



ADAMS MIDDLE SCHOOL

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March 11, 2019

Dear 8th Grade Parent/Guardian:

A California state law known as the “California Healthy Youth Act” (CHYA) requires comprehensive sexual health education and HIV prevention education be provided in middle school. Adams Middle School will deliver this instruction in science classes in May/June, 2019.

According to the California Healthy Youth Act, AB 329, parents can excuse their children from lessons about comprehensive sexual health and HIV prevention education. A schedule with a brief description of each lesson is below, and those with an opt-out option have an asterisk (*).

However, as stated in Ed Code 51932(b), the opt-out provision of the California Healthy Youth Act does not apply to instruction or materials outside the context of sex education, including those that may reference gender, gender identity, sexual orientation, discrimination, bullying, relationships or family.

In order to excuse your child from a portion of the comprehensive sexual health education, a parent must state his/her request in writing with his/her signature. This request should be delivered to Christina Juarez in the Adams main office. It is possible to opt-out of lessons 5, 6, 8, 9, 10 and 12 as denoted by an asterisk in the schedule below. For planning purposes, please submit requests **by Friday, April 5, 2019.** Please include the name of your child’s science teacher, the period of the class and the lesson(s) of which you wish to opt your child out.

Adams Middle School CHYA Lesson Schedule – 8th Grade Science

May 13-17, 2019

Lesson 0 - Getting Started

Topics: Creating a group agreement, stats on sexual health in US in teens, how can teens improve sexual health, student pre-test, and lesson wrap-up.

Lesson 1 - Understanding Change

Topics: Describe the typical physical and psycho-social changes that occur during puberty, define and discuss gender related terms, and lesson wrap-up.

Lesson 2 - Exploring Friendships

Topics: Assess the degree to which they have the traits and skills required for a quality committed friendship, identify and describe opportunities for building friendships, differentiate between liking or loving something or someone, planning a safe and healthy activity, and lesson wrap-up.

May 20-24, 2019

Lesson 3 - Bullying and Abuse

Topics: Commit to end bullying and inappropriate sexual behavior in self and others, identify risky sex-related behavior such as sexting, and making sexual advances without permission, identify a variety of ways to protect themselves, and lesson wrap-up.

Lesson 4 - Human Trafficking

Topics: Define human trafficking and sex trafficking, describe how common it is in the US, identify populations that are vulnerable to human trafficking, identify the warning signs of human trafficking, identify resources for reporting and escaping human trafficking, and lesson wrap-up.

***Lesson 5 - Preventing Unplanned Pregnancy**

Topics: FDA approved contraceptive methods, including their effectiveness in preventing pregnancy and sexually transmitted infections, identify sexual abstinence as the only certain way to prevent unintended pregnancy or sexually transmitted infections, identify community family planning and contraception services, and identify reasons for sexual abstinence.

***Lesson 6 - Teen Pregnancy: Choices and Responsibilities**

Topics: Key components of prenatal care and responsible parenting, key components of state Safe Surrender Law, key components of adoption and abortion, how to make an important decision, and lesson wrap-up.

May 28-31, 2019

Lesson 7 - Myths and Stereotypes about HIV

Topics: Identify myths or stereotypes regarding persons infected with HIV, describe the impact of HIV/AIDS on individuals and their family life, express concern for persons with disabilities or illness including those infected with HIV, and lesson wrap-up.

***Lesson 8 - HIV/AIDS Epidemic**

Topics: Describe the magnitude of AIDS epidemic, identify fluids and body routes for HIV transmission, identify behaviors that will and will not put a person at risk for HIV transmission, describe the effectiveness of PrEP, PEP and ART in prevention and treatment of HIV infection, and lesson wrap-up.

***Lesson 9 - Preventing Sexually Transmitted Infections**

Topics: Identify and describe common STIs and their symptoms, describe ways that STIs can be transmitted, identify community resources for STI testing and treatment, and lesson wrap-up.

June 3-7, 2019

***Lesson 10 - Recognizing and Reducing Risks**

Topics: Identify abstinence as the only 100% effective method to avoid an unplanned pregnancy, HIV and STIs, identify abstinence from alcohol and drug use, including needle sharing, as an effective method for avoiding HIV and other STIs, describe the use of universal precautions to reduce HIV/STI transmission, identify things that weaken a latex condom's ability to prevent HIV/STI transmission, and lesson wrap-up.

Lesson 11 - Media and Peer Pressure

Topics: Identify pressures from peers, media or society to engage in high risk behaviors, recognize that not all students participate in high-risk behaviors, demonstrate skill to refuse/avoid pressure to engage in high-risk behaviors, and lesson wrap-up.

***Lesson 12 - HIV/STI Testing and Community Resources**

Topics: Describe how HIV infection can spread through a population, identify resources for HIV/STI testing, counseling, and information, and lesson wrap-up.

Lesson 13 - Goal Setting

Topics: Identify personal goals, including steps for achieving these goals, describe how an unplanned pregnancy or HIV infection would change personal goals and life plans, including measures on how to avoid an unplanned pregnancy and HIV infection, identify ways to protect personal sexual health, and lesson wrap-up.

Thank you for taking the time to read this letter. If you would like to learn more about the curriculum, we encourage you to go to <https://www.positivepreventionplus.com/> or review the hard copy that is available in our front office.

Sincerely,

A handwritten signature in blue ink that reads "Lisa Veal". The signature is written in a cursive style.

Lisa Veal