

## California Healthy Youth Act Fact Sheet

Purpose: The purpose of the California Healthy Youth Act (Education Code §§ 51930-51939) is to:

- Provide students with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy.
- Provide students with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.
- Promote understanding of sexuality as a normal part of human development.
- Ensure students receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end.
- Provide students with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors.

Grades of instruction: Comprehensive sexual health and HIV prevention education is required at least once in middle school (grades 7 or 8) and at least once in high school (grades 9-12). Related instruction (e.g., puberty education) may also be provided in grades K-6.

Parental notification: Parents must be notified that their student will receive sexual health and HIV prevention education and be allowed to view the materials prior to instruction. Parents/guardians may remove their student from the instruction by submitting a request in writing.

Instructor qualifications: Teachers or outside speakers must have training in and knowledge of the most recent medically accurate research on the topics. Districts must periodically provide training to all district personnel who provide HIV prevention instruction. Outside organizations or speakers must have a mission or purpose that is consistent with the purpose of the California Healthy Youth Act and must also follow all laws when they present.

Instructional requirements for ALL instruction (grades K-12):

- Age appropriate
- Factual info is medically accurate
- Appropriate for all races, genders, sexual orientations, ethnic and cultural backgrounds, pupils with disabilities, English learners
- Instruction/materials available for English learners
- Does not reflect or promote bias
- Respect and address the needs of all genders and sexual orientations - affirmatively recognize different sexual orientations and include examples
- Teach about gender, gender expression, gender identity, and harm of negative stereotypes
- Teaches the value of and prepares pupils to have and maintain committed relationships, such as marriage

- Encourage communication with parents/guardians/trusted adults
- Teach about healthy relationships
- Teach about decision-making, negotiation, and refusal skills
- Must not teach or promote religious doctrine

Content requirements for grades 7-12:

(at least once in middle school and at least once in high school)

- Information on the nature of HIV, other sexually-transmitted infections (STIs), and their effects on the human body
- Information on the manner in which HIV and other STIs are and are not transmitted
- Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other STIs
- Information on the effectiveness of all FDA-approved methods that prevent or reduce the risk of contracting HIV or other STIs (including HIV pre/post-exposure prophylaxis and HPV vaccine)
- Effectiveness of decreasing needle use and needle sharing
- Treatment of HIV and other STIs (including anti-retroviral therapy)
- Societal views on HIV and AIDS
- Information about local resources, how to access those resources, and students' legal rights to access those resources for:
  - Confidential services
  - Sexual and reproductive health
  - Testing and medical care for HIV and other STIs
  - Pregnancy prevention and care
  - Assistance with sexual assault and intimate partner violence
- Information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including emergency contraception
- Objective discussion of all legally available pregnancy outcomes including:
  - Parenting, adoption, and abortion
  - Information on the law on surrendering physical custody of a minor child
  - The importance of prenatal care
- Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and sex trafficking