

Curricular Materials & Resources

CALIFORNIA
HEALTHY YOUTH
ACT SEXUAL HEALTH
EDUCATION TOOLKIT

EDUCATION CODE
SS 51930-51939

Many of the curricula listed below have been reviewed by the California Adolescent Sexual Health Work Group (ASHWG) for compliance with the California Healthy Youth Act, which took effect in January 2016.¹ Most, if not all, require modification and/or additional supplementation to be in full compliance with the law. Some of the publishers have noted planned modifications in the comments section of the ASHWG page.

Over time, we will add more resources to this list. Please check http://www.aclunc.org/sex_ed for the latest version.

Published Curricula

The publishers of the curricula listed below also provide training for educators.

FLASH

Public Health Seattle-King County

<http://www.etr.org/flash/>

FLASH is a national, science-based curriculum that aligns with both the [CDC National Health Education Standards for Sexual Health](#) and the [National Sexuality Education Standards](#). It is designed to be inclusive of youth from a variety of geographical regions, racial identities, and sexual orientations. *FLASH* has editions for high school (grades 9-12, 15 lessons), middle school (grades 6-8, 7 lessons), and elementary school (grades 4-5, 18 lessons and a separate *All About Life* edition for grades K-4). There is also a version for Special Education students.

Making Proud Choices! California Edition

ETR Associates

<http://www.etr.org/ebi/programs/making-proud-choices/>

Making Proud Choices! is an evidence-based curriculum for middle school and high school, aimed at empowering youth to change their behaviors to make responsible, healthy decisions regarding their sexual health. The curriculum includes skills-building activities, workbooks, and supplemental DVDs. Available for in-classroom instruction (14 lessons, 40 minutes each) or community settings (9 modules).

¹ The ASHWG reviews are available at <http://ashwg.org/2017/01/09/curriculum-review-california-healthy-youth-act>.

Positive Prevention PLUS

Positive Prevention Plus

<http://www.positivepreventionplus.com/>

Positive Prevention PLUS is a comprehensive curriculum for grades 7-12 (middle school and high school editions), including lessons with marginal notes, pre-post tests, family home assignments, a CD with PowerPoint and images, and other features. Written specifically for use in California, this curriculum involves 13 lessons of 50 minutes each, and is available in both English and Spanish; there is also a version for Special Education students.

Rights, Respect, Responsibility

Advocates for Youth

<http://advocatesforyouth.org/3rs-curriculum>

Rights, Respect, Responsibility (2015), is a K-12 evidence-informed curriculum written to meet the [National Sexuality Education Standards](#). As a national curriculum, it does not have all of the specific content required by California (such as information about California's newborn safe surrender law), but its comprehensive approach, focus on healthy relationships and challenging negative gender stereotypes, LGBT inclusiveness, and other elements are aligned with the California Healthy Youth Act. It consists of free lesson plans—40 minutes each for K-5 and 50 minutes for grades 6-12— that can be used individually or to form a complete curriculum.

Teen Talk

Health Connected

<http://www.health-connected.org/#!/our-curricula/czks>

Teen Talk was developed for use in California schools and was designed to be inclusive of diverse racial, ethnic, religious, and sexual identities, for mixed-gender classrooms. *Teen Talk Middle School* (grades 7-8) includes 12 lessons, and *Teen Talk High School* (grade 9) includes 11 lessons varying between 50-75 minutes each. *Puberty Talk* is also available for grades 5 and 6. All activities are available in English and Spanish.

Curricula by California School Districts

The following districts have designed their own curricula to meet California law and health standards and the needs of their students. They have generously offered to make themselves available as a resource for others.

Be Real. Be Ready.

San Francisco Unified School District

<http://sfusdhealtheducation.org/be-real-be-ready/>

Contact: Christopher Pepper, pepperc@sfusd.edu

Be Real. Be Ready. (high school only) is taught by certified health educators in the context of required health classes in grade 9. This comprehensive curriculum involves 24 lessons and includes pre- and post-tests, implementation tools for each lesson, and many resources, all available for free online. While this curriculum was designed to meet all California Education Code requirements, there may be some newly required content areas under the California Healthy Youth Act that require supplementation, namely sex trafficking. Contact Christopher Pepper for more information on *Be Real. Be Ready.*

Healthy Oakland Teens

Oakland Unified School District

Contact: Ilsa Bertolini, ilsa.bertolini@ousd.org

Healthy Oakland Teens (high school only) is newly designed and has been in use in Oakland Unified schools since spring 2015. As this district does not require health classes for graduation, its curriculum was designed to be taught by science and English/language arts teachers in tandem - each providing 5 lessons for a total of 10 lessons during grade 9. These teachers also received comprehensive training prior to delivering the curriculum, which was critical to their success. Contact Ilsa Bertolini for more information about this curriculum. (This curriculum is not part of the ASHWG review).



For more information, go to http://www.aclunc.org/sex_ed.

If you are concerned that your school is not following the law, contact the ACLU for help.