

Comprehensive Sexual Health Education Checklist

How **Superstar Health Education** programming and curriculum complies with California's

[Education Code \(EC\) 519333](#) and AB 329

<p>Instruction and materials are age appropriate. The SUPERSTAR HEALTH EDUCATION curriculum is based upon SIECUS guidelines for Sexuality Education, Planned Parenthood Federation of America's (PPFA) Sexuality Timeline, teacher, school and student feedback, In-classroom research and reading level resources. We work to provide information, activities, conversations and materials in the classroom that answer the questions that the youth have in concise and simple language that is appropriate for their age and developmental level.</p>	
<p>Factual information is medically accurate and objective. Information that SUPERSTAR HEALTH EDUCATION provides in the classroom is derived from dependable and well-known resources including: Local Public Health Departments, the CDC, Advocates for Youth, SIECUS, NIH, The National Campaign to Prevent Teen and Unplanned Pregnancy, The Center for Health Training, Medical and Educational Journals and ETR. S.H.E staff are trained to provide information free of judgment and personal bias.</p>	
<p>Instruction is available to English learners. When SUPERSTAR HEALTH EDUCATION educators are made aware of the educational needs of English language learners, we seek to offer materials and information in other languages. However, School Districts are responsible for making sure students have access to materials and education that meets their language and learning needs. S.H.E. materials are also created at a reading level with visuals that allow students who are English language learners, or anyone who reads at a lower reading level, more opportunity to understand the information.</p>	
<p>Instruction and materials are appropriate for use with pupils of all races, genders, sexual orientation, ethnic and cultural backgrounds and pupils with disabilities. SUPERSTAR HEALTH EDUCATION educators strive to include the experiences of all students, both in the information and discussion opportunities we provide in the classroom and in the materials. We try to include language that is not gendered or is neutral to avoid creating assumptions about gender roles or orientation. We also seek to make a point of including diverse experiences of gender, ethnicity, culture and ability in the classroom through discussion, scenarios or examples.</p>	
<p>Instruction and materials are accessible to pupils with disabilities. SUPERSTAR HEALTH EDUCATION has developed a curriculum with educational materials that can facilitate the learning experiences of students with developmental and cognitive disabilities. We have taken the time to learn about best practices in education for people of varying cognitive abilities and even offer trainings for providers so that they can continue to provide sexual health education to their communities and clients. For folks who have diverse physical abilities, we seek to include their experience in the sexuality education that we provide.</p>	
<p>Instruction and materials encourage pupils to communicate with parents or guardians about human sexuality. SUPERSTAR HEALTH EDUCATION's curriculum includes discussion or activities that act to encourage students to communicate with their parents/guardians, and parents/guardians to communicate with their youth. S.H.E. Educators often offer parent workshops along with our youth workshops, to encourage parents and guardians to continue the discussion that we have started in the classroom.</p>	
<p>Instruction and materials teach respect for marriage and committed relationships. SUPERSTAR HEALTH EDUCATION's curriculum includes respect for committed relationships and marriage, and all healthy relationships where partners communicate, share equal power, have respect and trust for each other and take steps to keep each other safe and healthy.</p>	
<p>Commencing in seventh grade, instruction and materials teach that abstinence is the only certain way to prevent unintended pregnancy and STDs and provide information about the value of abstinence while also providing medically accurate information on other methods of preventing pregnancy and STDs. SUPERSTAR HEALTH EDUCATION's 7th-12th grade curriculum provides information and materials that teach that abstinence is the only 100% effective method to prevent unintended pregnancy and is the most effective method in preventing STDs. We spend time discussing and</p>	

defining abstinence and how it is used correctly. We also provide medically accurate information about other pregnancy and STD prevention methods.	
<p>Commencing in seventh grade, instruction and materials provide information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including emergency contraception.</p> <p>SUPERSTAR HEALTH EDUCATION's 7th-12th grade curriculum provides information about the effectiveness rates of all FDA approved contraceptive methods including emergency contraception as well as information about how correct usage of methods affects their effectiveness.</p>	✓
<p>Commencing in seventh grade, instruction and materials provide skills for making and implementing responsible decisions about sexuality.</p> <p>The 7th-12th grade Sexual Decision Making curriculum includes opportunities to practice skills for responsible decision making that may include but is not limited to: building comfort with sexuality, communication about sexuality and relationships, knowing ways to avoid STDs and unintended pregnancy, self assessment of values and beliefs, discussing sexuality with parents/guardians, knowing correct condom usage, and where local health resources are located.</p>	✓
<p>Commencing in seventh grade, instruction and materials provide information on the law on safely surrendering physical custody of a child 72 hours or younger (safe surrender law EC 519333 [12]). See also Health and Safety Code 1255.7 and Penal Code 271.5.</p> <p>In 7th-12th grade, the curriculum includes discussion of safe surrender law and it is included in the sexual decision making materials.</p>	✓
<p>Instruction and materials do not teach or promote religious doctrine.</p> <p>SUPERSTAR HEALTH EDUCATION's curriculum and materials do not promote any religious group or doctrine. There are however, opportunities in the educational sessions for participants to talk about varied belief systems and experiences. We mention that some youth may want to talk to religious leaders about sexual decision-making. All belief systems or experiences are respected in the classroom. Fundamental rights are promoted including equality, respect, and access to information and resources.</p>	✓
<p>Instruction and materials do not reflect or promote bias against any person on the basis of sex, ethnic group, race, national origin, religion, color, mental or physical disability, ancestry, gender or sexual orientation.</p> <p>SUPERSTAR HEALTH EDUCATION strives to include all people and experiences and do not promote any bias. If bias comes up in discussion within the classroom, educators are trained to address the bias and call for respect and equal treatment.</p>	✓