

# California Healthy Youth Act

Beaumont USD School Community;

The purpose of the California Healthy Youth Act (California *Education Code [EC]* sections 51930-51939) is to provide secondary students with the knowledge and skills necessary to protect their sexual and reproductive health from unintended pregnancy, human immunodeficiency virus (HIV), and sexually transmitted infections (STIs). The section below applies to students in grades 7-12.

Clarification of the law is summarized below:

- The law prohibits active consent for any part of comprehensive sexual health education or HIV prevention education. Passive (not active) parent/guardian notification is required for comprehensive sexual health education and HIV prevention education, either at the beginning of the school year or at least 14 days prior to instruction. Parents must notify the school to remove their child from this instruction.
- Comprehensive sexual health and HIV prevention education are both mandated instruction and shall occur once in middle school and once in high school. The *EC* defines comprehensive sexual health education as "education regarding human development and sexuality, including education on pregnancy, contraception, and STIs" and HIV prevention education as "instruction on the nature of HIV and acquired immune deficiency syndrome (AIDS), methods of transmission, strategies to reduce the risk of HIV infection, and social and public health issues related to HIV and AIDS." The Beaumont Unified School District does NOT provide this mandated instruction to elementary school age students.
- Abstinence may not be discussed in isolation. The *EC* requires that instruction and materials include information that abstinence is the only certain way to prevent HIV, other STIs, and unintended pregnancy. However, it also states: "Instruction shall provide information about the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other STIs and pregnancy." "Abstinence-only" sex education, which offers abstinence as the only option for preventing STIs and unintended pregnancy, is not permitted in California public schools.
- If you would like to read more about the changes along with a frequently asked questions (FAQ) section, please refer to the Department of Education's "California's Health Education Initiatives" <https://www.cde.ca.gov/ci/he/cf/cahealthfaq.asp>.
- The Beaumont Unified School District makes the 7th and 9th-grade curriculum available for parent review at the Educational Support Facility by contacting Kelly Hernandez at [khernandez@beaumontusd.k12.ca.us](mailto:khernandez@beaumontusd.k12.ca.us) to schedule an appointment.

## **Puberty Education for 5<sup>th</sup> Graders**

The Beaumont Unified School District has Registered Nurses (RNs) who provide puberty education to all 5<sup>th</sup> grade students whose parents have provided consent. Boys and girls are given the instruction in separate classrooms. All students watch an age appropriate video introducing them to the subject of their bodies and puberty. Students are then allowed to ask questions about the video and there is a discussion about topics revolving around puberty, exercise and nutrition.

For boys, instruction is focused on when to expect the onset of puberty, self-esteem, body image, physical and emotional changes associated with puberty, and the importance of good hygiene, exercise, sleep and nutrition.

Likewise, for the girls, instruction focuses on when to expect the onset of puberty, self-esteem, body image, physical and emotional changes associated with puberty, menstruation, and the importance of good hygiene, exercise, sleep and nutrition.

Information about this program may be found at the following link:

<https://www.pgschoolprograms.com/Parents>