School personnel often contact OSPI to request recommendations for lesson plans, DVDs and videos for use in providing sexual health education, including HIV prevention education. All materials listed in this document are provided for informational purposes only and should be reviewed by districts for local suitability and alignment with district policy.

We highly recommend that schools use DVDs and other supplemental materials as part of a comprehensive prevention curriculum, rather than as stand-alone instruction. Opportunities for skill development are key to effective HIV prevention and other sexual risk reduction.

OSPI does not approve specific instructional materials for use by schools and districts, other than KNOW (http://www.k12.wa.us/HIVSexualHealth/KNOW.aspx), the HIV Prevention Curriculum developed by OSPI at the direction of the WA Legislature.

OSPI, in coordination with the WA Department of Health (DOH), does review sexual health instructional materials for consistency with the Healthy Youth Act, as directed by the WA Legislature. A list of reviewed materials is available: http://www.k12.wa.us/HIVSexualhealth/InstructionalMaterials.aspx.

**Legislative Requirements**: Districts adopting sexual health education materials or bringing in outside speakers should review, or submit to DOH for review, those materials/speakers for compliance with:

- State and federal civil rights and equity laws/policies: http://www.k12.wa.us/Equity/default.aspx.

All sexual health instructional materials, including HIV/AIDS prevention materials, must be:

- Medically and scientifically accurate.
- Age-appropriate.
- Appropriate for students regardless of gender, race, disability status, or sexual orientation.
Include information about both abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases (i.e. cannot recommend or encourage one approach to the exclusion of the other).

Refer to legislation (see above) for additional requirements.

**Curriculum Assessment**: Several tools are available for district use to assess curricula and supplemental resources for consistency with state requirements and learning standards. Washington-specific tools are available from OSPI, as well as the Centers for Disease Control (CDC) Sexual Health Education Curriculum Assessment Tool (SHECAT). Materials can also be sent to DOH for medical/scientific accuracy review.

**Student Learning Standards**: Health and Physical Education K-12 Student Learning Standards (2016) provide grade-level student learning outcomes to assist districts in developing age-appropriate sexual health instruction that reflects best practice as determined by national and state experts and up-to-date research. Use of these outcomes is not required. Districts in WA may choose whether or not to offer sexual health education and what instructional materials to use, as long as they comply with state law.

**KNOW Curriculum**: Use of KNOW is not required. Other HIV materials used must comply with AIDS Omnibus requirements. Four DVDs are suggested for use with the 2014 revised versions of KNOW:

- High School KNOW: this version of the curriculum is out of date and not recommended for use. Districts may use any curriculum reviewed by DOH and/or CDC for medical accuracy and that complies with the AIDS Omnibus Act.
- Four DVDs are suggested for use with the 2014 revised versions of KNOW:
  - Grade 5 KNOW: “HIV and Me,” Redefine Positive. Developed by the publisher to align with grade 5 KNOW, it has been reviewed by OSPI and DOH and meets requirements for use in WA schools when used with the “Discussion Guide.” [https://www.youtube.com/watch?v=S2J7bH1JQ40](https://www.youtube.com/watch?v=S2J7bH1JQ40)
  - Grade 6 KNOW: “Understanding HIV/AIDS: Understand the Facts, Fight the Stigma, Stay Safe,” Redefine Positive. Developed by the publisher to align with grade 6 KNOW. It has been reviewed by OSPI and DOH and meets requirements for use in WA schools when used with the “Discussion Guide.” [https://www.youtube.com/watch?v=ZixbZVnvt4E](https://www.youtube.com/watch?v=ZixbZVnvt4E)

Centers for Disease Control and Prevention (CDC): Several videos have been developed by the CDC for use with adults. Some MAY be appropriate for use with high school students. It is recommended that teachers preview these (and other) resources before using and that they be used in the context of a comprehensive curriculum, and not as stand-alone instruction. Recently developed materials from the CDC and National Institutes of Health do not need to be reviewed by DOH for medical accuracy:


National Institute of Allergy and Infectious Diseases (National Institutes of Health): “Approaches to an HIV Cure” video, July 2018.

Other Resources (Note: OSPI does not approve, endorse or recommend specific resources on these websites. They are provided for informational purposes only. Schools/districts are encouraged to review any materials before using with students).

- AMAZE, a collaboration of Advocates for Youth, Answer and Youth Tech Health, provides online videos and other resources for youth ages 10-14, parents and teachers: https://amaze.org/educators/. Some videos may also be appropriate for older students.

- Blood Lines, a documentary video directed and produced by HIV-positive youth, was updated in 2015: http://www.blood-lines.org/synopsis.html

- Rights, Respect, Responsibility is a free online K-12 curriculum from Advocates for Youth. STD/HIV lessons are available for multiple grades. It has been reviewed by OSPI and DOH and found to be consistent with requirements in both the AIDS Omnibus Act and the Healthy Youth Act.

Cross-Content Lessons

Districts challenged with meeting the requirement for annual HIV prevention instruction may consider cross-content instruction. Please note: the lessons listed here have not been reviewed for consistency with current state requirements and standards. Lessons from High School KNOW have not been reviewed recently for medical accuracy. All materials should be reviewed at the district level prior to use with students and parents should be notified of such instruction as per WAC 392-410-140.

- **Social Studies:**
  - Themed Unit Plan: HIV and AIDS (High School), global studies lessons from Global Concerns Classroom.
  - Government Policy and Its Impact on HIV/AIDS (High School) – lesson plan from PBS.
  - The Changing Face of HIV/AIDS (High School) – 3-lesson unit from High School KNOW, designed to provide youth with the concepts related to HIV/AIDS that promote respect for the underlying values of a diverse democratic society. (contact OSPI for the lesson).

- **Science:**
  - 5th/6th Grades: Myth Busters: HIV Transmission – lesson plan from Centers for Disease Control Science Ambassador Program, addressing the communicability of viruses, the distinction between a virus and a disease, and correction of misinformation associated with HIV/AIDS. This lesson plan is activity driven with quick checks for understanding throughout and a final product-based assessment.
  - Biology/Life Sciences (Middle School): HIV Infection and AIDS: Get the Facts – lesson plan from Centers for Disease Control Science Ambassador Program, introducing HIV/AIDS as a public health problem, including modes of transmission, treatment and prevention. Prerequisites required.
  - Biology (10th Grade): HIV/AIDS – lesson plan from Centers for Disease Control Science Ambassador Program, using scientific research information to correct misconceptions, answer learning guides, and present posters on topics associated with HIV/AIDS. A review activity will then allow students to work together to summarize key points about HIV/AIDS, while simulating the contagiousness of a virus throughout the class.

- **English Language Arts (ELA):**
  - English Literature (High School) – 3-lesson unit from High School KNOW, using Brave New World to explore HIV/AIDS through lessons on media/societal messages, technology and ethics, and risky behaviors (contact OSPI for the lesson).
o **English Literature (High School)** – 3-lesson unit from High School KNOW, using *Lord of the Flies* to explore HIV/AIDS through lessons on bullying, peer pressure, and decision-making ([contact OSPI for the lesson](#)).

o **English Literature (High School)** – 1-lesson unit from High School KNOW, using *Of Mice and Men* to explore HIV/AIDS through a discussion of risky behaviors ([contact OSPI for the lesson](#)).

o Lesson idea for 11th grade Literature class from Al Vernacchio, author of *For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health* – “We read that old chestnut, *The Scarlet Letter*, followed immediately by Tony Kushner’s *Angels in America: Millennium Approaches*. Both texts are about characters scorned by society because of sexual issues. Hester Prynne’s scarlet letter (‘A’ for adulteress) is mirrored by the Kaposi sarcoma lesions that mark the characters living with AIDS in *Angels in America*. Both texts talk about the conflict between the American Dream of living one’s life openly and honestly and the prejudice and discrimination that comes from a society that demands conformity and punishes those who stray beyond the boundaries of what’s deemed ‘acceptable.’ Both ask what the price of freedom is and both ultimately give the message that being true to oneself is what is most important.”