to participate in our audit. They were informed that, if they chose not to submit current information, their score in this year's evaluation would remain the same as in last year's report. Five districts submitted surveys and provided information on the changes made to their curricula.

HOW POINTS ARE AWARDED

- Our analysis is based on the nine specifically required elements of the California Education Code sections 51930-51939 as our framework.
- Points were awarded only if a district provided information on that topic, for a maximum possible score of 100. No partial credit was awarded.
- Only high school curricula were evaluated for compliance.

- The elements were categorized into one of four possible categories — overall requirements, human development and healthy relationships, STD information, and pregnancy prevention. Each of the four categories was given equal weight and comprised of topics required by the Education Code. These are reflected in the 15 components at the top of the chart.

For more information on the audit process, please visit www.PublicSchoolsProject.com.

FINDINGS

This year, two districts – Irvine Unified and Newport Mesa Unified – moved into total compliance with state standards for comprehensive sexual health education. While many districts are working to become compliant, 80% still don't meet the requirements set forth in Education Code sections 51930-51939. This is what most schools are still neglecting to include:

CONTRACEPTION & STDs

All Orange County school districts teach abstinence as the only 100% effective method to prevent sexually transmitted diseases (STDs) and pregnancy, but only half provide thorough information about preventing STDs and pregnancy if a person is sexually active.

- 87% of school districts don't adequately cover the safety and effectiveness of all FDA-approved contraceptive methods, including emergency contraception.
- Many districts cover only two or three of the nine FDA-approved methods. Four districts provide no coverage of contraception at all.

- More than 25% of districts don't teach students about methods to protect themselves from STDs, beyond abstinence.
- Six districts provide no information on how or where to go for STD testing and treatment.

IMAGE & ACCESSIBILITY

Three categories of the Education Code address issues relating to sexual orientation and LGBTQ (lesbian, gay, bisexual, transgender, and queer) communities: healthy image, accessibility, and relationships.

- One-third of the districts address issues related to sexual orientation and gender roles in their coverage of healthy image. However, only three districts completely cover the topic, which also includes self-esteem, positive body image, and self-care.
- 80% of districts' curricula fail to incorporate information that is culturally diverse, and appropriate for LGBTQ students or students with physical or mental disabilities.
- 60% of districts make no mention of committed relationships other than heterosexual marriage, excluding unmarried monogamous heterosexual or homosexual couples, LGBTQ families, and other nontraditional families, such as grandparents raising grandchildren.

COMPREHENSIVE SEXUAL HEALTH EDUCATION BY DISTRICT

SCHOOL DISTRICT	<ul style="list-style-type: none"> ● TOPIC IS COMPLETELY COVERED ● TOPIC IS PARTIALLY COVERED ○ TOPIC IS NOT COVERED 															2007-2008 SCORE	2008-2009 SCORE
	Does not teach or promote religious doctrine	Appropriate for and accessible to all students regardless of race, ethnicity, disability, or sexual orientation	Does not reflect or promote bias against any person who is protected by the non-discrimination policy	Educates about skills for responsible decision-making	Compliant with credible sources (CDC, APHA)	Reproduction and anatomy	Promotes healthy image	Promotes healthy relationships	Encourages students to communicate with their parents or guardians about their sexual health	Teaches respect for marriage and committed relationships	How STDs are and are not transmitted	Methods to reduce risk of STD transmission	Local resources for testing and treatment	Safety and effectiveness of all FDA-approved contraceptive methods, including EC	Teaches abstinence as the only 100% effective method to prevent STDs and pregnancy		
Irvine Unified	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	97.69	100.00
Newport-Mesa Unified	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	59.34	100.00
Santa Ana Unified	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	93.00	93.00
Laguna Beach Unified	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	88.31	92.81
Huntington Beach Union High	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	60.50	82.91
Garden Grove Unified	●	○	●	●	●	●	●	●	●	●	●	○	●	●	●	81.97	81.97
Placentia-Yorba Linda Unified	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	58.31	80.74
Brea-Olinda Unified	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	80.41	80.41
Orange Unified	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	71.54	72.69
Anaheim Union High	●	○	●	●	●	●	●	●	●	●	●	●	●	●	●	71.66	71.66
Tustin Unified	●	○	●	●	○	●	●	●	●	●	●	○	●	●	●	69.13	69.13
Capistrano Unified	●	○	●	●	●	●	●	●	●	●	○	○	○	●	●	60.50	60.50
Fullerton Joint Union High	●	○	●	●	●	●	●	●	●	●	○	○	○	●	●	58.31	58.31
Los Alamitos Unified	●	○	●	●	●	●	●	●	●	●	○	○	○	●	●	58.31	58.31
Saddleback Valley Unified	●	○	●	●	●	●	●	●	●	●	○	○	○	●	●	58.31	58.31

Note: Each topic maintains a distinct quantitative value.



DISTRICT HIGHLIGHTS

Newport Mesa Unified, Placentia-Yorba Linda Unified, and Huntington Beach Union High School districts all reported significant changes in their comprehensive sexual health education curricula from last year's audit.

- **Newport Mesa Unified School District** reported the most significant change, moving from 59.34 in 2007-08 to 100 this year. Their school board recently adopted and implemented a new, comprehensive sexual health education program for its high schools, making the district fully compliant with the state Education Code.
- **Placentia-Yorba Linda Unified School District** added new materials to their curriculum, which greatly improved the content of their sexual health education. This helped increase their score from 58.31 in 2007-08 to 80.74 this academic year.
- **Huntington Beach Union High School District** also reported additions to their sexual health education curricula and classroom resources, which now includes guest speakers and an updated textbook. Their score improved more than 20 points, from 60.50 to 82.91 this academic year.