

# Curricular Materials & Resources

## CALIFORNIA HEALTHY YOUTH ACT SEXUAL HEALTH EDUCATION TOOLKIT

EDUCATION CODE  
§§ 51930-51939

Most of the below curricula have been updated to meet the requirements of the California Healthy Youth Act, which took effect in January 2016. Many have also been reviewed by the California Adolescent Sexual Health Work Group (ASHWG) for compliance with the law.<sup>1</sup> Of these, most—if not all—required modification and/or 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](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 4-6, 18 lessons and a separate *All About Life* edition for grades K-4). There is also a version for Special Education students.

(NOTE: As a national curriculum, *FLASH* will require independent supplementation to fully align with the California Healthy Youth Act.)

### **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 lessons).

---

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

## **Planned Parenthood Los Angeles Sexual Health Curriculum**

Planned Parenthood Los Angeles

<https://www.plannedparenthood.org/planned-parenthood-los-angeles/local-education-training/teacher-training>

Contact: professional.trainings@pp-la.org

Planned Parenthood Los Angeles has developed an evidence-informed, rights-based curriculum for middle school and high school that teaches critical thinking skills about gender norms, power dynamics and their impacts on sexual health. Fully scripted lessons are available in hard copy or online and include videos created by and for teens that offer opportunities for skill-building around consent, advocacy, and rights in relationships. The curriculum includes 7 lessons of 50 minutes each.

## **Positive Prevention PLUS**

Positive Prevention Plus

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

*Positive Prevention PLUS* (2018) is a comprehensive curriculum that includes lessons with marginal notes, pre-post tests, family home assignments, a CD with PowerPoint and images, and other features. Positive Prevention PLUS has editions for high school (grades 9-12, 13 lessons), middle school (grades 7-8, 13 lessons), and upper elementary (grades 4-6, 7 lessons). Written specifically for use in California, this curriculum is available in both English and Spanish. There is also an online edition for students in Independent Study, as well as a version for Special Education students.

## **Rights, Respect, Responsibility**

Advocates for Youth

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

*Rights, Respect, Responsibility* (3Rs) is a K-12 evidence-informed curriculum written to meet the National Sexuality Education Standards. The 3Rs is a national curriculum, but has a California aligned version that has been specifically designed to meet the requirements of 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](mailto: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 24-26 lessons and includes pre- and post-tests, implementation tools for each lesson, and many resources, all available for free online. 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](mailto: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.



Last Updated: July 2018

For more information, go to [http://www.aclunc.org/sex\\_ed](http://www.aclunc.org/sex_ed).

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