



Sexual Health

Achieving healthy sexuality is a developmental process from birth to senior adulthood. Health education that includes information on sexual health provides students critical information and lays the foundation for future healthy adult relationships.

In Washington State among every 1,000 teen girls aged 15 to 17, approximately:

- 29 become pregnant.¹
- 16 are diagnosed with Chlamydia.²

According to national data³

- 47 percent of high school students report having sexual intercourse.
- Over 50 percent report having oral sex.
- 25 percent report having used alcohol or drugs before their last sexual activity.

HIV/AIDS Policy and Procedures

The AIDS Omnibus Act (RCW 28A.230.070) mandates that schools provide HIV prevention education no later than the 5th grade. Students must receive yearly instruction in the life-threatening dangers of acquired immunodeficiency syndrome, its spread, and its prevention.

¹ For more information about Washington State Birth Certificates please see http://www.doh.wa.gov/ehsphi/chs/chs-data/birth/bir_VD.htm.

² For more information about Washington State STD surveillance and rates please see <http://www.doh.wa.gov/cfh/STD/surveilstats.htm>.

³ Data cited are from the 2003 National Youth Risk Behavior Survey (YRBS) reported by Centers for Disease Control and Prevention Surveillance Summaries May 21,2004. MMWR 2004;53(SS-2): For more information on national YRBS data please see <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>.

Sexual Health Instruction

Health teachers reported trying to increase students knowledge about sexual health with these specific topics as part of a required health education course:

- 97 percent taught HIV prevention.
- 92 percent taught human sexuality.
- 82 percent taught pregnancy prevention.
- 92 percent taught STD (sexually transmitted disease) prevention.



About half of students (57 percent of 8th graders and 49 percent of 10th graders) reported that their school was good or very good at educating them about HIV/AIDS.

Only 8–9 percent of students reported that they had not received HIV/AIDS education.

Health teachers reported teaching each of the following HIV prevention-specific topics in a required health education course:

- 96 percent taught abstinence as most effective method to avoid HIV infection.
- 95 percent taught how HIV is transmitted.
- 95 percent taught how HIV affects the body.
- 94 percent taught the influence of alcohol/drugs on HIV-related risk behaviors.
- 86 percent taught the number of young people who get HIV.
- 82 percent taught social/cultural influences on HIV-related risk factors.
- 81 percent taught how to find valid information on HIV testing and services.
- 80 percent taught compassion for people with HIV or AIDS.
- 75 percent taught how well condoms work (efficacy).
- 45 percent taught how to correctly use a condom.



Sexual Health Staff Development

Health teachers reported receiving staff development in the following sexual health areas during the past two years:

- 57 percent received training in HIV prevention.
- 31 percent received training in human sexuality.
- 17 percent received training in pregnancy prevention.
- 37 percent received training in STD prevention.

Health teachers reported wanting to receive more staff development in the following areas:

- 56 percent wanted more HIV prevention training.
- 50 percent wanted more human sexuality training.
- 50 percent wanted more pregnancy prevention training.
- 57 percent wanted more STD training.

Sexual Health Resources

Resources for HIV/STD prevention are available at the OSPI Web site:

<http://www.k12.wa.us/curriculumInstruct/healthfitness/prevention.aspx>.

The Guidelines for Sexual Health Information and Disease Prevention were jointly created by DOH and OSPI, in response to a bipartisan request from 41 State legislators. The voluntary guidelines provide a framework for medically and scientifically accurate sexual health education for Washington youth. This document is available on the OSPI Web site:

<http://www.k12.wa.us/curriculumInstruct/healthfitness/resources.aspx>.