



La Cañada High School

A National Blue Ribbon School

California Healthy Youth Act

Dear La Canada Spartan Parent/Guardian:

The California state law regarding sexual health education and HIV prevention education in grades 7-12 has changed. The new California state law, the California Healthy Youth Act, requires that comprehensive sexual health education and HIV prevention education be provided to students at least once in middle school, grades 7-8 and once in high school, grades 9-12.

Instruction must encourage students to communicate with parents, guardians, or other trusted adults about human sexuality. Instruction must be medically accurate, age-appropriate, and inclusive of pupils of all races, genders, sexual orientations, and ethnic and cultural backgrounds, pupils with disabilities, and English learners.

It must also include the following instructional emphases:

- Information about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment.
- Information that abstinence is the only **certain** way to prevent unintended pregnancy and HIV and other STIs, and information about the value of delaying sexual activity.
- Discussion about social views of HIV and AIDS and information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually transmitted infections, including use of antiretroviral medication, consistent with the federal Centers for Disease Control and Prevention.
- Information about accessing resources for sexual and reproductive health care.
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law.
- Information about sexual orientation and gender, including the harm of negative gender stereotypes
- Information about healthy relationships and avoiding unhealthy behaviors and situations.

At La Canada High School, instruction regarding comprehensive sexual health education and HIV prevention education will be delivered in the life science classes, in grades 7 and grades 10-11. If you have questions about the content, guest speakers, outside agencies that will support this instruction, or wish to view instructional materials related to these topics, please contact the teacher or principal. You may reference the details of the [California Healthy Youth Act](#) by clicking on the link.

State law allows you to remove your student from this instruction. If you do not want your student to participate in comprehensive sexual health or HIV prevention education, please provide a written request to Jim Cartnal, Principal, by writing to jcartnal@lcsd.net for students in grades 9-12. For students in grade 7, written requests should be sent to Jarrett Gold, 7/8 Principal.

Sincerely,

Jim Cartnal
9-12 Principal

Jarrett Gold
7/8 Principal