

# Curriculum Review Summary Report California Healthy Youth Act

**Curriculum Title:** Be Real. Be Ready.

**Edition/Version:** NA      **Printing (Year):** 2014

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**Website/contact:** http://sfusdhealtheducation.org/be-real-be-ready/

**Grades:** High School (9th grade – 12<sup>th</sup> grade)

**Number of lessons:** Two options, 24 lessons and 15 lessons. Fifteen lesson plan was reviewed for this purpose.

**Cost:** Free. Available to download online.

**Training offered:** No.

Criteria	Description	Compliance Assessment	Determination and Recommendations <small>Action/Curriculum adaptation needed to meet CHYA requirements.</small>
<b>A. CA Education Code Requirements starting Jan. 2016, CA Healthy Youth Act</b>			
<b>Alignment with and Support of CHYA Purposes</b>	<p><b>All instruction and materials must align with and support the purposes of the California Healthy Youth Act. EC § 51933 (c)</b></p> <p>All instruction and materials shall align with and support the purposes of this chapter as set forth in paragraphs (1) to (5), inclusive, of subdivision (b) of <b>Section 51930</b> and may not be in conflict with them.</p>	<p>(1) To provide pupils with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy.</p> <p>[Reference: Instruction and Materials]</p>	<b>Compliant:</b> Yes
		<p>(2) To provide pupils with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.</p> <p>[Reference: Instruction and Materials]</p>	<b>Compliant:</b> No, needs minor modification.  Need to add Lesson #4 into the required lessons to meet the requirements of the law.
		<p>(3) To promote the understanding of sexuality as a normal part of human development.</p> <p>[Reference: Instruction and Materials]</p>	<b>Compliant:</b> No, needs minor modification.  Need to add Lesson #4 into the required lessons to meet the requirements of the law.
		<p>(4) To ensure pupils receive integrated, comprehensive, accurate, and unbiased sexual</p>	<b>Compliant:</b> Yes

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		<p>health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end.</p> <p>[Reference: Instruction and Materials]</p>		
		<p>(5) To provide pupils with the knowledge and skills necessary to have healthy, positive, and safe relationships and behavior.</p> <p>[Reference: Instruction and Materials]</p>	<b>Compliant:</b> Yes	
<b>B. Instruction and Materials EC § 51933</b>				
<b>1</b>	<b>Age Appropriate Material</b>	<p><b>Instruction and materials shall be age appropriate.</b></p> <p><b>EC § 51933(a)</b></p>	<p>“Age appropriate” is refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on cognitive, emotional, and behavioral capacity typical for the age or age group.</p> <p><b>EC § 51931(a)</b></p>	<b>Compliant :</b> Yes
<b>2</b>	<b>Medically Accurate and Objective Information</b>	<p><b>All factual information presented shall be medically accurate and objective.</b></p> <p><b>EC § 51933(b).</b></p>	<p>“Medically accurate” means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists.”</p> <p><b>EC § 51931(f)</b></p>	<p><b>Compliant:</b> No, needs modification.</p> <p><b>Comments:</b></p> <p><b>Full and detailed medical reviews have been given directly to the publisher/author.</b></p> <p>This curriculum contains one or all of the following: outdated information, inaccurate information, and/or uncited data.</p> <p>Per Education Code 51931(f), refer to the listed agencies’ current websites for the most medically accurate and objective information.</p>

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3	Inclusivity Appropriate	Instruction and materials shall be appropriate for use with pupils of all races, genders, sexual orientations, ethnic and cultural backgrounds, pupils with disabilities, and English learners.  EC § 51933(d)(1)		<b>Compliant:</b> Yes  <b>Comments:</b>  Some modifications are provided for students with limited mobility in "Teacher Tips" (callout boxes throughout curriculum).  Disability is addressed in Lesson #7.
4	English Learners	Instruction and materials shall be made available on an equal basis to a pupil who is an English learner, consistent with the existing curriculum and alternative options for an English learner pupil as otherwise provided in this code.  EC § 51933(d)(2)		All local educational agencies are required to ensure that curricula, including homework, are available to all student populations in primary language determined by previous year's language census data.
5	Youth with Disabilities	Instruction and materials shall be made accessible to pupils with disabilities, including, but not limited to, the provision of a modified curriculum, materials and instructions in alternative formats, and auxiliary aides.  EC § 51933(d)(3)		All local educational agencies are required to ensure that curricula, including homework, are available to all students in formats and modalities that meet their students' specific instructional needs.
6	Unbiased Instruction	Instruction and materials shall not reflect or promote bias against any person on the basis of disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation, or any category protected by Section 220.  EC § 51933(d)(4)		<b>Compliant:</b> Yes
7	Sexual	Instruction and materials shall affirmatively recognize that people have different sexual orientations and, when discussing or providing examples of relationships and couples, shall be	Affirmatively recognize that people have different sexual orientations.	<b>Compliant:</b> Yes.  <b>Comments:</b>  Curriculum would more strongly meet this criterion if

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	Orientation	inclusive of same-sex relationships. EC § 51933(d)(5)		Lesson # 4 is included. At a minimum, teachers should review Lesson #4 to gain familiarity with this topic. Lesson #3 Human Sexuality: first activity asks students to write down the different sexual orientations they have heard of. However, this activity is not debriefed and does not go over correct definitions and terms for different sexual orientations. This is covered in Lesson #4, but this lesson is not included in the 15-lesson plan. Inclusion of Lesson #4 bolsters this criterion.
			Provides examples of relationships and couples that are inclusive of same-sex relationships.	Compliant: Yes
			Includes discussion of relationships and couples that are inclusive of same-sex relationships.	Compliant: Yes
8	Gender	Instruction and materials shall teach pupils about gender, gender expression, gender identity, and explore the harm of negative gender stereotypes. EC § 51933(d)(6)	Teaches about gender, gender expression, gender identity, and explores the harm of negative gender stereotypes.	Compliant: No, needs minor modification. Comments: Lesson #4 needs to be included.
9	Adolescent Development and Body Image	Instruction provides pupils with the knowledge and skills to develop healthy attitudes concerning adolescent growth and development and body image. EC § 51930(a)(2)	Teaches and promotes healthy attitudes about adolescent development and body image.	Compliant: Yes Comments: The incorporation of sexual pleasure as a component of sexual behavior strengthens this criterion. Incorporation of hygiene is a strong addition.

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10	Communication with Parents, Guardians, Trusted Adults	<p>Instruction and materials shall encourage a pupil to communicate with his or her parents, guardians and other trusted adults about human sexuality and provide the knowledge and skills necessary to do so.</p> <p>EC § 51933(e)</p>	Encourages communication with parents, guardians or other trusted adults about human sexuality.	<p><b>Compliant:</b> Yes</p> <p><b>Comments:</b></p> <p>Lesson #14 homework encourages parent involvement.</p>
11	Committed Relationships	<p>Instruction and materials shall teach the value of and prepare pupils to have and maintain committed relationships such as marriage.</p> <p>EC § 51933(f)</p>	Teaches the value and prepares pupils to have and maintain committed relationships, such as marriage.	<p><b>Compliant:</b> Yes</p> <p>Good explanation of different levels of monogamy.</p>
12	Healthy Relationships	<p>Instruction and materials shall provide pupils with knowledge and skills they need to form healthy relationships that are based on mutual respect and affection, and are free from violence, coercion, and intimidation.</p> <p>EC § 51933(g).</p>	Builds knowledge and skills to form healthy relationships that are based on mutual respect and affection, and are free from violence, coercion, and intimidation.	<p><b>Compliant:</b> Yes</p>
13	Healthy Decision Making	<p>Instruction and materials shall provide pupils with knowledge and skills for making and implementing healthy decisions about sexuality, including negotiation and refusal skills to assist pupils in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities.</p> <p>EC § 51933(h)</p>	Provides knowledge and skills for making and implementing healthy decisions about sexuality.	<p><b>Compliant:</b> No, with minor modification.</p> <p><b>Comments:</b></p> <p>Needs modification to include missing materials and bolster responding to peer pressure and refusal.</p> <p>The homework assignment on conflict resolution (Lesson #11) should be included in the instruction.</p> <p>The homework assignment on condom negotiation (Lesson #19, Barriers to Using Barriers), should be included in the instruction.</p> <p>The activity in Lesson #24 (Sexual Decision Making) where students anonymously write down how comfortable they would be doing different sexual activities could be problematic if anonymity is compromised (perhaps through</p>

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				students identifying another's handwriting). This could be difficult for some teachers to manage in some classrooms.  Curriculum needs more information on responding to peer pressure.
14	Religious Doctrine	Instruction and materials <u>may not teach or promote</u> religious doctrine.  EC § 51933(i)	Does not promote religion/religious doctrine.	Compliant: Yes
<b>Content: Factual and Medically Accurate Information EC § 51934</b>				
15	Nature of HIV and STIs	Information on the nature of HIV, as well as other sexually transmitted infections and their effects on the human body.  EC § 51934 (a)(1)	Provides information on the nature of HIV and its effects on the human body.	Compliant: Yes
			Provides information on the nature of other STIs and their effects on the human body.	Compliant: Yes
16	Transmission of HIV	Information on the manner in which HIV and other STIs are and are not transmitted, including information on the relative risk of infection according to specific behaviors, including sexual activities and injection drug use.  EC § 51934(a)(2)	Provides information regarding the transmission of HIV.	Compliant: Yes
17	Transmission of STI's	Information on the manner in which HIV and other STIs are and are not transmitted, including information on the relative risk of infection according to specific behaviors, including sexual activities and injection drug use.  EC § 51934(a)(2)	Provides information regarding the transmission of other STIs.	Compliant: Yes  <b>Comments:</b>  Lesson #18 should increase information about risk of injection drug use in relation to STIs other than HIV (i.e., hepatitis C).

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18	<b>Abstinence from Sexual Activity and Drug Use</b>	<p>Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infections and abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy. Instruction shall provide information on the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other sexually transmitted infections and pregnancy</p> <p>EC § 51934(a)(3)</p>	<p><b>Provides information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other STIs.</b></p>	<p><b>Compliant:</b> No with minor modifications.</p> <p><b>Comments:</b></p> <p>Curriculum mentions that "there are many definitions of abstinence" but does not specifically inform students that <i>skin-to-skin contact</i> can spread disease. This transmission method needs to be discussed.</p> <p>"Dry humped" is listed as a "no risk" activity in Lesson #18 but it is unclear if this slang includes skin-to-skin contact (i.e., are individuals clothed?). This needs to be explicitly defined.</p> <p>The value of delaying sexual activity should be more specifically addressed.</p>
19	<b>Methods of Protection, HIV and STIs</b>	<p>Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually transmitted infections, including use of antiretroviral medication, consistent with the federal Centers for Disease Control and Prevention.</p> <p>EC § 51934(a)(4)</p>	<p><b>Provides information about the effectiveness and safety of the FDA approved antiretroviral medical intervention consistent with the U.S. Centers for Disease Control and Prevention.</b></p>	<p><b>Compliant:</b> No, with minor modification.</p> <p><b>Comments:</b></p> <p>Information about Post-Exposure Prophylaxis (PEP) needs to be added.</p>
20	<b>HIV Risk Reduction</b>	<p>Information about the effectiveness and safety of reducing the risk of HIV transmission as a result of injection drug use by decreasing</p>	<p><b>Provides information about the effectiveness and safety of reducing HIV transmission by decreasing needle use and needle sharing.</b></p>	<p><b>Compliant:</b> Yes</p>

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		needle use and needle sharing. EC § 51934(a)(5)		
21	Treatment of HIV and STIs	Information about the treatment of HIV and other sexually transmitted infections, including how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others. EC § 51934(a)(6)	Provides information about treatment of HIV and other STIs that can reduce the likelihood of transmitting HIV to others.	Compliant: Yes
			Provides information how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others.	Compliant: No, with minor modification. Comments: Need to add information about treatment as prevention (TasP) (i.e., if an HIV+ individual is taking their HIV medication and in care, they will have a lower HIV viral load which will reduce their likelihood of transmitting HIV to others).
22	Social Views About HIV and AIDS	Discussion about social views on HIV and AIDS, including addressing unfounded stereotypes and myths regarding HIV and AIDS and people living with HIV. This instruction shall emphasize that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and the only way to know if one is HIV-positive is to get tested. EC § 51934(a)(7)	Provides discussion on social views and addresses myths and stereotypes about HIV and AIDS, and people living with HIV.  Emphasizes the following required CHYA instruction: <ul style="list-style-type: none"> <li>• That successfully treated HIV-positive individuals have a normal life expectancy</li> <li>• All people are at risk for contracting HIV</li> <li>• The only way to know if someone has HIV is to get tested</li> </ul>	Compliant: Yes Comments: There are additional lessons outside the core 15 (Lessons #21 and 22) that would strengthen this criterion.  Compliant: Yes Comments: Should have more explicit information about everyone being at-risk and that the only way of knowing is to get tested. This is mentioned but should more be explicitly emphasized.

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23	<b>Resources and Rights to Sexual and Reproductive Health Care Access</b>	<p>Information about local resources, how to access local resources, and pupils' legal rights to access local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.</p> <p>EC § 51934(a)(8)</p>	<p><b>Provides information about local resources, how to access local resources, and youth's legal rights to access local resources for sexual and reproductive health.</b></p> <ul style="list-style-type: none"> <li>• Pupils legal rights to access local resources for sexual and reproductive health care</li> <li>• How to access sexual and reproductive health care services</li> <li>• Pregnancy prevention and care</li> <li>• Testing and treatment for HIV and other STIs</li> <li>• Assistance for sexual assault and intimate partner violence</li> </ul>	<p><b>Compliant:</b> No, needs minor modification.</p> <p><b>Comments:</b></p> <p>LEAS will need to identify their own local resources. Local resources (outside SFUSD) on testing, medical care for HIV, STIs, pregnancy prevention/care; resources on sexual assault and intimate partner violence need to be provided.</p> <p>The "Relationships Resource" mentioned in Lesson #9 could not be found.</p> <p>Lesson #15 (Youth Health Rights) does not discuss age limit for testing.</p> <p>Lesson #19 says that "youth, 12 and older" can get condoms confidentially at many clinics but this is not the correct age requirement.</p> <p>Great videos on local clinics that map out what services are available locally and are a good model for other LEAs.</p> <p>Lesson #15: A questions in Jeopardy Questions and Answers activity is incorrect needs to be fixed ("30 – Who consents to a pregnancy test for an 11-year-old teen? Parent/guardian") Pregnancy-related services are available to an individual of any age; there is no lower age limit. This also needs to be made clearer in slide #26 of the same lesson.</p>

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24	<b>FDA Approved Contraceptive Methods</b>	<p>Information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including, but not limited to, emergency contraception.</p> <p>EC § 51934(a)(9)</p>	<p><b>Provides information on the effectiveness and safety of all FDA-approved contraceptive methods:</b></p> <ul style="list-style-type: none"> <li>● Implants</li> <li>● Intrauterine devices (IUDs)</li> <li>● The Shot</li> <li>● The Ring</li> <li>● The Patch</li> <li>● The Pill</li> <li>● Condoms: External ("male condom")</li> <li>● Condom: Internal/Insertive ("female condom")</li> <li>● Other barrier methods</li> <li>● Permanent methods</li> <li>● Emergency contraception</li> </ul>	<p><b>Compliant:</b> No, needs minor modification.</p> <p><b>Comments:</b></p> <p><b>More details included in medical review sent to publishers.</b></p> <p>Lesson #16 states that the Pill is 92-99.7% effective, however typical use is 91% effective, which should be stated.</p> <p>Slide 16 from Lesson #16 contains the sentence, "While pre-cum doesn't contain sperm..." This is contradictory to statements elsewhere in the curriculum (Lesson #16 slide 13, Lesson #12 slide 30) which state that there <i>may</i> be sperm in pre-cum. The reviewers recommend removing the definitive statement about sperm not being in pre-cum.</p> <p>The discussion of sterilization options does not need to include the commercial method's name, (i.e., Essure). This may be problematic for methods that leave the market and may quickly make a curriculum outdated. Reviewers recommend keeping this information generic.</p>

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25	Legally Available Pregnancy Outcomes	<p>Instruction on pregnancy shall include an objective discussion of all legally available pregnancy outcomes, including, but not limited to, all of the following:</p> <p>(A) Parenting, adoption and abortion</p> <p>(B) Information on the law on surrendering physical custody of a minor child 72 hours of age or younger, pursuant to Section 1255.7 of the Health and Safety Code and Section 271.5 of the Penal Code</p> <p>(C) The importance of pre-natal care</p> <p>EC § 51934(a)(9)</p>	<p>Provides objective discussion on all of the following legally available pregnancy outcomes:</p> <ul style="list-style-type: none"> <li>• Parenting</li> <li>• Adoption</li> <li>• Abortion</li> <li>• Information on surrendering physical custody of a minor child 72 hours of age or younger</li> <li>• Importance of pre-natal care</li> </ul>	Compliant: Yes
26	Harassment, Abuse, Violence and Trafficking	<p>Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence and sex trafficking.</p> <p>EC § 51934(a)(10)</p>	Provides information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence and sex trafficking.	<p>Compliant: No, needs major modification.</p> <p>Comments:</p> <p>This curriculum does not discuss sexual harassment explicitly nor does it discuss sexual assault. There is no information on sex trafficking. These topics need to be supplemented.</p>
<b>Additional CA Education Code requirements that allow for implementation of the CA Healthy Youth Act</b>				
27	Right to Obtain Confidential Services	<p>Requires school districts to “notify pupils in grades 7-12 inclusive and the parents and guardians of all pupils enrolled in the district, that school authorities may excuse any pupil from school for the purpose of obtaining confidential medical services without the consent of the pupil’s parent or guardian.”</p> <p>EC § 46010.1</p>	Provides the knowledge of the right for the pupil to be excused from school to obtain confidential services	<p>Compliant: No, needs minor modification.</p> <p>Comments:</p> <p>Curriculum needs to mention that students may be released from school to seek minor consent services.</p>

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28	Resources and Rights for LGBTQ pupils	Information on existing school site and community resources related to the support of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) pupils must be provided  EC § 234.1(d)	Provides information about local resources, how to access local resources, and youth's legal rights to access local resources that support LGBTQ pupils and their families	<b>Compliant:</b> No, needs minor modification.  <b>Comments:</b>  LEAs will need to provide their own resource lists. This curriculum does list youth clinics that appear to specifically serve LGBTQ youth for their area.
29	Affirmative Consent  *required only if a health education course is a graduation requirement	Comprehensive information for grades 9-12, inclusive, on sexual harassment and violence that includes but is not limited to all of the following: a discussion of the affirmative consent standard, as defined in paragraph (1) of subdivision (a) of Section 67386 EC § 33544(a)(2)	Provides knowledge of the affirmative consent standard and skills needed to establish boundaries in peer and dating relationships.	<b>Compliant:</b> Yes

### ADDITIONAL COMMENTS:

Each lesson is clearly written and provides clear teacher/facilitator guidance on how to implement the curriculum. Clear objectives, agenda, and suggestions for materials needed are provided.

### Suggestions/missing components:

Some discussion topics/messages go beyond the required scope of the CA Healthy Youth Act (e.g. extended discussion on various types of relationships) and this may be challenging to for some communities and for some teachers. The reviewers note that "Be Real. Be Ready" is a progressive program and may require additional preparation for teachers and parents, or local modification to meet the needs of communities.

To meet the requirements of CHYA, Lesson #4 (Sexuality: Sex, Gender and Orientation) needs to be included.

Most of Lesson #1 does not work for districts outside of SFUSD, but provides a good template for districts to replicate within their own community.

Lesson #17 does not work for schools outside of San Francisco as it involves a presentation from a local agency.

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### Missing:

- Activity Cards for Lesson #20
- Relationship Issues and Values handout for Lesson #11
- Relationship Resources handout in Lesson #9
- Lesson #15 slide 18 “Common Questions to Ask a Counselor” - “If I tell you I do drugs, will you call the police?” The notes should help a teacher explain what would happen if a student brings up this issue. This isn’t addressed until slide 21.