



A NEW CALIFORNIA SEX ED CURRICULUM

The Situation: California school districts must update sex ed curricula for secondary schools to meet the Ed Code as revised by AB 329 (CA Healthy Youth Act).

The Challenge: The sex ed curricula currently available fail to fully meet CHYA's medical accuracy and age-appropriateness standards, and offend the values of the strong majority of parents. This has caused parent uprisings in many school districts and a loss of confidence that children are protected by our schools.

The Answer: HEART: Health Education and Relationship Training, a comprehensive new curriculum that complies with all California Education Code requirements and supports individual family values.

The HEART Sex Ed Curriculum is offered as a non-profit service to California secondary school districts at minimal cost. The HEART Curriculum was created as a non-profit project, guided by a board of subject experts.

For more information, please contact: heartcurriculum@gmail.com

FREQUENTLY ASKED QUESTIONS

- **What does HEART teach?** HEART is guided by the Ed Code; lessons are briefly summarized in the chart on the next page.
- **Does HEART meet CHYA?** Yes. HEART was evaluated using the ASHWG Curriculum Analysis Tool and addresses all CHYA requirements.
- **Is HEART medically accurate?** Yes. HEART was written under the guidance of an expert advisory board that included MDs and PhDs for the required topics.
- **Is it age appropriate?** Students can have a wide variation in sexual awareness but HEART was written with the goals of respecting innocence and not prematurely sexualizing students.
- **What is the origin of HEART?** HEART grew out of a citizen campaign in the Capistrano Unified School District in southern California to create a medically accurate and age-appropriate sex ed curriculum to meet the Ed Code that the strong majority of parents could support.
- **When is HEART taught?** HEART is taught in the 7th, 8th, and 9th grades, thus providing three annual reminders of how to protect sexual health during the years of greatest sexual development.
- **How long does HEART take to teach?** The class requires a minimum of 8, 6 and 10 class sessions in the 7th, 8th, and 9th grades respectively.
- **What does HEART cost?** There is no cost; HEART is a free service. There are nominal costs for required teacher in-service, printing (if desired), and optional access via an Internet learning platform, all provided by third parties.
- **Does HEART support parent rights?** Yes. HEART uses the Parent Interview for each lesson to engage students and parents in a discussion of sexual topics.
- **Does HEART align with individual family values?** Yes. The Parent Interview empowers parents to teach family values as school teachers provide required information. This has the added advantage of keeping teachers out of the values crossfire.
- **When is HEART available?** HEART is available for review now, and available for teaching in the spring semester, 2020.
- **Is HEART available for students who opt-out of a school's sex ed curriculum, or to schools that deliver sex ed through independent study?** Yes. HEART has been adapted for independent study on the Storylabs digital learning platform which allows for privacy and accountability.

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MIDDLE SCHOOL 7TH GRADE

| <i>Day</i> | <i>Lesson Title</i> | <i>Summary</i> | <i>Time</i> |
|------------------|---------------------|---|-------------|
| 1 | Relationships | The HEART curriculum teaches healthy relationship skills as the most likely path to healthy interactions. | 50 |
| 2 | The New You | Puberty is presented as a time of growing relationship capacity; lesson develops positive attitudes. | 40 |
| 3 | The Decision | Students envision their life goals and make a 'Decision' about future sexual relations that supports their life vision. | 45 |
| 4 & 5 | STIs | An introduction to STIs, primary prevention (risk avoidance, delaying sexual debut), and secondary prevention (risk reduction). | 90 |
| 6 & 7 | To Parent, or Not | Teaches conception, contraception, pre-natal care & parenting, and non-parenting options. | 90 |
| 8 | Honor Yourself | Summary reviews past lessons, pupil affirms 'Decision.' Completion of Parent Interviews is confirmed. | 30 |

MIDDLE SCHOOL 8TH GRADE

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|------------------|---------------------|--|----|
| 1 | What We Know | Review of 7th grade. Revisits the 'Decision,' Parent Interviews, and previews future lessons. | 40 |
| 2 | Liking + Loving | Discusses romantic relationships, the 'Decision,' setting boundaries, negotiation and refusal skills, and how to have fun without sex. | 40 |
| 3 | Gender Today | Teaches about gender, gender identity, gender expression, sexual orientation, and negative stereotypes. (1/2 of class time) | 30 |
| 3 & 4 | HIV Protection | Reviews STIS and teaches about HIV transmission, protection, testing, treatment, and social issues. | 60 |
| 5 | Unhealthy + Illegal | Covers media influence, pornography, 'sexting,' child abuse, legal age of consent, protective laws, and sex trafficking. | 50 |
| 6 | Honor Others | Reviews healthy attitudes, trends and benefits of committed relationships such as marriage. Parent Interviews confirmed. | 50 |

HIGH SCHOOL 9TH GRADE

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|------------------|------------------|---|----|
| 1 | Learning to Love | Review of past lessons, purposes of sex ed, the Triangle Model, conducting the Parent Interview. | 30 |
| 1 & 2 | Honor Yourself | Teaches characteristics of friends, authentic relationships, mutual respect and affection, intimacy without sex, kids getting better. | 40 |
| 2 | The Decision | Revisits the 'Decision' using the SMART Tool and Success Sequence to update pupil life goals. | 30 |
| 3 | Liking + Loving | Pupils discuss grounded relationships, setting boundaries, negotiation and refusal skills, and having fun without sex. | 45 |
| 4 & 5 | STIs and HIV | Reviews STIS and teaches about HIV transmission, protection, testing, treatment, and social issues. | 90 |

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| 6 | Gender Today | Teaches about gender, gender identity, gender expression, sexual orientation, and negative stereotypes. (1/2 of class time) | 25 |
| 6 | Media Smart | Teaches media safety, screen time, pornography and 'sexting,' and reviews healthy attitudes. | 30 |
| 7 | Unhealthy + Illegal | Pupils learn laws that protect minors including the consent law, protection from relationship abuse, and signs of sex trafficking. | 40 |
| 8 | To Parent, or Not | Teaches conception, contraception, pre-natal care & parenting, and non-parenting options. | 40 |
| 9 & 10 | Love That Lasts | Pupils prepare to maintain committed relationships such as marriage and develop healthy attitudes about family. | 90 |

BOARD OF ADVISORS

- **Bennie Baek**, BA, MA in Education, holds a multi-subject CA teaching credential, is the founder/CEO of California Youth Partnership (CYP), and a mother.
- **Jeff Barke**, MD, is a board-certified family physician, Fellow of the American Academy of Family Physicians, and member of the American Association of Physicians and Surgeons and the American Academy of Family Practice. Barke was previously a medical school associate clinical professor, and served 12 years as a school board trustee.
- **Andrea Dustin**, M.Ed, past high school counselor, and mother.
- **Camille Funk**, MA, university director of instructional design and academic innovation, course design and curriculum consultant, university adjunct teacher, founder of eDesign Shop, author.
- **Laura Haynes**, MA, MA, MA, PhD, a 40-year clinical psychologist, now retired from clinical practice but active reviewing research, writing, and speaking on sexual orientation and gender identity.
- **Terrance Olson**, PhD in marriage and family living; past principal investigator for curriculum addressing problems of adolescent pregnancy, and infant adoption; emeritus professor of family living and Fellow at the Wheatley Institution.
- **Brooke H. Reynolds**, BA, graphic design consultant, former senior art director for Martha Stewart Living and Martha Stewart Kids magazines, and mother.
- **Brooke W. Stephens**, MA, co-founder Storylabs, an Internet learning platform, and mother.
- **Andre Van Mol**, MD, and board-certified family physician, diplomate of the American Board of Family Practice, member of the American Academy of Family Physicians, writer and speaker.
- **Chalone Warman**, MA, retired CA schoolteacher, co-founder UnitedParents.net, and mother.
- **Amy Wickstrom**, PhD, licensed marriage and family therapist for fifteen years, former social welfare director, past teacher of post-grad counseling courses, research published in clinical journals, and mother.

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- **R. "Skip" Hellewell**, BES, MBA; former pharmaceutical and medical device industry engineer and executive; author and columnist; member of the Capistrano USD citizen task force on sex education; co-founder of UnitedParents.net and writer/editor for the HEART sex ed curriculum.