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I. Introduction

OAR Rule 581-022-1440, which was appr oved by the Oregon State Board of Education in December 2015, states that each school district shall provide an age-

II. Policy

X.XX.XXX-P Comprehensive Sexualit y Education Policy

Portland Public School District (PPS) is committed to creating safe and healthy learning environments to support the growth and development of every student. Health literacy, the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others , is a critical component of ed ucation in PPS; one that is necessary to build skills and provide

- x OAR 581-022-2310 Equal Educational Opportunities
- x Title IX-Educational Amendments Act
- x ORS 174-100 Oregon Equality Act
- x PPS 1.80.020-P Non-Discrimination/Anti-Harassment
- x <u>PPS 2.10.010-P</u> Racial Educational Equity Policy
- x <u>PPS 4.30.060-P</u> Anti-Harassment
- x <u>PPS 4.30.061-AD</u> Transgender and Gender Non-Conforming Students
- x PPS Board Policy 4.30.070-P Teen Dating Violence/Domestic Violence

Health education can contribute to significant improvements in students' lives. Specifically, research shows that effective comprehensive sexuality education leads to a delay in the initiation and frequency of sex, reduces the number of new partners, and increases the correct use of barrier and contraception

methods. Highly effective sex education and STI prevention education programs:

- x Recognize the harm caused to sexual health by racism, homophobia, transphobia and other forms of oppression;
- x Offer developmentally- and culturally ap propriate sexual health information in a safe and inclusive environment;
- x Are developed in cooperation with members of the community, especially a diverse representation of young people;
- x Use language and activities that ar e inclusive of LGBTQ+ students;
- x Respect community values and assist yout h to clarify their individual, family, and community values;

policies. Qualified and trained teachers as outlined in the CSEP will implement it.

All schools will follow relevant promotion and graduation requirements that

III. Student Bill of Rights

Portland Public School District S tudent "Bill of Rights" in Sexuality Education

Introduction and Process

Portland Public Schools received grant funding from Advocates for Youth to develop a Comprehensive Sexuality Education Plan (C SEP). Partners from state, county, and community-based organizations participated in the process of developing the CSEP and involving students was a central value to all partners involved. To this end, the District worked to gain student input through the development of a student "Bill of Rights" document. The intention of the docu ment is to codify the expectations and values students have for their experience of sexuality education in schools.

Information was gathered through multiple strategies. Two listeni ng sessions were held with middle and high school students in attendance at the PPS GSA Summit. The listening session covered current experiences with sexuality education, how students felt their sexuality education could be improved, and development of statements they think should be in a bill of rights document. Additionally, an online survey was available for two weeks in,

3. Equitable representation amongst educators. This means having the opportunity to learn from people who represent th e diversity of students' cultures and communities.

4. Early, consistent, and standardized curr iculum that includes the following topics: consent; mental health; decis ion-making; gender; boundarie s; sexuality; pleasure; birth control; healthy relationships; STI/STD awareness; resources; communication skills; biology of reproductive systems an d genital awareness; non-definitive "sex".

IV. Oregon Health St andards Overview

The <u>Oregon Health Education Content Standards</u> were developed to establish, promote, and support positive health behaviors for students in grades K-12. The standards provide a framework for teachers , administrators, and policy makers in designing and/or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families, and communities with concrete expectations for health education In Oregon, there are eight primary standards of Health Education divided into two categories, Content and Skills. Standard one focuses on teaching students the information (content) they need to engage in health promotion and disease prevention. Standards two through eight focus on a variety of skills necessary for students to enhance thei r own health and the health of their communities.

The skills targeted in Standards 2-8 include:

- x Analyzing the influence of family, peers, culture, media, and technology on a student's health behaviors
- x Teaching students how to access va lid and reliable health information
- x Building each student's interpersonal communication skills
- x Enhancing student decision-making skills
- x Practicing goal-setting to enhance health and avoid risks
- x Supporting the engagement in self-management and personal responsibility
- x Empowering students to advocate for their personal, family, and community health

V. Operational Definitions

PPS shall develop and maintain a developmentally appropriate, comprehensive plan of instruction focusing on functional kn owledge and the skills necessary to develop healthy relationships, promote diverse understandings of healthy sexuality, and prevent violence and disease. The comprehensive plan of instruction shall be developed in accordance with the following concepts:

"Age and developmentally appropriate" Research-informed regarding the appropriate time to introduc e specific topics and skills.

"Balanced" Instruction that provides in formation with the understanding of, and strength of the preponderance of evidence.

"Best practice" A practice/curriculum that is based in proven theory and practices, and has some evidence of effectiveness, but has not specifically gone through a randomized controlled trial that is needed to become an evidence-based practice.

"Comprehensive plan of instruction" (a s defined by Oregon education statutes) means K–12 programs that emphasize abstinence, but not to the exclusion of condom and contraceptive skills-based education. The human sexuality information provided is complete, balanced, and medica Ily accurate. Opportunities are provided for young people to develop and understand their values, attitudes, beliefs and decisions about sexuality as a means of helping young people exercise responsibility regarding sexual relationships and sexual health decisions.

"Explicit Consent" Voluntar y, non-coerced and clear communication indicating a willingness to engage in a particular act. "Explicit consent" includes an affirmative verbal response or voluntary acts unmistakable in their meaning.

"Comprehensive" Inclusive of multiple types of student learning activities that go beyond raising awareness and focus on building skills. Course materials will enhance students' understanding of sexual ity as a healthy aspect of development and will provide medically-accurate and balanced information.

"Culturally responsive" Recognition that the diverse cultural characteristics of students and educators as assets. Culturally responsive teaching empowers students intellectually, socially, emotionally and politically by using cultural referents to impart knowledge, skills and attitudes. Instruction will recognize each school community, including those that have been historically oppressed, have powerful and often unrecognized, sources of resilience and protec tive factors that must be honored through dialogue.

"Gender expression" The way a person ex presses gender, such as clothing, hairstyles, activities, or mannerisms.

"Gender identity" A person's deeply held se

nse of psychological knowledge of their

of physical force, manipulation, threats, or intimidation.

"Pronoun" A word or phrase that may be substituted for a person's name. Transgender and gender non-conforming individuals often use pronouns such as he/him or she/her but may feel more comfortable being addressed as "they."

"Sex" The physical makeup of a human being, referred to as their biological or natal sex. A person's biological sex is sometimes also referred to as their "assigned gender."

"Trauma-informed" A realization of the widespread impact of trauma and potential paths for recovery; recognize the signs families, staff and communities; and resp trauma into policies, procedures, and prac traumatization and promote healing. Sexuality education will adhere to best practices in trauma-informed education transparency; peer support; collaboration and mutuality; empowerment, voice and choice; and attendance to cultural, historical and gender issues.

VI. Plan of Instruction

No later than the 2018-19 school year, ea ch school shall provide comprehensive K-12, age and developmentally appropriate, cu Iturally inclusive, medically accurate and evidence-informed comprehensive sexual health education. This curriculum shall be implemented in safe and supportive learning environments where ALL students feel valued. All Portland Public Schools shall take a skills-based approach to teach comprehensive sexuality education that addresses a variety of topics, such as healthy and unhealthy relationships, consent, abstinence and protection methods, and HIV/STI prevention. Health education curricula will align with the PPS Comprehensive Sexuality Education Plan (CSEP), which integrates the Oregon Health Education Content Standards and a Il Federal, State, and District laws and policies. It will be implemented by qualif ied and trained teachers as outlined in the CSEP.

All schools will follow relevant promotion and graduation requirements that include: comprehensive sexuality educa tion (CSE) annually in grades K-5, inclusive of HIV education starting in grade 4; a minimum of three quarters of health education (inclusive of CSE) in total in grades 6 to 8 taught by a qualified health educator; two semesters of health education (inclusive of CSE) in total in grades 9 to 12 taught by a certified health teacher. Additionally, all students in grades K-12 must receive at least 4 lessons in child sexual abuse prevention (ORS 336.059/SB 856) each year. These are the minimum requirements for health education programming, which must include comprehe nsive sexuality education. In addition, health education (inclusive of CSE) will be integrated into other content areas where possible.

Skills (Health Education Standards #2-8) taught throughout K-12 programming include: Accessing reliable resources, analyzing influences on behaviors and decision making, developing strong interpersonal communication, sexual decision making, personal goal setting, an d personal and community advocacy.

Comprehensiv Sexuality Education Topic Overview

- x Grades K-2
 - o Different kinds of families, my space-your space, understanding feelings, friendships, understanding our bodies, gender roles, feeling safe, bullying is never ok.
- x Grades 3-5
 - Healthy relationships, puberty, hygiene, reproductive anatomy, abstinence and protection methods (grades 4-5), germs and the immune system (inclusive of HIV/STI prevention education in grades 4-5), consent and boundary setting, sexual harassment, gender and advertising, staying safe online.
- x Grades 6-12
 - o Healthy and unhealthy relationships, understanding consent,

meaningfully support health education in PPS (see Section X).

- x Identified school point person should acti vely seek out opportunities within the school, both at the cross-curricular and the larger school community level, to promote sexual health and sexuality education programming, including opportunities to develop cultural proficiency in students around diversity in health issues.
- x For example, the school recognizes World AIDS Day and creates a schoolwide initiative to host a fundraiser for a specific AIDS charity. In health education, students examine HIV transm ission and ways to prevent it. In science, students learn how HIV attacks the immune system. In language arts, students read a piece of literature pertaining to HIV/AIDS. In math, students calculate incidence rates of HIV in their community and state. While in social studies, students examine the history of the AIDS Memorial Quilt.
- x Schools will engage families in their child's sexuality education by providing access to curricular materials and heal th-related information. In addition, schools will involve families and the community in the planning, evaluation and promotion of the sexuality education programming (see Section VII).
- x Include cross-curricular, interdepartmental collaborations to enhance the value and meaning of the sexuality education programming.

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VII. Family Involvement

The District recognizes the critical role families play in education and will encourage family communication and involvemen t. The District shall provide to families/caregivers:

- x Opportunities for families to connect with teachers and administrators around sexuality education.
- x Programming on child sexual abuse prevention.
- x An opportunity to review all sexuality education instructional materials.
- x Notification in advance of sexuality education. The notice should minimally include: how to review instructional materials; that a written objection

X. Role of Community Organizations

Schools may retain the services of an approved community-based organization or consultant to enhance the curriculum an d/or provide culturally-specific sexual health education. The education provid consultant may not supplant or replace ed by a community organization or consultant may not supplant or replace sexuality education provided by the classroom teacher. The classroom teacher will collaborate with the communitybased organization or consultant prior to delivery of material. The classroom teacher must stay present, engaged, and wo rk with the community organization or consultant to connect material to concepts covered already.

Prior to beginning a partnership, the school that wishes to work with a communitybased organization must provide copies of lesson materials and activities to the

XII. Portland Public Schools Co mprehensive Sexuality Education Scope and Sequence, K-12

Oregon Health Education Content Standards Skill Key:

Standard 1: Concepts (Content Knowledge) – CC Standard 2: Analyzing Influences – INF Standard 3: Accessing Information – AI Standard 4: Interpersonal Communication – IC Standard 5: Decision Making – DM Standard 6: Goal Setting – GS Standard 7: Self Management – SM Standard 8: Advocacy

Performance Indicator Key:

HE.1.1.14 Describe different kinds of family structures.

HE – Health Education
HE.1 – Health Education, Standard 1
HE.1.1 – Health Education, Standard 1, Grade 1
HE.1.1.14 – Health Education, Standard 1, Grade 1, Performance Indicator 14

*Note: In alignment with the National Health Education Content Standards and the National Sexuality Standards, the Oregon Health Education Content Standards are now skillsbest practices in healthy behavior outcomes show that giving better outcomes across the lifespan. Th grade level will have 1 or more standards (skills) that is sequence page). The performance indicators for each assessed skills will not be taught th roughout the unit, just that they will not be assessed.

FIRSTGRADE ACCESSING INFORMATION (AI)*

OVERVIEW

OREGON PERFORMANCE INDICATORS

x Understanding our bodies

x HE.1.1.4 Name reproductive body parts, using proper

- x Stages of growth
- x Germs and the immune system
- x Bodily autonomy
- x Different kinds of families
- x Gender roles
- x Bullying is NEVER OK
- x Accessing reliable resources

SECON CRADE ANALYZING INFLUENCES (INF)*

OVERVIEW	OREGON PERFORMANCE INDICATORS
x Understanding our bodies	x HE.1.2.4 Identify reproductive body parts, using proper anatomical terms and stages in the basic
x Stages of growth	growth processes of all people.
 X Germs and the immune system 	x HE.1.2.5 Demonstrate ways to prevent communicable and non-communicable disease and understand the difference.
x Bodily autonomy	x HE.1.2.6 Explain why it is important to stay away from potentially unsafe body fluids and objects.
x Different kinds of families	x HE.1.2.7 Recognize differences and similarities of how individuals identify regarding gender.
x Gender roles	x HE.1.2.8 Recognize the importance of treating others with respect including gender expression.
x Bullying is NEVER OK	x HE.1.2.10 Explain that everyone has the right to say who touches their body, when and how.
x Accessing reliable resources	X HE.1.2.11 Explain that it is never ok to touch so meone, or make someone touch you if they don't want to.
	x HE.1.2.15 Explain different ki nds of family structures.
	x HE.1.2.16 Practice consent as it relates to personal boundaries.
	x HE.2.2.1-3 Identify how peer s, family, and school influence thoughts, feelings, and
	personal health prac tices and behaviors.
	x HE.2.2.4 Provide examples of how friends, family, media, society and culture influence
	how people think they should act on the basis of their gender.
	x HE.2.2.5 Identify positive an d negative ways friends and peers can influence various
	relationships.
	x HE.2.3.9 Identify potential impacts of power di fferences (e.g., age, status or position) as
	they relate to personal boundaries.
	x HE.3.2.2 Describe the qualities of reliable source s of support, such as parents or other trusted
	adults, when seeking information about sexual and reproductive health, including pregnancy and birth.
	x HE.3.2.3-4 List sources of support if someone is touching them in a way that makes them feel uncomfortable and/or if they are experiencing sexual abuse.
	x HE.4.2.5 List ways to communicate respectfully gender expressions and sexual orientations. with and about people of all gender identities,
	 x HE.4.2.6 List effective ways to communicate personal boundaries and show respect for the boundaries of others.
	x HE.4.2.7 Practice asking for -9 0 11.8 ()Think GOUT SERT 5067 (a-9f 10 Tele Cag 62611/a T(x) HE02) see a 26 112 ()HE02) see a 26 112

FOURTIGRADE ACCESSING INFORMATION (AI)*

OVERVIEW

puberty

OREGON PERFORMANCE INDICATORS

- x HE.1.4.6 Identify human reproductive systems
- x HE.1.4.7 Recognize that abstinence is the most
 - pregnancy.

- including reproductive anatomy and function. effective method of protection from STD/HIV and
- x HE.1.4.8 Understand the methods of transmission for HIV/AIDS, and Hepatitis B and C.
- x HE.1.4.9 Define sexual orientation.
- x Sexual orientation
- x Gender expression

x Physical, social, and

emotional changes during

x Transmission of HIV/AIDS,

Hep B/C and pregnancy

- x Healthy relationships
- x Bodily autonomy/consent
- x Accessing reliable resources

x HE.1.4.10 Describe differences and similarities of how individuals identify regarding gender or sexual

HE.4.4.5 Practice way gender expressions ar	s to communicate respectfully nd sexual orientations.	with and about people of all gender identities,
HE.4.4.7 Describe eff boundaries of others.	ective ways to communicate	personal boundaries and show respect for the
 HE.4.4.8 Describe how unsafe. 	v to ask for help and support, if t	they or someone they know is being hurt or feels
HE.7.4.4 List ways to personal health care p	• • •	onal changes associated with puberty, including

- x <u>HE.5.5.1 Analyze health-related situat</u> ions that might require a decision.
- x <u>HE.5.5.2 Analyze when assistance is need</u> ed in making a health-related decision.
- x HE.5.5.3 Analyze a healthy option when making a decision.
- x HE.5.5.4 Reflect the outcomes of a health- related decision.
- x HE.6.5.3 Define sexual violence including but not lim ited to interpersonal violence (physical, verbal,

SIXTHGRADE INTERPERSONAL COMMUNICATION (IC), DECISION MAKING (DM)*

OVERVIEW	OREGON PERFORMANCE INDICATORS
 x Reproductive	HE.1.6.16 Identify the human sexual and reproductive systems including body parts and their functions.
anatomy/puberty	HE.1.6.18 Define sexual abstinence as it relates to pregnancy prevention.
 X Gender roles, identity, and	HE.1.6.19 Recognize that HIV/STDs can be spread th
expectations	HE.1.6.21 Identify the differences between biological sex, sexual orientation, and gender identity and
 X Abstinence and protection	expression.
methods	HE.1.6.22 Describe the physical, social, cognit ive and emotional changes of adolescence.
 X HIV/STI transmission and	HE.1.6.25 Define sexual intercourse and its relationship to human reproduction.
prevention	HE.1.6.27 Identify everyone has the right to say who touches their body and how.
x Healthy relationships	HE.1.6.29 Describe the advantages and disadvantages of communicating, within relationship using technology and social media.
 X Understanding boundaries	HE.1.6.34 Identify various methods of contraception:
and consent	HE.1.6.35 Define how sexuality includes a multitude of sexual expressions and behaviors that are a normal
x Forms of communication	part of being human.
x Staying safe online	HE.1.6.36 Define the health benefits , risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception.

SEVENTERADE ACCESSING INFORMATION (AI), SELF MANAGEMENT (SM)*

OVERVIEW X Reproductive anatomy/puberty X Gender roles, identity, and expectations X Abstinence and protection methods X HIV/STI transmission and prevention X Healthy relationships X Understanding boundaries and consent X Talking about sensitive topics X Accessing reliable resources	OREGON PERFORMANCE INDICATORS HE.1.7.17 Describe the human sexual and reproductive systems including body parts and their functions. HE.1.7.19 Describe how sexual abstinence relates to pregnancy prevention. HE.1.7.20 Define how HIV and STDs can be spread th rough sexual contact with someone who has HIV/STD. HE.1.7.20 Define down HIV and STDs can be spread th rough sexual contact with someone who has HIV/STD. HE.1.7.20 Define down HIV and STDs can be spread th rough sexual contact with someone who has HIV/STD. HE.1.7.21 Describe in gender roles, gender identi ty and sexual orientation across cultures. HE.1.7.38 Define the health benefits risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception. HE.1.7.41 Describe the importance of getting tested for HIV and other STDs when people. HE.1.7.45 Describe why no one has the right to touch anyone else without giving and receiving consent. HE.1.7.46 Explain why a person who has been ra ped or sexually assaulted is not at fault. HE.3.7.7 Describe sources of medically-a ccurate information about human sexual and reproductive anatomy. HE.3.7.8 Describe medically accurate sources of information about puberty, development and sexuality. HE.3.7.14 Describe medically-accurate inform ation about STDs and HIV transmission and prevention. HE.3.7.15 Describe medically-accurate resources th at provide assistance around sexual health, pregnancy, and emergency contraception.
	HE.7.7.13 Describe the steps to correctly use a condom.
	HE.7.7.14 Assess the criteria for evalua ting the health of a relationship.
	HE 7.7.15 Practice ways to treat your friends, family and partner with dignity and respect.

EIGHTHGRADE ANALYZING INFLUENCES (INF), GOAL SETTING (GS), ADVOCACY (AV)*

- x <u>HE.2.8.20</u> Assess factors that may influence condom use and other safer sex decisions.
- x
 HE.2.8.22 Assess external influences and soc
 ietal messages that impact attitudes about

 sexual, dating, and domestic violence.
 ietal messages that impact attitudes about
- x
 HE.2.8.23 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity.
- x HE.2.8.24 Assess influences that may have an im

HIGHSCHOOL

HIGHSCHOOHEALTH? – ACCESSING INFORMATION (AI), ANALYZ ING INFLUENCES (INF), INTERPERSONAL

Appendix A Summary of Oregon Legislation Regarding Comprehensive Sexuality Education

OAR 581-021-0200: Standard Education for Oregon Students Each school district assures students receive a Standard Education for Oregon Students is comprised of Common Curriculum Skills and Common Knowledge and Skills . These consist of facts, concepts, principles, rules, procedures and methods of inquiry associated. Health Education is one of the subject matters included.

OAR 581-022-1910 Exemptions for State Required Programs The school district may excuse students from a state required program or learning activity, where necessary, to accommodate students' disabilities or religious beliefs. Benchmarks.

- x Promotes abstinence for school-age youth and mutually monogamous relationships with an uninfected partner for adults as the safest and mostly responsible sexual behavior to reduce the risk of unintended pregnancy and exposure to HIV, Hepatitis B/C and other sexually transmitted infectious diseases;
- x Care will be taken to not devalue or ignore students who have had or are having sexual relationships. Shame or fear based tactics must not be used.
- x Materials and information will be sensitive of students who have experienced sexual abuse.

ORS 336.455 Human Sexuality Education

Requires school districts to provide comprehensive human sexuality education as part of health education curriculum K-12.

- x Course material and instruction for all human sexuality education courses shall enhance students understanding of sexuality as a normal and healthy aspect of human development. Course instruction shall:
 - o Be medically accurate.
 - Promote abstinence for school-age youth and mutually monogamous relationships with an uninfected partner for adults as the most effective way to prevent pregnancy and the transmission of sexually transmitted diseases. However, abstinence may not be taught to the exclusion of other mate rial and instruction on contraceptive and disease reduction measures. Human sexuality education courses shall acknowledge the value of abstinence while not devaluing or ignoring those students who have had or are having sexual intercourse.
 - o Include a discussion about the characteristics of the emotional, physical and psychological aspects of a healthy relationship and a discussionts understanding

Appendix B

Guidelines for Training Individu als Who Will Teach Comprehensive Sexuality ¹

Skill 1: Professional Disposition

- o Demonstrate the ability to teach in ways that communicate that sexual development is an inherent part of child and adolescent development.
- o Describe the importance of sexuality education as an integral part of K-12 health education.
- o Demonstrate awareness of their own personal values, beliefs, biases and experiences related to sexuality education.
- o Demonstrate how their personal values, beliefs, biases and experiences can influence the way they teach sexuality education.
- o Model self-efficacy to teach sexuality education in age and developmentally-appropriate ways.
- o Select their own continuing professi onal development needs relating to school-based sexuality education.

Skill 2: Diversity and Equity

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- x 5.1 Apply learning and behavioral theories to sexuality education lesson planning.
- x 5.2 Apply state and/or district laws, policies and standards to select and adapt curriculum content that is approp riate and permissible for a district.
- x 5.3 Identify appropriate resources and polic ies to guide instructional planning.
- x 5.4 Plan effective strategies to teach sexuality education in the cognitive, affective and behavioral learning domains.
- x 5.5 Plan age- and developmentally-appropriate sexuality education instruction.

Skill 6: Implementation

- x 6.1 Demonstrate strategies for creating a safe, respectful learning environment that fosters open discussion about a wide range of sexualityrelated topics.
- x 6.2 Demonstrate effective classroom management skills specific to sexuality education.
- x 6.3 Convey accurate and developmentally-appropriate information about sexuality.
- x 6.4 Engage learners using realistic an d relevant situatio ns relating to 5exsyality(edu3et60mto)-.2(ultskillso)(1(te)-5.5(w [(dt).3(r-5.3(vel-7(tioe4.7(lic9()-5.4(Apneceo)n(ve)-ar-5.3(v)-

Skill 7: Assessment

- x 7.1 Use multiple strategies to assess knowledge, skills and attitudes about
- sexuality that are measureable, o54e31 TD 0 Tnsty thatb1 Twte4knoiarfu J1639 -1.2127 Tc -.objeaffeed х