



Health and Human Sexuality Instructional Materials Policy

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Effective Date: July 2025
Authorized By: Utah State Board of Education

1. Purpose and Background

This policy establishes procedures for the review, approval, and appeal process of instructional materials related to maturation, health, and human sexuality education at USDB, ensuring compliance with Utah Code [§53G-10-402](#) and Utah Administrative Code [R277-474](#).

This policy shall be reviewed by the Utah State Board of Education, as the governing board for USDB, every two years, consistent with the requirements of [§53G-10-402](#),

2. Definitions

2.1. **Instructional Materials:** Any content used in classroom instruction, including print, digital, video, or supplemental materials.

2.2. **Maturation education:** Instruction and materials used to provide 5th or 6th-grade students with age-appropriate, medically accurate information regarding the physical and emotional changes associated with puberty, to assist in protecting students from abuse, and to promote hygiene and good health practices.

2.3. **Medically accurate:** Information verified or supported by a body of research conducted in compliance with scientific methods and published in journals that have received peer review, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the American Medical Association.

2.4. **Sex education instruction:** Any course, unit, class, lesson, activity, or presentation that, as a focus of the discussion, provides instruction or information to a student about sexual abstinence, human development, including puberty and maturation; human reproductive processes, including conception, fetal development, pregnancy, and birth; human reproductive anatomy; and physiology; healthy dating practices, marriage, and parenthood, in accordance with the success sequence; adoption; information and contraceptive methods or devices; chronic, infectious, and acute diseases and conditions of the reproductive system, including, sexually transmitted infections and diseases; or refusal skills.

2.5. **Refusal skills:** Instruction in a student's ability to clearly and expressly refuse sexual advances by a minor or adult; in a student's obligation to stop the student's sexual advances if refused by another individual; informing a student of the student's right to report and seek counseling for unwanted sexual advances; and informing a student that a student may not consent to criminally prohibited

activities or activities for which the student is legally prohibited from giving consent, including the electronic transmission of sexually explicit images by an individual, regardless of whether the image is of the individual who transmits the image or of another.

- 2.6. **Success sequence:** a three-prong framework for youth and young adults that encourages: completing at least a high school education and pursuing further educational opportunities; obtaining full-time employment; and having children within a healthy and stable family and marriage.
- 2.7. **Parental notification form:** A form developed by USBE and used exclusively by USDB for parental notification of subject matter identified in rule [R277-474](#).
- 2.8. **Health Instruction Committee:** A committee formed at the district level to evaluate proposed instructional materials, comprising parents, educators, health professionals, and administrators.

3. **Health Instruction Committee**

- 3.1. The committee must include the following individuals: parents, health professionals, school health educators, and administrators.
 - 3.1.1. The committee must include as many parents as school employees.
 - 3.1.2. Parent representatives must have students currently enrolled at USDB.
- 3.2. Members of the committee shall:
 - 3.2.1. meet on a regular basis as determined by the membership;
 - 3.2.2. select officers; and
 - 3.2.3. comply with Utah's Open and Public Meetings Act.
- 3.3. Health Instruction Committee Duties
 - 3.3.1. Authorize the use of sex education instruction programs or maturation education programs previously approved by the State Board of Education.
 - 3.3.2. Review and recommend instructional materials that are medically accurate and comply with state law to the State Board for use in USDB classrooms.
 - 3.3.3. Review and approve all instructional materials, speakers, special programs, guest speakers, and guest presenters, and their respective materials relating to maturation and sex education instruction to ensure that the information sought to be presented is medically accurate and complies with state law.
 - 3.3.4. Hear appeals, complaints, or other special matters pertaining to existing sex education instruction programs and/or instruction that have not been resolved at the school level.
 - 3.3.5. Update annually the Approved Materials List on USDB's website.

4. **Parental Consent**

- 4.1. The parent/legal guardian of a student must provide written consent before the student may participate in maturation or sex education instruction.
- 4.2. The signed Parental Notification Forms must be retained at the school for a reasonable period of time, but no less than one year.
- 4.3. If a student's parent/legal guardian chooses not to have the student participate in maturation or sex education instruction, the school shall either waive the requirement to participate or provide the student with a reasonable alternative during that instruction time.
 - 4.3.1. A student's academic or citizenship performance may not be penalized if the student's parent/legal guardian chooses to have the student not participate in sex education instruction.

5. Sex Education Instruction

- 5.1. The sex education instruction shall stress the importance of abstinence from all sexual activity before marriage and fidelity after marriage as methods for
 - 5.1.1. maintaining mental, physical, and social health, including reducing stress;
 - 5.1.2. eliminating risks associated with sexual activity, including preventing pregnancy and certain communicable diseases; and
 - 5.1.3. achieving the success sequence;
 - 5.1.3.1. Personal skills that encourage abstinence, the return to abstinence, and fidelity.
- 5.2. USDB's educators teaching sex education instruction will comply with state law and board rules, emphasizing abstinence before marriage and fidelity after marriage, and prohibiting instruction in the areas outlined in [Utah Code §53G-10-402](#), through the use of instructional materials, direct instruction, or online instruction.
 - 5.2.1. prohibit instruction or discussion, regardless of parental consent or intent to receive the prohibited instruction, in or regarding:
 - 5.2.1.1. the intricacies of sexual stimulation or erotic behavior;
 - 5.2.1.2. the advocacy of premarital or extramarital sexual activity;
 - 5.2.1.3. the advocacy or encouragement of the use of contraceptive methods or devices; and
 - 5.2.1.4. any means or methods that facilitate or encourage the violation of any state or federal criminal law by a minor or an adult, including as a response to a spontaneous question from a student; and
 - 5.2.2. Allow instruction to include information about contraceptive methods or devices, not including abortion or any abortive methods, that stresses effectiveness, failure rates for youth, limitations, risks, and information on state law applicable to minors obtaining contraceptive methods or devices.
 - 5.2.2.1. the instruction may not demonstrate or otherwise depict the use of a contraceptive method or device.
- 5.3. At no time may instruction be provided, including responses to spontaneous questions raised by students, regarding any means or methods that facilitate or encourage violation of any state or federal criminal law by a minor or an adult.
 - 5.3.1. This does not preclude an instructor from responding to a spontaneous question as long as the response is consistent with the provisions of this section.

6. Maturation

- 6.1. Each elementary school shall plan an elective maturation program for each 5th-grade girl and her parents, and each 5th-grade boy and his parents.
 - 6.1.1. The main purposes of the program will be to provide accurate information about sexual development and to encourage discussion in the home.
 - 6.1.2. At the discretion of the school principal, students and their parents from other grades may be invited to attend.

7. Complaint and Appeal Procedure

- 7.1. Complaints and concerns should initially be handled at the school or division level between parents, teachers, and the educational program director.
- 7.2. Each educational program director will log and track complaints and comments resulting from student participation in sex education instruction. The district will

report the disposition of complaints to the Utah State Board of Education (USBE) upon request.

- 7.3. Licensed educators will individually record parent and community complaints or comments regarding sex education instruction programs and will document their responses.
- 7.4. Complaints that cannot be settled at the school or division level should be sent in writing to the respective Associate Superintendent, who will forward the complaint to the district health education instruction committee for review. The USBE superintendent shall report educators who willfully violate these procedures or applicable state law to the Utah Professional Practices Advisory Commission for investigation and possible discipline.

8. **Required Forms**

- 8.1. [USBE Parent/Guardian Consent Form: Sex Education Instruction](#)
- 8.2. [USBE Parent/Guardian Consent Form: Maturation Instruction](#)
- 8.3. [USBE Formulario de consentimiento del padre / tutor Instrucción de maduración](#)