

**ASHWG**

ADOLESCENT SEXUAL HEALTH WORK GROUP

Resources to Support  
Implementation of the  
California Healthy Youth Act

*Updated Summer 2019*

# Resources to Support Implementation of the California Healthy Youth Act

## Table of Contents

<b>California Healthy Youth Act (CHYA) Information</b> .....	<b>2</b>
<b>CHYA Compliance Assessment Tools</b> .....	<b>2</b>
<b>Charter Schools</b> .....	<b>3</b>
<b>Implementation Guidance</b> .....	<b>3</b>
Implementation Guidance .....	3
Sample District Policies .....	4
<b>Information for Parents and the Community</b> .....	<b>4</b>
<b>Parental Notification &amp; Opt-Out Guidance</b> .....	<b>5</b>
<b>Minor Consent, Confidentiality and Youth Rights</b> .....	<b>5</b>
<b>Professional Development</b> .....	<b>6</b>
General Sexual Health Topics .....	6
Curricular and General Sexual Health.....	7
<b>Supplemental Materials &amp; Tools</b> .....	<b>8</b>
Healthy Relationships/Teen Dating Violence Prevention.....	8
Sexual Violence Prevention .....	9
Gender and Sexual Orientation .....	10
Students with Special Learning Needs or Different Abilities .....	12
Human and Sex Trafficking .....	12
Family Communication .....	13
<b>Curricular Resources</b> .....	<b>14</b>
Curricula Reviewed for CHYA Compliance .....	14
Other Comprehensive Sexual Health and Related Curricula .....	15
<b>Youth Resources</b> .....	<b>17</b>
General Sexual Health Information .....	17
Support for LGBTQIA+ Youth .....	18
Legal Information.....	18
Youth Websites in Spanish.....	18
<b>Advocacy</b> .....	<b>19</b>
Supportive Articles.....	19

# Resources to Support Implementation of the California Healthy Youth Act

## California Healthy Youth Act (CHYA) Information

- **CA Education Code, California Healthy Youth Act**  
Full text from CA Legislative Information.  
[leginfo.legislature.ca.gov/faces/codes\\_displayexpandedbranch.xhtml?lawCode=EDC&division=4.&title=2.&part=28.&chapter=5.6.&article=1.&goUp=Y](http://leginfo.legislature.ca.gov/faces/codes_displayexpandedbranch.xhtml?lawCode=EDC&division=4.&title=2.&part=28.&chapter=5.6.&article=1.&goUp=Y)
- **California Department of Education (CDE): Comprehensive Sexual Health & HIV/AIDS Instruction**  
Information and guidance from CA Department of Education (CDE). [www.cde.ca.gov/ls/he/se/](http://www.cde.ca.gov/ls/he/se/)
- **CDE: CHYA Frequently Asked Questions**  
Answered by the CA Department of Education. [www.cde.ca.gov/ls/he/se/faq.asp](http://www.cde.ca.gov/ls/he/se/faq.asp)
- **CA Education Code, California Healthy Youth Act 2016 – Legal Requirements for CA Public Schools**  
This webinar clarifies all sections of the CA Education Code updated with the passage of CHYA.  
[essentialaccesstraining.org/ets/store/item/?id=20cee10f-e6fd-11e5-a43e-005056a048ff](http://essentialaccesstraining.org/ets/store/item/?id=20cee10f-e6fd-11e5-a43e-005056a048ff)  
\*Note: this webinar has not yet been updated to reflect recent revisions to CHYA.
- **California Health Education Framework**  
Information about the 2019 revision to the Health Framework.  
[www.cde.ca.gov/ci/he/cf/index.asp](http://www.cde.ca.gov/ci/he/cf/index.asp)

## CHYA Compliance Assessment Tools

- **ACLU: Compliance Evaluation Checklist**  
A tool for evaluating curricula for compliance with the Education Code.  
[www.aclunc.org/docs/ca\\_healthy\\_youth\\_act\\_compliance\\_evaluation\\_checklist\\_for\\_districts-grades\\_7-12.pdf](http://www.aclunc.org/docs/ca_healthy_youth_act_compliance_evaluation_checklist_for_districts-grades_7-12.pdf)
- **ETR: CHYA Compliance Assessment Tool (CAT)**  
A checklist of CHYA purposes and provisions that will help in reviewing instructional materials for CHYA compliance and could help plan adaptations to instructional materials for compliance. A publication of Education, Training & Research (ETR).

## Resources to Support Implementation of the California Healthy Youth Act

[www.etr.org/ebi/assets/File/CHYA-CAT-Part-1-Curriculum-Only-ETR.pdf](http://www.etr.org/ebi/assets/File/CHYA-CAT-Part-1-Curriculum-Only-ETR.pdf)

\*Note: this tool has not yet been updated to reflect recent revisions to CHYA.

- **ACLU: LGBTQ & Gender Inclusiveness Assessment Tool**

A checklist to help determine curriculum and instruction compliance with inclusive requirements of the law. CHYA requires unbiased, non-discriminatory instruction on sexual health and HIV prevention education. [www.aclunc.org/docs/201703-lgbtq\\_gender\\_checklist.pdf](http://www.aclunc.org/docs/201703-lgbtq_gender_checklist.pdf)

### Charter Schools

- **CA Education Code, AB 2601.**

Expanding California Healthy Youth Act to Charter Schools. Full text from CA Legislative Information. [leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill\\_id=201720180AB2601](http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201720180AB2601)

- **ACLU: The California Healthy Youth Act & Charter Schools**

[www.aclunc.org/docs/chya-charter-school-factsheet.pdf](http://www.aclunc.org/docs/chya-charter-school-factsheet.pdf)

### Implementation Guidance

#### Implementation Guidance

- **ACLU: Know Your Rights: Sex Education**

Numerous resources, fact sheets and tools for districts and schools to aid CHYA implementation. [www.aclunc.org/sex\\_ed](http://www.aclunc.org/sex_ed)

- **Working to Institutionalize Sex Ed (WISE) Toolkit**

Guide to help schools implement sex education in school districts. [www.wisetoolkit.org](http://www.wisetoolkit.org)

- **ETR: Program Success Center**

A variety of science-based curricula that focus on teen pregnancy and HIV/STD prevention are available for review. An interactive, online EBP needs assessment and selection tool may be accessed. The site also features an EBP comparison chart, detailed information on different EBPs and list of latest editions. [www.etr.org/ebi](http://www.etr.org/ebi)

- **Gender Spectrum: Principles of Gender-Inclusive Puberty and Health Education**

Outlines comprehensive principles for gender-inclusive puberty and health education (PHE).

These principles, endorsed by six leading national PHE organizations, are designed to affirm and

## Resources to Support Implementation of the California Healthy Youth Act

recognize all students so they can see themselves reflected in their classrooms and learn knowledge and skills associated with healthy behaviors. [www.genderspectrum.org/blog/gender-inclusive-puberty-and-health-education](http://www.genderspectrum.org/blog/gender-inclusive-puberty-and-health-education)

### Sample District Policies

- **CA School Board Association: Sample District Policies**

This site requires paid membership for password access, but some policies are available for free. Many school districts make their policies available on their local websites.

[www.csba.org/en/GovernanceAndPolicyResources/DistrictPolicyServices/PolicyServicePrograms](http://www.csba.org/en/GovernanceAndPolicyResources/DistrictPolicyServices/PolicyServicePrograms)

- **CA Department of Public Health (CDPH): District Policy Gap Analysis Tool**

A list of school policies related to sexual health education, sexual health services, and safe and supportive school service for CA schools to prioritize these areas for policy updates. Email: [STDHealthEd@cdph.ca.gov](mailto:STDHealthEd@cdph.ca.gov) for copies.

- **West Contra Costa Unified School District: Student Safety Policies**

A resource website from the district's Office of Educational Equity listing district-developed policies, in English and Spanish:

- **Student Conduct**
- **Positive School Climate**
- **Non-Discrimination, Harassment, Intimidation and Bullying**
- **Sexual and Gender-Based Harassment**
- **Hate Motivated Behavior**

<https://www.wccusdoee.net/index.cfm?fuseaction=public.policyInfo>

### Information for Parents and the Community

- **ACLU: Fast Facts about California Healthy Youth Act**

Provides an overview of the law, suitable for distribution to parents, staff and community members. [www.aclunc.org/docs/fast\\_facts\\_about\\_the\\_california\\_healthy\\_youth\\_act.pdf](http://www.aclunc.org/docs/fast_facts_about_the_california_healthy_youth_act.pdf)

- **ACLU: CHYA Frequently Asked Questions**

Developed by the CA Sexual Health Education Roundtable and answers basic questions, suitable for sharing with parents, teachers, administrators or advocates.

[www.aclunc.org/docs/frequently\\_asked\\_questions-california\\_healthy\\_youth\\_act-ca\\_sexual\\_health\\_education\\_roundtable.pdf](http://www.aclunc.org/docs/frequently_asked_questions-california_healthy_youth_act-ca_sexual_health_education_roundtable.pdf)

- **CDE: Frequently Asked Questions**

- **CHYA:** [www.cde.ca.gov/ls/he/se/fag.asp](http://www.cde.ca.gov/ls/he/se/fag.asp)

## Resources to Support Implementation of the California Healthy Youth Act

- **CA Health Education Initiatives:** [www.cde.ca.gov/ci/he/cf/cahealthfaq.asp](http://www.cde.ca.gov/ci/he/cf/cahealthfaq.asp)

### Parental Notification & Opt-Out Guidance

- **Parent/Guardian Notification Letters**

Sample letters that meet requirements of the law for parental notification and obtaining passive consent for comprehensive sexual health and HIV prevention education.

- **ACLU:** [www.aclunc.org/docs/sample\\_parent-guardian\\_notification\\_letter\\_grades\\_7-12\\_ca\\_healthy\\_youth\\_act.pdf](http://www.aclunc.org/docs/sample_parent-guardian_notification_letter_grades_7-12_ca_healthy_youth_act.pdf)
- **CDE:** [www.cde.ca.gov/ls/he/se/documents/samplechyapgletter.docx](http://www.cde.ca.gov/ls/he/se/documents/samplechyapgletter.docx)

- **ACLU: LGBTQ-Inclusivity Requirements and How They Interact with Parental Opt-Out**

Explains how student may not be opted out of instruction related to gender and sexual orientation.

[www.aclunc.org/docs/lgbtq\\_inclusivity\\_requirements\\_and\\_how\\_they\\_interact\\_with\\_parental\\_opt\\_out.pdf](http://www.aclunc.org/docs/lgbtq_inclusivity_requirements_and_how_they_interact_with_parental_opt_out.pdf)

### Minor Consent, Confidentiality and Youth Rights

- **CDPH: Minor Consent and Confidentiality for Sexual Health Services in California: A Training for Educators**

A free webinar created by the CA Department of Public Health, STD Control Branch in partnership with the National Center for Youth Law.

[www.stdhivtraining.org/online\\_course\\_info.html?id=49](http://www.stdhivtraining.org/online_course_info.html?id=49)

- **Teen Health Law: CA Minor Consent and Confidentiality Laws**

Designed to help health care providers understand the many laws that impact their work with adolescents, **TeenHealthLaw.org** provides information on laws from minor consent and confidentiality to child abuse reporting, insurance regulations, and more.

[www.teenhealthlaw.org](http://www.teenhealthlaw.org)

- **Summary of CA laws related to minor rights.** A tool that provides a quick reference for laws regarding California minors rights to confidential sexual health and other services.

## Resources to Support Implementation of the California Healthy Youth Act

Published by the National Center for Youth Law.

[teenhealthlaw.org/wp-content/uploads/2015/10/CaMinorConsentConfChartFull11-11.pdf](http://teenhealthlaw.org/wp-content/uploads/2015/10/CaMinorConsentConfChartFull11-11.pdf)

- **Confidential Medical Release FAQ.** Provides answers to FAQs about releasing students for confidential medical appointments. Includes examples of policies and forms from school districts that may be adapted. Published by the National Center for Youth Law.

[youthlaw.org/wp-content/uploads/2016/01/FAQ-ConfidentialMedicalRelease-11-2015.pdf](http://youthlaw.org/wp-content/uploads/2016/01/FAQ-ConfidentialMedicalRelease-11-2015.pdf)

- **Keep It Confidential: Minor Consent and Confidential Information Related to Private Insurance**

Information related to Confidential Communication Requests as a way to prevent confidential information from automatically going to health insurance policy holders such as parents/guardians. [www.myhealthmyinfo.org](http://www.myhealthmyinfo.org)

- **CDE: “Know Your Rights” Template for Youth**

A template that districts can populate with local resources (sexual and mental health clinics, LGBTQ centers, etc.) for their students. Statewide minor rights are described on the reverse side. Helps to fulfill the CHYA requirement to inform youth of their local resources and rights to access such services. [ashwg.org/wp-content/uploads/2019/07/Know-Your-Rights-Template.pdf](http://ashwg.org/wp-content/uploads/2019/07/Know-Your-Rights-Template.pdf)

## Professional Development

### General Sexual Health Topics

- **CDPH: Sexual Health Educator (SHE) Training Program**

A program for educators in school, community and clinic settings who want to build their knowledge and skills in providing sexual health and sexuality education. Topics include:

- STD/HIV Review: Workshop for Educators Who Work With Youth
- California Healthy Youth Act
- Minor Consent and Confidentiality for Sexual Health Services in CA
- STD Data: U.S. and California
- Contraceptive Methods
- The Respect Online Course

Complete all required and elective trainings and receive a certificate of completion.

Courses are both in-person and online. [californiaptc.com/sexual-health-educator-training-program/](http://californiaptc.com/sexual-health-educator-training-program/)

## Resources to Support Implementation of the California Healthy Youth Act

- **Healthy Teen Network: Teacher's Guide to Sex Ed**

Eight free, online modules covering the essentials for effectively teaching comprehensive, inclusive sexual health education. Topics include:

- Puberty & the Reproductive System
- Preventing Pregnancy & Infection: The Basics of Keeping Safe
- HIV & STIs: Making Sense of Being Safe
- It's Not Just What You Say: Techniques & Approaches for a Healthy Sex Ed Class
- Knowing the Law: Laws & Policies Related to Teaching Sex Ed
- Responding with Confidence: Answering Sensitive Questions & Maintaining Boundaries
- Sexuality & Gender 101: Explaining Concepts of Gender & Sexuality
- Talking about Getting Along: The Basics of Teaching Students about Healthy Relationships

<https://www.healthyteenetwork.org/resources/teachers-guide-sex-ed/>

- **Answer: Online Workshops**

Online trainings for professionals, teens and parents (Sexuality ABCs, STD Basics, LGBTQ Issues, Boys and Sex Ed, Sexual Anatomy, Pregnant and Parenting Teens, Relationship Skills for Teens) [answer.rutgers.edu/page/online\\_workshops](http://answer.rutgers.edu/page/online_workshops)

- **Essential Access Health (EAH): Recommended Courses for Providing Sexuality Education**

Most courses have an online Educators Toolkit with resources and/or interactive activities that can be used when teaching sex education. They are also a great way to supplement your existing sex education curricula to cover all required areas of instruction under CHYA. All courses are discounted for California teachers.

[essentialaccesstraining.org/ets/store/?cat=d449d45b-6784-46d9-a91f-b60c71906fe9](http://essentialaccesstraining.org/ets/store/?cat=d449d45b-6784-46d9-a91f-b60c71906fe9)

### Curricular and General Sexual Health

- **Health Connected: Professional Development and Training from Health Connected**

Training and support for all five Teen Talk and Puberty Talk curricula. [www.health-connected.org/training-technical-assistance-c1brw](http://www.health-connected.org/training-technical-assistance-c1brw)

- **Cardea Services: Professional Development and Training**

Provide a range of training services from single training events on specific topics to comprehensive training of trainers and training of educators. [www.cardeaservices.org](http://www.cardeaservices.org)

- **ETR: Professional Development and Training**

A variety of formats are available to educators and organizations interested in building capacity tailored to help them address specific needs of the communities they serve. Provides training needs assessment and tailored training to support sexual health and sexuality programs using evidence based and evidence informed programs.

[www.etr.org/solutions/professional-development](http://www.etr.org/solutions/professional-development)

# Resources to Support Implementation of the California Healthy Youth Act

## Supplemental Materials & Tools

### Healthy Relationships/Teen Dating Violence Prevention

- **Building Safe Schools: A Guide to Addressing Teen Dating Violence**  
Resource manual for school employees on the prevalence, consequences, and context of Teen Dating Violence, and includes a guide to “safety planning” for students who are engaged in a potentially unsafe relationship.  
[www.breakthecycle.org/sites/default/files/pdf/Building-Safe-Schools-A-Resource-Guide-for-School-Employees.pdf](http://www.breakthecycle.org/sites/default/files/pdf/Building-Safe-Schools-A-Resource-Guide-for-School-Employees.pdf)
- **Lessons from Literature**  
An innovative program that enlists English teachers to use the books and material they’re already using to facilitate discussions and build awareness about physical, verbal and sexual abuse. [www.lessonsfromliterature.org](http://www.lessonsfromliterature.org)
- **California Partnership to End Domestic Violence**
  - **List of Local Domestic Violence Organizations.** Connect with your local domestic violence organization on prevention resources related to healthy relationships and teen dating violence. [www.cpedv.org/domestic-violence-organizations-california](http://www.cpedv.org/domestic-violence-organizations-california)
  - **Webinar: Trauma-Informed Teen Dating Violence Prevention.** Explores strategies to developing a youth-friendly trauma-informed program, a deeper exploration of how trauma, family violence, and community violence contribute to Teen Dating Violence. [www.cpedv.org/webinar/trauma-informed-teen-dating-violence-prevention](http://www.cpedv.org/webinar/trauma-informed-teen-dating-violence-prevention)
  - **Teen Dating Violence.** Governance briefs and prevention tools providing information on adolescent dating abuse and its connection to multiple forms of violence, how schools can address and effectively intervene in abusive behavior on campus, and recommended prevention strategies for school districts and school boards. [www.cpedv.org/prevention](http://www.cpedv.org/prevention)
- **LoveIsRespect.org**  
Resources to empower youth to prevent and end dating abuse. Includes handouts, posters and wallet cards for free. Topics include: abuse, healthy relationships, leaving relationships, LGBTQ relationships, etc. [www.loveisrespect.org](http://www.loveisrespect.org)
  - **Educator Toolkits: Healthy Relationships.** Provides guidance to middle school and high school educators who want to lead these discussions in their schools. These toolkits can be used on their own or as a supplement to a larger curriculum. [www.loveisrespect.org/educators-toolkits](http://www.loveisrespect.org/educators-toolkits)

## Resources to Support Implementation of the California Healthy Youth Act

- **One Love Foundation**  
Works to prevent and end relationship abuse by providing compelling, relatable film-based curricula and resources that educate and spark a conversation with young people about healthy and unhealthy relationships. [www.joinonelove.org](http://www.joinonelove.org)
- **Start Strong: Building Healthy Teen Relationships**  
Discusses lessons from a four-year, multi-million dollar initiative to promote healthy relationships and prevent teen dating violence through school and district policies. [startstrong.futureswithoutviolence.org](http://startstrong.futureswithoutviolence.org)
- **ThatsNotCool.com**  
Tools and resources to support young people as they learn to recognize, avoid, and prevent dating violence in their lives. Includes active engagement on [Facebook](#), [Twitter](#), [Instagram](#), and [Tumblr](#), as well as innovative new apps and games. [thatsnotcool.com](http://thatsnotcool.com)
- **Understanding Teen Dating Violence.**  
Information from CDC that defines teen dating violence. [www.cdc.gov/features/DatingViolence](http://www.cdc.gov/features/DatingViolence)

### Sexual Violence Prevention

- **California Coalition Against Sexual Assault (CalCASA)**
  - **Local Rape Crisis Centers.** Connect with your local rape crisis center on prevention resources related to healthy relationships and sexual violence. [www.calcasa.org/agencies](http://www.calcasa.org/agencies)
    - **PreventConnect.org**  
A project of CalCASA, includes webinars, e-learning and podcasts on primary prevention of sexual assault and domestic violence as part of a national online project. [www.preventconnect.org](http://www.preventconnect.org)
    - **Myths and Facts Quiz.** This quiz can be used to test knowledge of sexual assault. [wiki.preventconnect.org/Myths+and+facts+quiz](http://wiki.preventconnect.org/Myths+and+facts+quiz)
    - **Consent Exercises.** Webpage provides two exercises that can be used to start a conversation about affirmative consent and its importance for high school students. [wiki.preventconnect.org/Consent+Exercises](http://wiki.preventconnect.org/Consent+Exercises)
- **National Center on Safe Supportive Learning Environments:**
  - **Safe Place to Learn.** Resource package provides a range of materials to support school efforts to prevent and eliminate peer-to-peer sexual harassment and sexual violence. Designed to help establish and maintain a safe, supportive learning environment and mitigate factors that interfere with learning. It supports school district and school staff efforts to comply with Title IX sex discrimination prohibitions and create a positive school climate. [safesupportivelearning.ed.gov/safe-place-to-learn-k12](http://safesupportivelearning.ed.gov/safe-place-to-learn-k12)

## Resources to Support Implementation of the California Healthy Youth Act

- **National Sexual Violence Resource Center ([www.nsvrc.org](http://www.nsvrc.org))**
  - **What is Sexual Violence?** Fact sheet that defines sexual violence and addresses frequently asked questions regarding victim response to sexual trauma. [www.nsvrc.org/publications/what-sexual-violence](http://www.nsvrc.org/publications/what-sexual-violence)
  - **What is Healthy Sexuality and Consent?** Fact sheet that defines sexual health and affirmative consent. [www.nsvrc.org/sites/default/files/saam\\_2015\\_what-is-healthy-sexuality-and-consent.pdf](http://www.nsvrc.org/sites/default/files/saam_2015_what-is-healthy-sexuality-and-consent.pdf)
  - **Using Videos to Model Consent and Communication.** Lessons and videos show what healthy and respectful communication looks like when young people are in sexual situations. Young people will learn what consent is, as well as how to recognize when it is, and is not, present. These videos can be used to supplement in-person, interactive activities, including brainstorming, group discussion, and skills practice about consent. Late high school to college youth (age 17-22). [www.nsvrc.org/sites/default/files/elearning\\_lessonplan\\_plannedparenthood\\_using-consent-videos-to-model-respect-communication.pdf](http://www.nsvrc.org/sites/default/files/elearning_lessonplan_plannedparenthood_using-consent-videos-to-model-respect-communication.pdf)
- **ASK. LISTEN. RESPECT**

Video and facilitator discussion guide to promote healthy relationships by providing concrete examples of how to ask for consent, what enthusiastic, verbal consent looks like, and how to accept “no” as normal boundary-setting in relationships. These can be used in a classroom setting, with a small group of tweens/teens, or one-on-one with an adult who can lead an informed discussion. [www.teachconsent.org/facilitators](http://www.teachconsent.org/facilitators)
- **Understanding Sexual Violence**

CDC fact sheet that defines sexual violence. <https://www.cdc.gov/violenceprevention/pdf/sv-factsheet.pdf>
- **Audrie & Daisy**

Netflix documentary and website offer lesson plans for educators on changing the culture, teaching digital citizenship, understanding consent, bystander to upstander, and creating healthy relationships. <http://www.audrieanddaisy.com/>

### Gender and Sexual Orientation

- **Fair Classrooms**

Website includes workshops and resources to help teachers and administrators bring LGBTQ history into middle and high school classes, in accordance with the FAIR Education Act (2011). [www.fairclassrooms.com](http://www.fairclassrooms.com)
- **Family Acceptance Project**

Provides training for school-based providers, educators, administrators and parents to increase family support for LGBT students. Provides training on research-based family support approach

## Resources to Support Implementation of the California Healthy Youth Act

and educational materials for public, private and religious schools. [familyproject.sfsu.edu/training](http://familyproject.sfsu.edu/training)

- **ETR:**
  - **Supporting LGBTQ Youth: Creating Inclusiveness & Equity in Sexual & Reproductive Health Programs.** Includes a fact sheet for educators, a supplemental classroom lesson on sexual and gender identity, resource lists and a discussion guide. Can be used with any sexual health program for youth.  
[pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A230](http://pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A230)
  - **Teaching Transgender Toolkit.** A Facilitator's Guide to Increasing Knowledge, Decreasing Prejudice & Building Skills. Includes self-assessment tools, handling self-disclosure, understanding transgender terminology, handling common challenges, creating supportive environments and organizing guest speakers.  
[pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A535](http://pub.etr.org/ProductDetails.aspx?id=100000159&itemno=A535)
- **CARDEA:**
  - **Introduction to Gender and Sexuality in a Health Care Setting: Providing Quality Care for Transgender and Gender Nonconforming Patients.** While geared for health care providers, this independent study describes sex and gender continuums, defines terminology used to describe transgender and gender nonconforming people, and identifies health disparities experienced by transgender and gender nonconforming people. [www.cardeaservices.org/resourcecenter/introduction-to-gender-and-sexuality-in-a-health-care-setting](http://www.cardeaservices.org/resourcecenter/introduction-to-gender-and-sexuality-in-a-health-care-setting)
- **TransStudent.org**

Materials created by transgender youth for the classroom and for educators to support transgender students. [www.transstudent.org](http://www.transstudent.org)
- **GLSEN.org**

Multiple educator guides and resources to improve school environments for LGBTQ youth. [www.glsen.org/educate/resources/guides](http://www.glsen.org/educate/resources/guides)
- **Gender Spectrum**

Provides trainings and resources to help institutions and organizations understand youth's evolving conceptions of gender identity. [www.genderspectrum.org](http://www.genderspectrum.org)

# Resources to Support Implementation of the California Healthy Youth Act

## Students with Special Learning Needs or Different Abilities

- **Health Connected:**
  - **Teen Talk Adapted for All Abilities:** Comprehensive sexuality education curriculum designed specifically to help educate young people with various special learning needs and challenges. [www.health-connected.org/teen-talk-aaa](http://www.health-connected.org/teen-talk-aaa)
- **U.S. Department of Health and Human Services Administration:**
  - **Sexual Health and Youth with Disabilities: Sexuality Education for All.** Family and Youth Services Bureau. [teenpregnancy.acf.hhs.gov/sites/default/files/resource-files/FYSB\\_SexualHealthAndYouthWithDisabilities\\_508compliant.pdf](http://teenpregnancy.acf.hhs.gov/sites/default/files/resource-files/FYSB_SexualHealthAndYouthWithDisabilities_508compliant.pdf)
- **Advocates for Youth:**
  - **Report: Sexual Health Education for Young People with Disabilities, Research and Resources for Educators.** [www.advocatesforyouth.org/publications/publications-a-z/2559](http://www.advocatesforyouth.org/publications/publications-a-z/2559)
- **Center for Parent Information and Resources**
  - **Sexuality Education for Students with Disabilities.** [www.parentcenterhub.org/sexed/](http://www.parentcenterhub.org/sexed/)
- **Healthy Relationships, Sexuality and Disability**

Slide set from MA Department of Public Health with tips and resources. [www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf](http://www.mass.gov/eohhs/docs/dph/com-health/prevention/hrhs-sexuality-and-disability-resource-guide.pdf)
- **Woodbine House Publishers**
  - Books for teaching children with Down’s Syndrome about sexuality and boundaries. [www.woodbinehouse.com/product/teaching-children-down-syndrome-about-bodies-boundaries-sexuality](http://www.woodbinehouse.com/product/teaching-children-down-syndrome-about-bodies-boundaries-sexuality)
- **Autism Now**
  - **The Arc.** Books, articles and websites geared toward parents, family members, caregivers and people with disabilities. [autismnow.org/articles/resources-for-learning-about-sexuality](http://autismnow.org/articles/resources-for-learning-about-sexuality)

## Human and Sex Trafficking

- **iEmpathize**
  - **Empowering Students to Battle Exploitation.** A webinar on Learn the “4 Ts of Human Trafficking,” understand the process of pushes and pulls that can lead a child into trafficking, and learn how you can begin to build a response protocol to act both

## Resources to Support Implementation of the California Healthy Youth Act

preventatively and intervene. [empower.iempathize.org/course/webinar-what-is-trafficking-and-how-can-schools-help](http://empower.iempathize.org/course/webinar-what-is-trafficking-and-how-can-schools-help)

- **National Human Trafficking Hotline (1 888 373 7888):**
  - **Webinar: Human Trafficking Awareness for Educators.** A training for educators to help build a school-wide response to trafficking. It provides an assessment tool to develop a protocol. [humantraffickinghotline.org/resources/human-trafficking-awareness-educators](http://humantraffickinghotline.org/resources/human-trafficking-awareness-educators)
- **UNICEF**
  - **How to Talk to Your Kids About Human Trafficking.** Resource for parents with signs of trafficking and key messages to share with kids. [teachunicef.org/sites/default/files/documents/units-lesson-plans/Talk\\_to\\_Your\\_Kids.pdf](http://teachunicef.org/sites/default/files/documents/units-lesson-plans/Talk_to_Your_Kids.pdf)
  - **End Trafficking: A High School Educator's Guide.** Includes curricula for high school students. [humantraffickinghotline.org/sites/default/files/End%20Trafficking%20-%20High%20School%20Educators%20Guide%20-%20UNICEF.pdf](http://humantraffickinghotline.org/sites/default/files/End%20Trafficking%20-%20High%20School%20Educators%20Guide%20-%20UNICEF.pdf)
- **MISSEY.org**
  - Motivating, Inspiring and Supporting & Serving Sexually Exploited Youth (MISSEY). Oakland-based organization that works with young people who have experienced sex trafficking. [missey.org](http://missey.org)
- **National Center on Safe Supportive Learning Environments**
  - **Report: Human Trafficking in America's Schools.** Resources to help school personnel prevent and intervene on human trafficking. [safesupportivelearning.ed.gov/human-trafficking-americas-schools](http://safesupportivelearning.ed.gov/human-trafficking-americas-schools)

### Family Communication

- **Essential Access Health**
  - **Talk With Your Kids.** A website in both English and Spanish to support parent communication about healthy sexuality. This resource contains a timeline detailing topics to talk about at each developmental stage, tips for having good conversations, a clinic finder, and information about healthy relationships, teen access laws, and the HPV vaccine. [www.talkwithyourkids.org](http://www.talkwithyourkids.org), [www.talkwithyourkids.org/es/padres/mantenga-sus-hijos-seguros-y-saludables.html](http://www.talkwithyourkids.org/es/padres/mantenga-sus-hijos-seguros-y-saludables.html)

## Resources to Support Implementation of the California Healthy Youth Act

- **Amaze.org**
  - Animated videos about puberty, sex and relationships for youth and/or parents. Specific resource for parents including background information and conversation starters. [Amaze.org/parents](http://Amaze.org/parents)
- **Planned Parenthood**
  - Sexual health information for parents. [www.plannedparenthood.org/learn/parents](http://www.plannedparenthood.org/learn/parents)
- **Health Connected**
  - Website for parents and guardians designed to encourage open, honest conversations about sexuality within families, including tips to become an “askable adult”. [Lets-talk.how/](http://Lets-talk.how/)
- **The Center for Latino Adolescent and Family Health**
  - **Encouraging Family Communication about Healthy Sexuality.** A webinar that discusses how parents and guardians can educate youth and encourage them to make healthy decisions about sex and relationships. It also shares strategies for how youth can bring up conversations with parents, guardians and other family members. [www.clafh.org/resources-for-parents/parent-materials](http://www.clafh.org/resources-for-parents/parent-materials)

### Curricular Resources

#### Curricula Reviewed for CHYA Compliance

##### **Review conducted by the Adolescent Sexual Health Workgroup (ASHWG), December 2016**

For additional information regarding the ASHWG review process and an up-to-date list of materials reviewed and respective summaries of their findings, refer to: [ashwg.org/2017/01/09/curriculum-review-california-healthy-youth-act](http://ashwg.org/2017/01/09/curriculum-review-california-healthy-youth-act)

\*Note: Review comments were submitted to authors, who all made revisions in order to achieve compliance. A rereview has been conducted, however this analysis has not yet been posted online.

- **Rights. Respect. Responsibility.**

The 3 R's is a K-12 sexuality education curriculum that covers all 16 topics recommended by the Centers for Disease Control and Prevention as essential components of sexual health education. Inclusive for issues related to gender identity and sexual orientation. <http://www.advocatesforyouth.org>
- **Teen Talk and Puberty Talk Series.**

Comprehensive and unbiased curricula designed by professional health educators for use with

## Resources to Support Implementation of the California Healthy Youth Act

youth in grades 7-12 (middle school with 12 sessions and high school with 11 sessions), a high school refresher for grades 11-12 with 7 sessions. Puberty Talk is a 5-session curriculum for grades 5-6. All parent/student materials are available in English and Spanish. "Teen Talk Adapted for All Abilities" is available for educators working with special education students. [www.health-connected.org/curriculum](http://www.health-connected.org/curriculum)

- **Positive Prevention Plus.**

A comprehensive curriculum for grades 7-12 (middle school and high school editions), including lessons with marginal notes, pre/post-tests, family home assignments, a CD with PowerPoint and images, and other features. The curriculum involves 13 lessons, is available in English and Spanish, and a version for Special Education students. [www.positivepreventionplus.com](http://www.positivepreventionplus.com)

- **Making Proud Choices, California Edition.**

An evidence-based curriculum for middle and high school, aimed at providing youth with knowledge, confidence and skills necessary to reduce their risk for pregnancy, STD/HIV while promoting affirmative consent and LGBTQ inclusivity. Includes a community edition (9 modules) and a school edition (14 modules).

<http://pub.etr.org/ProductDetails.aspx?id=100000285&itemno=A403CA-16>

- **FLASH.**

A science-based comprehensive sexuality education curriculum developed by Public Health Seattle-King County. FLASH is designed to prevent teen pregnancy, STDs and sexual violence and available for elementary, middle school, high school and special education classrooms.

[www.etr.org/flash](http://www.etr.org/flash) or <http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>

- **Be Real. Be Ready.**

A comprehensive, high school curriculum designed to fit into the context of required health classes in grade 9. It involves 24 lessons and includes pre/post-tests, implementation tools for each lesson and resources. Downloadable at no cost. <http://sfusdhealtheducation.org/be-real-be-ready>

### Other Comprehensive Sexual Health and Related Curricula

- **iMatter**

A puberty curriculum developed for grades 4-6, offers an integrated approach to teaching younger adolescents about gender, puberty and rights. Designed to foster student's social and emotional learning and to promote their connectedness to school. iMatter comprise 8 60-minute lessons, aligned to US Common Core. [www.popcouncil.org/research/imatter-teaching-about-puberty-gender-and-fairness](http://www.popcouncil.org/research/imatter-teaching-about-puberty-gender-and-fairness)

- **Puberty: The Wonder Years**

A curriculum designed to teach students the knowledge and skills needed to lay a foundation for choosing to delay the initiation of sexual activity. Developed for grades 4, 5 and 6, the curriculum

## Resources to Support Implementation of the California Healthy Youth Act

includes lessons are recommended to be taught at each grade level.

<http://www.pubertycurriculum.com>

- **RIGHTS**

An evidence-informed curriculum from Planned Parenthood Los Angeles that teaches critical thinking skills about gender norms, power dynamics and their impacts on sexual health. RIGHTS includes videos created by and for Los Angeles teens that offer opportunities for skill-building around consent, advocacy and healthy relationships.

<https://www.plannedparenthood.org/planned-parenthood-los-angeles/local-education-training/classroom-education> email: [highschooleducation@pp-la.org](mailto:highschooleducation@pp-la.org)

- **Safe Dates**

An evidence-based curriculum that prevents dating abuse for middle and high school students (grades 7-12). [www.hazelden.org/web/go/safedates](http://www.hazelden.org/web/go/safedates)

- **Relationship Smarts Plus, 3.0**

An evidence-based curriculum created to help teens learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more for grades 8-12.

[www.dibbleinstitute.org/love-u2-relationship-smarts-plus-new](http://www.dibbleinstitute.org/love-u2-relationship-smarts-plus-new)

- **Dating Matters**

A comprehensive teen dating violence prevention initiative for 11 to 14 year olds that includes strategies for individuals, peers, families, schools, and neighborhoods. A free 60-minute, training is available to help educators understand the risk factors and warning signs associated with teen dating violence. [www.cdc.gov/violenceprevention/datingmatters](http://www.cdc.gov/violenceprevention/datingmatters)

- **Expect Respect**

A multi-component, school-based program for Preventing Teen Dating Violence and Promoting Safe and Healthy Relationships for middle and high school students (grades 6-12).

[www.expectrespectaustin.org](http://www.expectrespectaustin.org)

- **In Touch With Teens**

An evidence-informed curriculum which empowers youth (ages 12-19) to have healthy relationships by providing information about power and control, elements of healthy relationships and healthy sexuality, and media literacy as well as education on sexual harassment, sexual assault, and dating violence. [www.peaceoverviolence.org/education/in-touch-with-teens-curriculum](http://www.peaceoverviolence.org/education/in-touch-with-teens-curriculum)

- **Fourth R**

An evidence-based program to target multiple forms of violence, including bullying, dating violence, peer violence, and group violence (ages 12-18). <https://youthrelationships.org/fourth-r-programs>

## Resources to Support Implementation of the California Healthy Youth Act

- **Shifting Boundaries: Lessons on Relationships for Students in Middle School**

An evidence-based multi-level prevention program for middle school students on sexual harassment and precursors to dating violence.

<https://www.wcwoonline.org/images/stories/projects/datingviolence/ShiftingBoundariesFall2018.pdf>

### Youth Resources

#### General Sexual Health Information

- **Teensource.org**  
Contains a clinic finder, free Condom Access Program for youth 12-19, information on STIs, contraception and minors' rights. [www.teensource.org](http://www.teensource.org)
- **Planned Parenthood**  
Sexual health information for teens. [www.plannedparenthood.org/learn/teens](http://www.plannedparenthood.org/learn/teens)
- **Sex, Etc.**  
Sex education by teens, for teens. Info on birth control, condoms, HIV/AIDS & STDs, pregnancy and more. [sexetc.org](http://sexetc.org)
- **Scarleteen**  
Inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults [scarleteen.com](http://scarleteen.com)
- **Teens Health**  
Learn the facts about sexual health with articles about puberty, menstruation, infections, and just about everything else you wanted to know, for guys and girls.  
[kidshealth.org/en/teens/sexual-health](http://kidshealth.org/en/teens/sexual-health)
- **Cool, Not Cool**  
An app about friends and relationships where youth decide what's "cool" or "not cool".  
[coolnotcoolquiz.org](http://coolnotcoolquiz.org)
- **I Am Jasmine Strong**  
Stories about and resources for survivors of sex trafficking. [ImJasmineStrong.org](http://ImJasmineStrong.org)

# Resources to Support Implementation of the California Healthy Youth Act

## Support for LGBTQIA+ Youth

- **Trevor Project**  
Provides crisis intervention and suicide prevention services including a 24-hour hotline (1-866-488-7386) for LGBTQ young people under 25. [thetrevorproject.org](http://thetrevorproject.org)
- **It Gets Better**  
Watch an endless stream of inspiring stories shared by people just like you. Visit their Get Help page to find LGBTQ+ youth support services in your community. [ItGetsBetter.org](http://ItGetsBetter.org)
- **We are the Youth**  
Ongoing photographic journalism project chronicling the individual stories of lesbian, gay, bisexual, transgender and queer youth in the United States. [wearetheyouth.org](http://wearetheyouth.org)

## Legal Information

- **Teen Health Law**  
Includes the ability for youth to ask questions about their legal rights and responsibilities regarding sex, pregnancy, parenting and related topics. Teen Health Law's legal team responds to the questions posted online. [www.teenhealthrights.org](http://www.teenhealthrights.org)
- **TeenSource.org**  
Includes a webpage for youth outlining what topics they should be learning about in school under the CHYA. It includes a form for youth to contact the ACLU and the California Department of Education indicating whether or not they received comprehensive sex education at school. [www.teensource.org/know-your-rights/comprehensive-sex-ed](http://www.teensource.org/know-your-rights/comprehensive-sex-ed)

## Youth Websites in Spanish

- **Planned Parenthood:** [plannedparenthood.org/es/temas-de-salud/para-adolescentes](http://plannedparenthood.org/es/temas-de-salud/para-adolescentes)
- **Teens Health:** [kidshealth.org/es/teens/pregnancy-esp.html](http://kidshealth.org/es/teens/pregnancy-esp.html)
- **Love is Respect:** [espanol.loveisrespect.org](http://espanol.loveisrespect.org)
- **My Plan:** [myplanapp.org](http://myplanapp.org)
- **RAINN:** [rainn.org/es](http://rainn.org/es)
- **Human Trafficking Hotline:** [humantraffickinghotline.org/obtenga-ayuda](http://humantraffickinghotline.org/obtenga-ayuda)

# Resources to Support Implementation of the California Healthy Youth Act

## Advocacy

- **Be the Change. Advocacy Toolkit For Ensuring Your Local Schools Provide Comprehensive Sexual Health Education**  
Developed by ACLU and Bay Area Communities for Health Education.  
[www.aclunc.org/docs/advocacy\\_toolkit.pdf](http://www.aclunc.org/docs/advocacy_toolkit.pdf)
- **Bay Area Communities for Health Education (BACHE)**  
A resource for parents, guardians, allies and community members who wish to support the teaching of comprehensive, medically accurate, age-appropriate, and bias-free sexual health education in California public schools. [bacheinfo.org/parents/](http://bacheinfo.org/parents/)
- **ACLU**
  - **Rapid Response Toolkit.** The ACLU has also developed rapid response tools for sex ed advocacy. Contact [sexualhealth@acluca.org](mailto:sexualhealth@acluca.org) to learn more.

## Supportive Articles

- **Ed Source: Comprehensive sexual health education in school saves lives**
  - <https://edsource.org/2019/comprehensive-sexual-health-education-in-school-saves-lives/608010>
- **Journal of Sex Education:**
  - Support for sex education and teenage pregnancy prevention programmes in the USA: results from a national survey of likely voters.  
<https://www.tandfonline.com/doi/full/10.1080/14681811.2019.1652807>

Thank you to all the people and organizations who contributed to the creation of this resource!

If you would like a resource to be added, updated or removed from this list, please email:

[ASHWGCA@gmail.com](mailto:ASHWGCA@gmail.com)