



# Vancouver Public Schools

K-12 Comprehensive Sexual Health Curriculum

## Family Information

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Welcome we will get started shortly.



# Washington's Six Core Ideas for Health Instruction

**Wellness**

**Safety**

**Nutrition**

**Sexual Health**

**Social Emotional Health**

**Substance Use & Abuse**

Our goal for health education and physical education in VPS is to prepare our students to be healthy for life. Health education and physical education in Vancouver Public Schools develops student's knowledge and skills to be physically active, eat nutritiously, access reliable health information and services, communicate effectively, and set health-enhancing goals.

# Comprehensive Sexual Health Education (CSHE)

## Washington State Senate Bill 5395

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[Senate Bill 5395](#), passed by the Legislature and Washington voters in 2020, went into effect on December 3, 2020 (see [Bulletin 092-20](#)). It requires all public schools to provide comprehensive sexual health education (CSHE) by the 2022–23 school year, with some requirements beginning in the 2020-21 school year.

Instruction must be consistent with [Health Education K-12 Learning Standards](#), which provide a framework for comprehensive instruction and the provisions of the law. Instruction must also be age-appropriate, medically and scientifically accurate, and inclusive of all students, using language and strategies that recognize all members of protected classes.



# VPS Comprehensive Sexual Health Overview

## **Grades K-3**

No sexual health content is required

Social emotional learning (SEL) is the focus of instruction

## **Grades 5-8**

Age appropriate sexual health (including HIV prevention)

## **Grade 4**

Age appropriate sexual health

## **High School**

Age appropriate sexual health (including HIV prevention), and social emotional learning

# Kindergarten to 3rd Grade

No sexual health content is required for grades K-3

Social emotional learning (SEL) is the focus of instruction in K-3.

All learning outcomes are aligned to Washington state SEL learning standards

## Year Long SEL Units

- Growth Mindset & Goal-Setting
- Emotion Management
- Empathy & Kindness
- Problem-Solving

| Self  | Social   |
|---|--|
| <p><b>STANDARD 1 - SELF-AWARENESS – Individual has the ability to identify their emotions, personal assets, areas for growth, and potential external resources and supports.</b></p> <p>BENCHMARK 1A - Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.</p> <p>BENCHMARK 1B - Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.</p> <p>BENCHMARK 1C - Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.</p> | <p><b>SOCIAL AWARENESS – Individual has the ability to take the perspective of and empathize with others from diverse backgrounds and cultures.</b></p> <p>BENCHMARK 4A - Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.</p> <p>BENCHMARK 4B - Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.</p> <p>BENCHMARK 4C - Demonstrates an understanding of the variation within and across cultures.</p>   |
| <p><b>STANDARD 2 - SELF-MANAGEMENT – Individual has the ability to regulate emotions, thoughts, and behaviors</b></p> <p>BENCHMARK 2A - Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.</p> <p>BENCHMARK 2B - Demonstrates responsible decision-making and problem-solving skills.</p>   | <p><b>SOCIAL MANAGEMENT – Individual has the ability to make safe and constructive choices about personal behavior and social interactions.</b></p> <p>BENCHMARK 5A - Demonstrates a range of communication and social skills to interact effectively with others.</p> <p>BENCHMARK 5B - Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.</p> <p>BENCHMARK 5C - Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.</p> |
| <p><b>STANDARD 3 - SELF-EFFICACY – Individual has the ability to motivate themselves, persevere, and see themselves as capable.</b></p> <p>BENCHMARK 3A - Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.</p> <p>BENCHMARK 3B --Demonstrates problem-solving skills to engage responsibly in a variety of situations.</p> <p>BENCHMARK 3C - Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.</p>   | <p><b>STANDARD 6 - SOCIAL ENGAGEMENT – Individual has the ability to consider others and show a desire to contribute to the well-being of school and community.</b></p> <p>BENCHMARK 6A - Demonstrates a sense of school and community responsibility.</p> <p>BENCHMARK 6B - Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.</p> <p>BENCHMARK 6C - Contributes productively to one's school, workplace, and community.</p>   |

Click image above for more details about the SEL learning standards.

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# Sexual Health in 4th Grade and Beyond Family Life and Sexual Health & KNOW HIV prevention

Developed specifically to meet WA state health standards.

Medically and scientifically accurate, state-approved for use in Washington.

In use by a number of local districts. Adopted by VPS between 2015-2016.

Curriculum consists of a series of lessons.

Utilizes traditional teaching methods, such as worksheets, and classroom discussions.

Additional content and curriculum is not approved to be added.

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# Parent Previews and Notification

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State law - parents must be notified of planned sexual health instruction and have the opportunity to preview materials before instruction occurs.

- Teachers will send home a letter to let families know when instruction will occur.
  - Families can contact students teachers for more information or to opt-out of one or more lessons.
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## Terminology

- Accurate and detailed medical vocabulary is used in discussions and activities for parts of the body and for concepts related to the learning.
- Students will view accurate diagrams of internal and external body parts and will label them with medical terms.
- The focus of the curriculum and language is factual, medical, and scientific.





## Values Question Protocol

- The curriculum includes a protocol for responding to student questions that are personal in nature, inappropriate for school discussion, or potentially hurtful.
- The protocol support teachers in answering the fact-based element of the question, if any, while separating it from beliefs or opinions that may differ.



## Separating by Gender

- It is the current district practice in grades 4 and 5 to separate by gender for the gender-specific lessons.
- In these lessons, instruction is likely provided by the child's teacher. The goal is for an adult with a strong relationship with the student provide the learning.
- Parents should consult with teachers in situations where this separation may cause harm for students.

# 4th & 5th Grade Sexual Health Topics

| 4th Grade  | 5th Grade  |
|--|--|
| <b>Unit 1</b>  | <b>Unit 1</b>  |
| Introduction<br>Family<br>Self-Esteem<br>Gender Roles<br>Friendship<br>Decision-Making | Introduction<br>Family<br>Self-Esteem<br>Gender Roles<br>Friendship<br>Decision-Making |
| <b>Unit 2</b>  | <b>Unit 2</b>  |
| Sexual Exploitation<br>Puberty<br>Reproductive System                                  | Sexual Exploitation<br>Puberty<br>Reproductive System                                  |
| <b>Unit 3</b>  | <b>Unit 3</b>  |
| None   | *HIV Prevention/Know Curriculum  |

\* Indicates a new topic is introduced at the grade level.

# Middle School Sexual Health Topics

| <b>6th Grade</b>   |
|--|
| <b>Unit 1</b>  |
| Introduction<br>Family<br>Self-Esteem<br>Gender Roles<br>Friendship<br>Decision-Making |
| <b>Unit 2</b>  |
| Sexual Exploitation<br>Puberty<br>Reproductive System<br>*Pregnancy                    |
| <b>Unit 3</b>  |
| HIV Prevention/KNOW curriculum   |

| <b>7/8 Year 1</b>   | <b>7/8 Year 2</b>   |
|---|---|
| <b>Unit 1</b>   | <b>Unit 1</b>   |
| Introduction<br>Puberty<br>*Sexual Health & Hygiene<br>*STDs<br>Reproductive System<br>*Touch & Abstinence<br>*Birth Control Basics<br>*Communication | Introduction<br>Puberty<br>Reproductive System<br>Pregnancy<br>Decision Making<br>*Birth Control Basics<br>*Resource People<br>*Communication |
| <b>Unit 2</b>   | <b>Unit 2</b>   |
| HIV Prevention/KNOW curriculum  | HIV Prevention/KNOW curriculum  |

\* Indicates a new topic introduced at the grade level.

# High School Sexual Health Lesson Topics

| High School   |  |
|---|--|
| Included in a Semester Long Course for Graduation Between Grades 9-12   |  |
| Climate Setting<br>Reproductive System and Pregnancy<br>Pregnancy<br>*Sexual Orientation and Gender Identity<br>Undoing Gender Stereotypes<br>Healthy Relationships<br>Coercion and Consent | *Online Safety<br>Abstinence<br>Birth Control Methods<br>Preventing HIV and Other STDs<br>Condoms to Prevent Pregnancy, HIV and STDs<br>*Testing for HIV and other STDs<br>Communication and Decision Making<br>*Improving School Health |

\* Indicates a new topic introduced at the grade level.



## Optional Short Video Supplements

- To support lessons in **Grades 4 and 5**, short videos are an optional resource.
- Some videos include labeled diagrams of internal and external body parts.
- Get the list and directions to preview our supplemental videos in our Family Review Resources folder.



# Instructional Supports

- Some buildings may enlist the aid of school staff to support instruction.
- Teachers might team in the elementary grades where genders are separated for instruction.
- School nurses might support lessons that address medical knowledge such as Puberty or the Reproductive System.



# Optional Family Homework

- Lessons provide optional family homework activities.
- These are entirely optional and students are not required to participate.
- Any discussions around the homework held in the home will not be discussed at school.



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## Reviewing Curriculum

- You can access all of sexual health curriculum by contacting the VPS curriculum and instruction department at **360 313-1020**.
- The 4th-8th Grade curriculum, and HS lesson summaries can be reviewed online at the following web address or by scanning the QR Code:  
<https://qrgo.page.link/EEpgy>

Family Review Resources  
for Sexual Health  
Instruction





# Opting Out

- Parents may opt their child out of part or all of the lessons using the sexual health opt-out form. Contact your child's teacher or school for a copy.
- The form should be returned to the teacher or building. Forms may also be emailed to your child's teacher.
- Alternative educational opportunities shall be provided for those excused.



# Questions?

Please feel free to contact us.

## Helpful Links

[Washington OSPI Sexual Health Education](#)

[Family Life & Sexual Health Curriculum](#)

[VPS Family Life & Sexual Health 4th-8th Family Review Resources](#)

[Committee For Children K-8th: Second Step SEL Curriculum](#)

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