



## WHAT CAN I DO?



- Talk to your principal, teachers, and parent advisory committees
- Support the LGBTQ+ students in Delta County
- Email your school board members telling them why you support comprehensive sexual health education  
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### Don't know what to say? Here's a sample script:

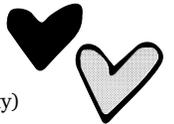
I am writing to encourage you to support comprehensive sexual health education for K-12 students. The students of Delta Schools deserve to have a comprehensive education that teaches healthy boundaries and relationships, and that starts at a young age. I hope that you will pick a curriculum fitting state standards that will help our students in their own self-understanding, family, growth and development, friendships, sexuality, life skills, and health promotion.

I encourage you to engage in an interactive dialogue with all of your constituents, holding space for fact-based research and evidence. Let's collaborate to educate our community and come up with solutions.

(If you like, insert your own personal anecdote about why you think sexual health education is essential.)

Respectfully,

(Insert your name and how you are a part of our community)



## INTRO GUIDE TO COMPREHENSIVE SEXUAL HEALTH EDUCATION



## STUDENTS WILL BE EMPOWERED TO STAY SAFE + INFORMED

### HERE'S WHAT THEY WILL LEARN AND WHEN

- |                     |   |          |  |
|---------------------|---|----------|--|
| <b>KINDERGARTEN</b> | <ul style="list-style-type: none"> <li>• What "appropriate" and "inappropriate" touches are</li> <li>• Who trusted adults are</li> <li>• How to tell a parent or trusted adult if inappropriate touching happens to themselves or others</li> <li>• Importance of personal space</li> </ul> | <b>4</b> | <ul style="list-style-type: none"> <li>• How to keep healthy relationships with friends and family</li> <li>• Reiterate the importance of having and identifying a parent or trusted adult as a support</li> </ul>   |
| <b>GRADE 1</b>      | <ul style="list-style-type: none"> <li>• Reiterate who trusted adults are at home and at school</li> </ul>  | <b>5</b> | <ul style="list-style-type: none"> <li>• Describe the purpose of the menstrual cycle and its relationship to fertilization</li> <li>• Discuss how changes during puberty affect thoughts, emotions, growth patterns, and behaviors</li> <li>• Discuss why puberty begins and ends at different ages for different people, and that variance is normal</li> <li>• Differentiate between communicable and non-communicable diseases</li> </ul> |
| <b>GRADE 2</b>      | <ul style="list-style-type: none"> <li>• Reiterate the importance of respecting the personal space and boundaries of others</li> <li>• Benefits of a friendship</li> <li>• How to make &amp; maintain friendships</li> </ul>  |          |  |
| <b>GRADE 3</b>      | <ul style="list-style-type: none"> <li>• How to show respect for individual differences</li> <li>• How to communicate about personal boundaries directly, respectfully, and assertively</li> </ul>  |          |  |



### MIDDLE SCHOOL HIGHLIGHTS



- Identify sexual feelings common to young adolescents. Differentiate between having sexual feelings and acting on them
- Define common STDs
- Define sexual consent. Demonstrate verbal and nonverbal ways to refuse pressure to engage in unwanted verbal, physical, and sexual activity and advances.
- Explain the benefits and effectiveness and potential side effects of abstinence and contraceptives in reducing the risk of HIV, other STDs, and unintended pregnancy



### HIGH SCHOOL HIGHLIGHTS



- Identify what qualifies as clear consent for sexual activity
- Analyze the possible emotional, mental, social, and physical benefits for delaying sexual activity
- Differentiate the characteristics of unhealthy and healthy relationships (e.g., dating, committed relationships, marriage, and family)
- Appraise internal and external influences and pressures to become sexually active, and demonstrate strategies to resist those pressures
- Examine the importance of respecting individual differences
- Identify strategies to deal with, prevent, and or report violence
- Examine the responsibilities of parenthood

**CONSENT = The bedrock of ALL GOOD RELATIONSHIPS, not just sexual relationships.**



**25.5 %** of Colorado students in grades 6-12 don't have a trusted adult they can confide in.

Educators can help students identify appropriate avenues to address their concerns about their health and others'.

**9.9 %** of Colorado teens didn't use a contraceptive at last sexual encounter 

**16.7 %** of Delta County students didn't use any form of birth control before last sexual intercourse (almost **DOUBLE** the state average!)

## Why is sexual education important?

Scientific evaluations of sex education, HIV-prevention, and unintended pregnancy prevention programs that provide information on abstinence as well as condoms and contraceptive use have consistently found that these programs cause young people to:

- 1 Delay intercourse**
- 2 Reduce the frequency of intercourse**
- 3 Reduce the number of sexual partners they have**
- 4 Increase condom and contraceptive use**

(Healthy Kids Colorado Survey, 2019; Power to Decide, 2019; U.S. Sexuality Information and Education Council, 2018)

**MYTH:** Comprehensive sexual education encourages youth to have sex.

**FACT:** Research clearly demonstrates that CSHE programs can help young people **DELAY** sexual initiation.

Numerous peer-reviewed studies have demonstrated that sex education programs that teach young people about both abstinence and contraception do not increase sexual activity nor lead youth to engage in sex at an earlier age. In fact, rigorous evaluations of comprehensive sexuality education programs have shown that these programs can help young people to delay sexual initiation. And for those who are already sexually active, CHSE is shown to reduce frequency of intercourse, number of sexual partners, and encourage safer sexual behaviors.



(Kohler, PK, LE Manhart, WE Lafferty, 2008; Kirby, DB, BA Laris, LA Rolleri, 2006; Kirby, DB., 2005; Mueller, TE, LE Gavin, A Kulkarni, 2007; Alford, Sue, N. Cheetham, and D. Hauser. Collins, C, P Alagiri, T Summers, SF Morin, 2002; Guttmacher Institute, 2005.)

## CSHE PREVENTS:

### ● Child sex abuse

Identifying body parts, safe versus unsafe touching and learning how to report child sexual abuse increases self-protective knowledge and skills and makes it more likely for a child to report abuse.

### ● Dating and intimate partner violence

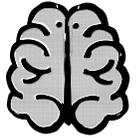
### ● School drop-out and low academic grades

### ● Bullying

LGBTQ youth are less likely to experience bullying with- in a state teaching LGBTQ-inclusive sex education.

### ● Suicide

At schools with LGBTQ-inclusive sexual education, **ALL YOUTH** had lower rates of suicidal thoughts.



## SEX ED IS SUICIDE PREVENTION

(“Three Decades of Research” literature review by Goldfarb & Lieberman, Department of Public Health, New Jersey, 2020; “Associations of LGBTQ-inclusive sex education with mental health outcomes” by Proulx, Chelsea N., et al., 2019; National Sex Education Standards, 2020.)

DELTA COUNTY CARES ABOUT  
OUR LGBTQ+ YOUTH \*

Students are capable of making their own decisions around their sexuality, and they have a right to do so.

CHSE does NOT teach values to students; it teaches factual information. It allows young people to learn about sexual health and explore their own beliefs and identities. CHSE encourages healthy conversations to take place at home and in their communities.



(National Sex Education Standards, 2020.)