

***HealthSmart* Alignment
with the
California Healthy
Youth Act**

**Middle School
(Grades 6–8)**

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HealthSmart Middle School Alignment with the California Healthy Youth Act

HealthSmart Middle School Content Area Key

ABST = Abstinence, Puberty & Personal Health

HIV = HIV, STI & Pregnancy Prevention

EMH = Emotional & Mental Health

VIP = Violence & Injury Prevention

NPA = Nutrition & Physical Activity

There is also a sixth content area on Tobacco, Alcohol & Other Drug Prevention (TAOD).

1. CA Education Code Requirements starting Jan. 2019, CA Healthy Youth Act

A. Alignment with and Support of CHYA Purposes

To provide pupils with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy.

Abstinence, Puberty & Personal Health (ABST) – Lessons 4 through 16

HIV, STI & Pregnancy Prevention (HIV) – All lessons

To provide pupils with the knowledge and skills they need to develop healthy attitudes concerning (a) adolescent growth and development, (b) body image, (c) gender, (d) sexual orientation, (e) relationships, (f) marriage, and (g) family.

(a) ABST Lessons 5 through 8; HIV Lesson 5; (b) NPA Lesson 11; (c/d) ABST Lesson 4; HIV Lesson 1, Lesson 2; (e/f) EMH Lesson 4, Lesson 5; HIV Lesson 4; (g) EMH Lesson 4, Lesson 5 + all take-home activities

To promote the understanding of sexuality as a normal part of human development.

Emphasized throughout the sexual health units, in particular in ABST Lessons 4, 7 and 9; and HIV Lessons 1, 2 and 4

To ensure pupils receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end.

ABST – Lessons 4 through 16; HIV – All lessons

To provide pupils with the knowledge and skills necessary to have healthy, positive, and safe relationships and behavior.

EMH Lesson 4, Lesson 5; HIV Lesson 4; relationship skills and healthy behavior outcomes are promoted throughout the lessons

B. Instruction and Materials

Instruction and materials shall be age appropriate. EC § 51933(a)

All student reading and activity sheets have been checked for appropriate readability for Grades 6-8. HealthSmart content is structured to grow in depth and complexity across the K-12 span.

All factual information presented shall be medically accurate and objective. EC § 51933(b)

The third edition has been reviewed for medical accuracy across all content areas. CDC has been used as a source wherever possible. Basic citations are provided in the curriculum. ETR can provide a more extensive list of resources upon request.

Instruction and materials shall be appropriate for use with pupils of all races, genders, sexual orientations, and ethnic and cultural backgrounds, pupils with disabilities and English Learners.

EC § 51933(d)(1)

The third edition has been specifically reviewed to ensure inclusivity around gender identity and sexual orientation.

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Instruction and materials shall be made available on an equal basis to a pupil who is an English learner, consistent with the existing curriculum and alternative options for an English learner pupil as otherwise provided in this code. EC § 51933(d)(2)

Instructors may wish to further adapt lessons for their students. All take-home materials and Health Terms Glossaries are available in Spanish.

Instruction and materials shall be accessible to pupils with disabilities, including, but not limited to, the provision of a modified curriculum, materials and instruction in alternative formats, and auxiliary aides. EC § 51933(d)(3)

Curriculum student materials are on file with NIMAS.

Instruction and materials shall not reflect or promote bias against any person on the basis of any category protected by Section 220. EC § 51933(d)(4)

The HealthSmart program does NOT promote bias against any group based on disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion or sexual orientation.

Instruction and materials shall affirmatively recognize that people have different sexual orientations and, when discussion or providing examples of relationships and couples, shall be inclusive of same-sex relationships. EC § 51933(d)(5)

ABST Lesson 4, roleplays in Lesson 16

HIV Lesson 2; scenarios in Lesson 8

Instruction and materials shall teach pupils about gender, gender expression, gender identity, and explore the harm of negative gender stereotypes. EC § 51933(d)(6)

ABST Lesson 4

HIV Lesson 2 (stereotypes addressed)

Instruction provides pupils with the knowledge and skills to develop healthy attitudes concerning adolescent growth and development and body image. EC § 51930(a)(2)

ABST Lessons 5, 6, 7, and 8 (puberty, growth and development)

NPA Lesson 11 (body image), 13 (eating disorders)

Instruction and materials shall encourage a pupil to communicate with his or her parents, guardians and other trusted adults about human sexuality and provide the knowledge and skills necessary to do so. EC § 51933(e)

ABST Lesson 4, Lesson 10 also take-home family activities in Lessons 7 and 11

HIV take-home family activities in Lesson 5 and Lesson 10

Parents/guardians and other trusted adults are affirmed as sources of support and information throughout the curriculum.

Instruction and materials shall teach the value of and prepare pupils to have and maintain committed relationships such as marriage. EC § 51933(f)

HIV Lesson 4 [romantic relationships], Lesson 7 [monogamy]

Instruction and materials shall provide pupils with knowledge and skills they need to form healthy relationships that are based on mutual respect and affection, and are free from violence, coercion, and intimidation. EC § 51933(g)

EMH Lesson 4, Lesson 5

HIV Lesson 3, Lesson 4

Instruction and materials shall provide pupils with knowledge and skills for making and implementing healthy decisions about sexuality, including negotiation and refusal skills to assist pupils in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities. EC § 51933(h)

ABST Lesson 10, Lesson 14, Lesson 15

HIV Lesson 9, Lesson 10, Lesson 11, Lesson 13

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Instruction and materials may not teach or promote religious doctrine. EC § 51933(i)

[All lessons comply](#)

Information on the nature of HIV, as well as other sexually transmitted infections, and their effects on the human body. EC § 51934(a)(1)

[HIV Lesson 6, Lesson 7](#)

Information on the manner in which HIV and other STIs are and are not transmitted, including information on the relative risk of infection according to specific behaviors, including sexual activities and injection drug use. EC § 51934(a)(2)

[HIV Lesson 6, Lesson 7](#)

[Transmission through body fluids and skin-to-skin contact is emphasized at the Middle School level. Risk level of specific behaviors is covered in detail at the high school level.](#)

Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infections and abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy. Instruction shall provide information on the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other sexually transmitted infections and pregnancy. EC § 51934(a)(3)

[ABST Lesson 10, Lesson 11, Lesson 13, Lesson 16](#)

[HIV Lesson 1, Lesson 6, Lesson 7, Lesson 12, Lesson 13, Lesson 14](#)

Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually transmitted infections, including use of antiretroviral medical, consistent with the federal Centers for Disease Control and Prevention. EC § 51934(a)(4)

[HIV Lesson 6, Lesson 7, Lesson 12, Lesson 14](#)

Information about the effectiveness and safety of reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing. EC § 51934(a)(5)

[HIV Lesson 7](#)

Information about the treatment of HIV and other sexually transmitted infections, including how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others. EC § 51934(a)(6)

[HIV Lesson 6, Lesson 7, Lesson 8](#)

Discussion about social views on HIV and AIDS, including addressing unfounded stereotypes and myths regarding HIV and AIDS and people living with HIV. This instruction shall emphasize that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and the only way to know if one is HIV-positive is to get tested. EC § 51934(a)(7)

[HIV Lesson 7](#)

Information about local resources, how to access local resources, and pupils' legal rights to access local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence. EC § 51934(a)(8)

[ABST Lesson 9 \[sexual health care\]](#)

[HIV Lesson 8 \[HIV/STI Testing\], Lesson 14 \[contraception\]](#)

[VIP Lesson 16, Lesson 17 \[sexual abuse prevention\]](#)

[Specific information about local resources and CA-specific rights can be added to ABST Lesson 9, HIV Lesson 8 and HIV Lesson 14.](#)

Information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception. EC § 51934(a)(9)

[HIV Lesson 14](#)

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Instruction on pregnancy shall include an objective discussion of all legally available pregnancy outcomes, including, but not limited to, all the following: EC§ 51934(a)(9)(A)(B)(C)

(A) Parenting, adoption and abortion

(B) Information on the law on surrendering physical custody of a minor child 72 hours of age or younger, pursuant to Section 1255.7 of the Health and Safety Code and Section 271.5 of the Penal Code

(C) The importance of pre-natal care

Supplemental lesson for CA schools

Information about sexual harassment, sexual assault, sexual abuse, and human trafficking.

Information on human trafficking shall include both of the following: EC § 51934(a)(10)(A)(B)

(A) Information on the prevalence, nature, and strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance.

(B) Information on how social media and mobile device applications are used for human trafficking.

VIP Lesson 16, Lesson 17

Information about adolescent relationship abuse and intimate partner violence, including the early warning signs thereof. EC § 51934(a)(11)

HIV Lesson 4

Optional

A school district may provide optional instruction, as part of comprehensive sexual health education and HIV prevention education, regarding the potential risks and consequences of creating and sharing sexually suggestive or sexually explicit materials through cellular telephones, social networking Internet Web sites, computer networks, or other digital media. EC § 51934(b)

ABST Lesson 10

A school district may provide comprehensive sexual health education or HIV prevention education consisting of age-appropriate instruction earlier than grade 7 using instructors trained in the appropriate courses. A school district that elects to offer comprehensive sexual health education or HIV prevention education earlier than grade 7 may provide age appropriate and medically accurate information on any of the general topics contained in paragraphs (1) to (11), inclusive, of subdivision (a). EC § 51934(c)

HealthSmart K-5 provides a foundation in many aspects of comprehensive sexual health education including healthy relationships, growth and development, body image, preventing bullying and treating others with respect.

Requires school districts to “notify pupils in grades 7-12 inclusive and the parents and guardians of all pupils enrolled in the district, that school authorities may excuse any pupil from school for the purpose of obtaining confidential medical services without the consent of the pupil’s parent or guardian.” EC § 46010.1 [Also refer to Row#23, EC § 51934(a)(8)]

Family letters are provided for each unit that explain the material covered. LEAs will need to adapt to include this information. ABST Lesson 9 and HIV Lesson 8 are good places to present this information to students.

Information on existing school site and community resources related to the support of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) pupils must be provided

EC § 234.1(d) [Also refer to Row#23, EC § 51934(a)(8)]

HIV Lesson 2

Comprehensive information for grades 9-12, inclusive, on sexual harassment and violence that includes but is not limited to all of the following: a discussion of the affirmative consent standard, as defined in paragraph (1) of subdivision (a) of Section 67386. EC § 33544(a)(2)

[Also refer to Row# 12, EC § 51933(g)]

HIV Lesson 3 – In addition to this specific lesson on affirmative consent, importance of and practice in respecting another person's sexual limits and refusals is emphasized in these refusal skills lessons: HIV Lesson 10, HIV Lesson 12; ABST Lesson 14.