UPDATE: School Health Profiles
2013

Authorizing legislation: RCW 28A.300.475

Teaching and Learning, HIV/Sexual Health Education
Jessica Vavrus, Assistant Superintendent

Prepared by:
• Laurie Dils, Interim HIV/Sexual Health Education Program Supervisor (laurie.dils@k12.wa.us, 360-725-6368)
**Executive Summary**

Every two years, the Office of Superintendent of Public Instruction (OSPI) asks Washington public schools to report the curricula they use for sexual health education. The purpose of the survey is to gauge how well the curricula taught in Washington align with the 2007 Healthy Youth Act.

In spring 2012, the two curricula most widely promoted by OSPI saw increased usage: the KNOW HIV/STD Prevention curriculum (KNOW) and the Family Life and Sexual Health curriculum (FLASH). Both curricula align with the 2007 Healthy Youth Act requirements and the 2005 Guidelines for Sexual Health Information.

OSPI will continue to work with the Washington State Department of Health, Centers for Disease Control and Prevention, and other partners on the implementation of medically accurate sexual health education in Washington schools. A new five-year grant from the CDC will increase OSPI’s capacity to assist schools with their efforts to implement the provisions of the Healthy Youth Act and AIDS Omnibus Law.
Background

RCW 28A.300.475 (medically accurate sexual health education) directs OSPI to collect data about the sexual health education curricula that are taught in Washington's public schools. The School Health Profiles Survey (Profiles) is developed by the Centers for Disease Control Division of Adolescent and School Health (DASH) and the National Center for Chronic Disease Prevention and Health Promotion, in collaboration with representatives from state, local, and territorial departments of health and education.

Every two years, OSPI and the Washington State Department of Health (DOH) administer the survey to randomly selected middle schools and high schools. Participation is voluntary. It includes two hard-copy questionnaires to be completed at the school building level—one for school principals and one for lead health education teachers. In 2008, 2010 and 2012, the survey included supplemental questions (“Washington State Questions”) to gauge district implementation of the Healthy Youth Act.

OSPI, DOH and state public health partners offer resources to school districts going through the curriculum selection process. The goal is to find curriculum and supplemental materials that align with the Healthy Youth Act. Resources include the national Health Education Curriculum Analysis Tool and existing district policies related to supporting strong sexual health education. In addition, OSPI and DOH partner annually, as funding allows, to review sexual health education curricula for alignment with the Healthy Youth Act. Results from the most recent Sexual Health Education Curriculum Review can be found at http://www.k12.wa.us/CurriculumInstruct/InstructionalMaterialsReview.aspx.

Update Status

In spring 2012, 187 health education teachers completed the survey, compared with 158 in 2010. The two curricula most widely promoted by OSPI both saw increased usage: the KNOW HIV/STD Prevention curriculum (KNOW) and the Family Life and Sexual Health curriculum (FLASH).

KNOW was developed by OSPI in response to a legislative request in the AIDS Omnibus Act and has been updated several times as necessary to ensure medical accuracy. The Family Life and Sexual Health curriculum was developed by the Seattle-King Co. Public Health Department. Both curricula are closely aligned with requirements spelled out in the 2005 Guidelines for Sexual Health Information, and the 2007 Healthy Youth Act. The curricula also align strongly with the Washington K-12 Health and Fitness Learning Standards, and the 2012 National Sexuality Education Standards.

The supplemental "Washington State Questions" received an additional 94 responses from health education teachers, totaling 281 responses from this group. Specifically, teachers were asked to

<table>
<thead>
<tr>
<th>Top 5 Sexual Health Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. KNOW HIV/STD Prevention</td>
</tr>
<tr>
<td>2. Family Life and Sexual Health (FLASH)</td>
</tr>
<tr>
<td>3. Health: A Guide to Wellness (Glencoe)</td>
</tr>
<tr>
<td>4. Teen Health (Glencoe)</td>
</tr>
<tr>
<td>5. Human Sexuality (Glencoe)</td>
</tr>
</tbody>
</table>
report their use of “any of the following curricula.” Respondents were able to check all that applied, given that many schools use multiple curricula resources to support sexual health education.

The top five curricula were all from the list of OSPI-reviewed curricula. A variety of other curricula were reported by multiple schools, many of which have not been reviewed by OSPI for alignment with the Healthy Youth Act. Several schools reported using curricula that do not conform to the requirements spelled out in the Healthy Youth Act, but those numbers were extremely low.

Conclusion and Next Steps

Statewide activities and support for sexual health education rely heavily on efforts funded by CDC through a cooperative agreement, *Improving Health and Educational Outcomes of Young People (2008–2013)* and *Promoting Adolescent Health Through School-Based HIV/STD Prevention and School-Based Surveillance (2013-2018)*. The following activities represent the specific work underway and the next steps related to this support:

**Standards and Curriculum Review and Resources**

- In 2013, OSPI completed a Sexual Health Education Standards Comparison, which compared the 2005 Guidelines, the Washington Health and Fitness Learning Standards, and the 2012 National Sexuality Education Standards. This document will be used to guide future curriculum reviews and revisions.

- OSPI will develop a two-part web-based training video to assist school and district staff in the use of the sexual health HECAT tool referenced above.

- OSPI will advocate that sexual health education curriculum developers bring their materials into closer alignment with the 2005 Guidelines for Sexual Health Information and Disease Prevention. This may include curriculum materials that OSPI develops directly, as funding allows.

**School District Program Implementation Support**

- In August 2013, OSPI received a five-year grant from the CDC, “Promoting Adolescent Health through School-based HIV/STD Prevention and Surveillance” (FOA 1308). The grant will support “exemplary sexual health education” efforts throughout Washington, and in particular within 15 “priority school districts.” This grant will increase OSPI’s capacity to assist schools with their efforts to implement the provisions of the Healthy Youth Act and AIDS Omnibus Law.
OSPI provides equal access to all programs and services without discrimination based on sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability. Questions and complaints of alleged discrimination should be directed to the Equity and Civil Rights Director at (360) 725-6162 or P.O. Box 47200 Olympia, WA 98504-7200.

Download this material in PDF at http://www.k12.wa.us/LegisGov/Reports.aspx. This material is available in alternative format upon request. Contact the Resource Center at (888) 595-3276, TTY (360) 664-3631. Please refer to this document number for quicker service: 13-0056.