

Sex Education curriculum: Utah core state standards for Health Ed/planned parenthood utah

Utah

*State Sex Education Policies and Requirements at a Glance

Schools in Utah are required to **teach some sex education**. [State law \(link is external\)](#) requires such instruction to occur at LEAST twice between 8th and 12 grades.

*Curriculum is not required to be comprehensive and must stress abstinence.

*Curriculum is not required to include instruction on sexual orientation or gender identity.

*Curriculum is not required to include instruction on consent. However, the curriculum must include instruction on refusal skills.

*Parents or guardians must give written permission in order for a student to participate in any form of sex education. This is referred to as an “opt-in” policy

***State Standard HII.HD.8**

*Recognize characteristics of healthy relationships, the impact a relationship has on wellness, practice skills to build healthy relationships, and emphasize the responsibility within families and communities to support healthy relationships.

-I will be covering refusal skills and consent, we will be watching this video:

Tea Consent video: https://www.youtube.com/watch?v=IOS5_I3Yzog)

-State standard HII.HD.1

*Analyze how brain development has an impact on cognitive, social, and emotional changes of adolescence and early adulthood.

-State standard HII.HD.2

* define and describe the mental, emotional, physical, and social health benefits of sexual abstinence

- We will identify possible risks affiliated with sexual activity and how to eliminate the risks through abstinence.

State standard HII.HD.4

*Identify practices for prevention of common sexually transmitted diseases or infections (STD/STI) - -Evaluate the effectiveness of risk avoiding behaviors, stressing abstinence, as methods of preventing STD/STI including HIV/AIDS

-analyze the impact of STD/STI on self and others, including responsibility for testing and informing partners.

State Standard HII.HD.3

a. Evaluate the effectiveness of various contraceptives as methods of preventing pregnancy, stressing abstinence.

b. Identify adoption as an option for unintended pregnancy and discuss the newborn safe haven law.

State Standard HII.HD.7

*Identify accurate and credible resources for sexual health, development and relationships and identify who and where to turn to for help (for example, parent, clergy, relative, health care provider, teacher, counselor.)

*sexuality is an umbrella term - knowing your body- how your body works - relationships- identity- values- plus more

*DO NOT teach personal thoughts & values, only factual information

*risk avoidance/abstinence: only 100% preventative of STI's (sexually transmitted infection) & pregnancy.

*online safety:

What to share and what not to share online

How to identify "red flags" (signs that something could be unsafe online)

How to protect your privacy

Things to think about with cyberbullying, online dating and sexting

*STIs- planned parenthood state of utah curriculum 3R's planning prevention

_Curriculum must be medically accurate.

https://www.schools.utah.gov/curr/health/_health/sexeducationlawandpolicy/resources/UtahSexEducationInstructionFAQs1.pdf

**Q. Is Utah's sex education instruction considered abstinence-only?* A. No. Utah's sex education instruction is abstinence-based. Teachers are required to stress the importance of abstinence from all sexual activity before marriage and fidelity after marriage as methods for preventing certain communicable diseases. Utah law allows instruction in the areas of contraception and prevention of sexually transmitted diseases. Specifically, allow instruction to include information about contraceptive methods or devices that stresses effectiveness, limitations, risks, and information on state law applicable to minors obtaining contraceptive methods or devices.

Q. What content is currently included in Utah's health education core standards that impacts sex education instruction? A. The current core standards includes the following relevant content:

- Physical, social, cognitive, and emotional changes of adolescence
- Reproductive anatomy and physiology, including the healthy function of the reproductive system
- Benefits of practicing abstinence
- Process of pregnancy, including fertilization, fetal development, practices for a healthy pregnancy, and birth process
- Pregnancy prevention and Newborn Safe Haven Law
- Prevention of sexually transmitted infections and diseases (STI/STD), including condoms
- Common reproductive diseases, including cancer
- Accurate and credible sources of information around sexual health, sexual abuse prevention, and healthy relationships