

**ASHWG**

ADOLESCENT SEXUAL HEALTH WORK GROUP

Resources to Support  
Implementation of the  
California Healthy Youth Act

*Updated Spring 2021*

# Resources to Support Implementation of the California Healthy Youth Act

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# 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.ca.gov/faces/codes\\_displayexpandedbranch.xhtml?lawCode=EDC&division=4.&title=2.&part=28.&chapter=5.6.&article=1.&goUp=Y](http://leginfo.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/)
- **California Department of Education (CDE): California Health Youth Act PowerPoint Presentation**  
<https://www.cde.ca.gov/ls/he/se/documents/chyapresentation.pptx>
- **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)
- **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.  
[ashwg.org/wp-content/uploads/2020/09/CHYA-CAT-2020-FINAL-9-1-20.pdf](http://ashwg.org/wp-content/uploads/2020/09/CHYA-CAT-2020-FINAL-9-1-20.pdf)

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

- **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)

- **GenderSpectrum: 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 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)

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

- **Health Education Framework Website**

The [CaliforniaHealthEducation.org](http://CaliforniaHealthEducation.org) website includes information and resources to support educators in providing high quality, skill-based health education for K-12 students.

### 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**

[www.wccusdoee.net/index.cfm?fuseaction=public.policyInfo](http://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**

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

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Published by the National Center for Youth Law.

[teenhealthlaw.org/wp-content/uploads/2015/10/CaMinorConsentConfChartFull11-11.pdf](https://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](https://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](https://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/](https://californiaptc.com/sexual-health-educator-training-program/)

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- **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

[www.healthyteennetwork.org/resources/teachers-guide-sex-ed/](http://www.healthyteennetwork.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)

- **Health Education Framework Website**

The [CaliforniaHealthEducation.org](http://CaliforniaHealthEducation.org) website includes information and resources to support educators in providing high quality, skill-based health education for K-12 students.

### Curricular and General Sexual Health

- **Planned Parenthood: Professional Development**

Training, professional development, technical assistance and support across California by experts in implementing sexual health education. Both online and in-person. Offerings vary by location; find local affiliates here: [www.plannedparenthood.org/california-planned-parenthood-education-fund/sex-education](http://www.plannedparenthood.org/california-planned-parenthood-education-fund/sex-education)

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

Training and support for all five Teen Talk and Puberty Talk curricula. <https://www.health-connected.org/register-now>

- **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



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sexuality programs using evidence based and evidence informed programs.  
[www.etr.org/solutions/professional-development](http://www.etr.org/solutions/professional-development)

### Supplemental Materials & Tools

#### Health 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)

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- **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.
- Middle School Educators Toolkit: <https://www.loveisrespect.org/wp-content/uploads/2016/08/middle-school-educators-toolkit.pdf>
- High School Educators Toolkit: <https://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf>
- **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. [joinonelove.org](http://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:**

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- **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](https://safesupportivelearning.ed.gov/safe-place-to-learn-k12)
- **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. [www.cdc.gov/violenceprevention/pdf/sv-factsheet.pdf](http://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. [www.audrieanddaisy.com/](http://www.audrieanddaisy.com/)
- **Sexual and Gender Based Harassment and Assault in Compliance with Title IX**
  - ETR’s [K12T9 Initiative](#) is focused exclusively on supporting K-12 districts and schools to strengthen their efforts to eliminate, prevent, and address sexual and gender-based harassment and assault in compliance with Title IX, the federal law that prohibits

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discrimination on the basis of sex in all educational institutions that receive federal funding.

- On May 6, 2020, the United States Department of Education issued its new, final regulations on Title IX for K12 and post-secondary educational institutions that receive federal funds. ETR's K12T9 Initiative is providing a [free resource](#) that summarizes the substantive changes made by the Department, includes commentary on their implications, and provides guidance to K12 on their implementation by August 14, 2020.
- Reach out to the K12T9 Initiative to learn about their consulting services and products by emailing [K12T9@etr.org](mailto:K12T9@etr.org).

### 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 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

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

### 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**

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- 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)
- **Resource for Deaf and Hard of Hearing Individuals, Families and Professionals**
  - **Signs for Sexuality: A Resource Manual for Deaf and Hard of Hearing Individuals, their Families and Professionals Second Edition.** *Marlyn Minkin and Laurie Rosen-Ritt* Curriculum on sexual abuse, sexually transmitted diseases, and reproductive health, with more than 600 photographs to illustrate 250 vocabulary terms associated with sexuality. 1991, Bookstore, Planned Parenthood of Western Washington, 2211 East Madison, Seattle, WA 98122; Phone: 206/328-7715; Web site: <https://www.plannedparenthood.org/planned-parenthood-great-northwest-hawaiian-islands>

### 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 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)

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- **MISSEY.org**
  - Motivating, Inspiring and Supporting & Serving Sexually Exploited Youth (MISSEY). Oakland-based organization that works with young people who have experienced sex trafficking. [misseey.org](https://www.misseey.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](https://safesupportivelearning.ed.gov/human-trafficking-americas-schools)
- **Little Red**
  - Sex trafficking video and middle school lesson plan [iamlittlered.com](https://iamlittlered.com)

### 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/mantengasus-hijos-seguros-y-saludables.html](http://www.talkwithyourkids.org/es/padres/mantengasus-hijos-seguros-y-saludables.html)
- **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](https://www.amaze.org/parents)
- **Planned Parenthood**
  - Sexual health information for parents. [www.plannedparenthood.org/learn/parents](https://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/](https://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](https://www.clafh.org/resources-for-parents/parent-materials)

# Resources to Support Implementation of the California Healthy Youth Act

## 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](https://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 is being conducted and will be posted online at [ashwg.org](https://ashwg.org)

- **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. This is also now available on Google Classrooms in English and Spanish. <https://3rs.org/3rs-curriculum>

- **Teen Talk and Puberty Talk Series.**

Comprehensive and unbiased curricula designed by professional health educators for use with 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). <https://www.etr.org/ebi/programs/making-proud-choices/>

- **FLASH.**

A science-based comprehensive sexuality education curriculum developed by Public Health



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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 [www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx](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. [sfusdhealtheducation.org/be-real-be-ready](http://sfusdhealtheducation.org/be-real-be-ready)

### Other Comprehensive Sexual Health and Related Curricula

- **Planned Parenthood: Classroom and Group Setting Curriculum and Implementation**

Affiliates across California provide direct support through implementation of CHYA-compliant education. Curriculum and specialties vary across the State, please reach out to local affiliates to learn more: [www.plannedparenthood.org/california-planned-parenthood-education-fund/sex-education](http://www.plannedparenthood.org/california-planned-parenthood-education-fund/sex-education)

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

[www.pubertycurriculum.com](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. [www.plannedparenthood.org/planned-parenthood-los-angeles/local-education-training/classroom-education](http://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)

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- **Relationship Smarts Plus, 4.0**

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/our-programs/relationship-smarts-plus-classic](http://www.dibbleinstitute.org/our-programs/relationship-smarts-plus-classic)
- **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). [expectrespectaustin.org](http://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. <https://www.peaceoverviolence.org/shop/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/pages/fourth-r-programs>
- **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. [nij.gov/topics/crime/intimate-partner-violence/teen-dating-violence/Documents/shifting-boundaries-all-schools.pdf](http://nij.gov/topics/crime/intimate-partner-violence/teen-dating-violence/Documents/shifting-boundaries-all-schools.pdf)
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- **Love Notes, 3.0**

A comprehensive healthy relationship education curriculum that teaches adolescents and young adults (14-24) how to build healthy romantic relationships, prevent dating violence, and improve impulse control. <https://www.dibbleinstitute.org/our-programs/love-notes-ebp/>
- **Mind Matters: Overcoming Adversity and Building Resilience**

This is a toolkit to teach participants to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give young people a way to take charge

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of their emotions and improve their states of mind. Students learn to address their physical, relational, and mental health needs. <https://www.dibbleinstitute.org/store/mind-matters/>

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

This guide has 8 units to cover the basics of what you need to know. Go through all 8 or pick and choose what works best for you. <http://www.healthyteenetwork.org/resources/teachers-guide-sex-ed/>

- **Outside Speakers to Provide Sex Education**

This is a Toolkit written by CARDEA, SIECUS and Advocates for Youth to help Educators and School District Administrators determine how to select and vet outside speakers and how to work with outside speakers to ensure adherence to state and local laws and guidelines. <https://docs.google.com/document/d/1fa7kfpbKP7NGLAuW7ufnNyeT30y0yFrnvkLX5gvUKBQ/edit#heading=h.yuyplrmd2vfs>

- **CA Healthy Kids Resources Center**

The California Healthy Kids Resources Center provides access to educational resources that can be borrowed at no cost. [www.californiahealthykids.net](http://www.californiahealthykids.net)

### Supporting Distance Learning

- **Health Connected**

- Distance Learning Toolkits for Teen Talk and Puberty Talk series  
[www.health-connected.org/distance-learning-toolkits](http://www.health-connected.org/distance-learning-toolkits)
- Teacher and Youth Providers Virtual Training Opportunities  
[www.health-connected.org/register-now](http://www.health-connected.org/register-now)
- Distance Learning FAQs  
[www.health-connected.org/faq-distance-learning](http://www.health-connected.org/faq-distance-learning)

- **ETR**

ETR has put together a series of Tip Sheets and resources to help you transition from in-person teaching and training to powerful online design and delivery! For more information visit <https://www.etr.org/design-4-learning/>

- [Tip Sheet 1: Recalibrating for a Virtual World](#)
- [Tip Sheet 2: Adapting Sexual Health Education for a Virtual Environment](#)
- [Tip Sheet 3: Adapting Teaching Strategies for a Virtual Environment](#)
- [Tip Sheet 4: PowerPoint Savvy in a Virtual World](#)
- [Tip Sheet 5: You've Got to Move It](#)
- [Tip Sheet 6: Creating and Maintaining Safe Spaces for Virtual Implementation](#)

- **Mentimeter**

This interactive presentation platform is easy to use and has features that enables you to prepare, present, and analyze presentations. [www.mentimeter.com](http://www.mentimeter.com)

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- **The Dibble Institute Online Teaching ToolKit**

This Toolkit is to help people transition to online teaching with guidance, tips, and tools for educators. <https://www.dibbleinstitute.org/online-teaching-toolkit/>

- **Planned Parenthood Sex Ed to Go**

This free Sex Ed Teacher Training Portal helps make teaching sex ed easy – even in a pandemic.

<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest/blog/sex-ed-to-go>

- **Sexual Health Education During Distance Learning: What Schools Need to Know**

This is a resource for administrators and teachers about providing comprehensive sexual health education to meet the requirements of the California Healthy Youth Act over distance learning during the current COVID-19 health crisis. This document was developed by the California

Association for Health, PE, Recreation and Dance (CAHPERD) and the California Sexual Health

Education Roundtable. [https://drive.google.com/file/d/1LU1cpfSABx-HUUJRnm9c-](https://drive.google.com/file/d/1LU1cpfSABx-HUUJRnm9c-3E9II3CFHSQ/view)

[3E9II3CFHSQ/view](https://drive.google.com/file/d/1LU1cpfSABx-HUUJRnm9c-3E9II3CFHSQ/view)

### 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.

<https://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)

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- **I Am Jasmine Strong**

Stories about and resources for survivors of sex trafficking. [iamjasminestrong.com](http://iamjasminestrong.com)

- **HIV & PrEP Resources**

PleasePrEPMe is a bridge between online information seekers and online or in-person services for all things PrEP and PEP. From supporting the development of a national directory, to creating sex-positive HIV-prevention resources, to making HIV-prevention resource pages for all 50 states, to operating live bilingual chat navigations services, PleasePrEPMe worked to expand access to PrEP and PEP. <https://www.pleaseprepme.org/>

### 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)

- **Q Chat Space**

Q Chat Space provides online discussion groups for LGBTQ+ teens ages 13 to 19. It is not a forum. It is live and chat based; there is no video or audio. Everyone is chatting during the same pre-scheduled time. Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the country. Q Chat Space facilitators are NOT mental health professionals. [www.qchatspace.org](http://www.qchatspace.org)

- **Send the Right Message**

Send the Right Message is a campaign of the LGBTQ Youth Initiative. Their goal is to encourage straight and cisgender youth to challenge every day instances of homophobia, biphobia and transphobia. They're here to help them be allies to their LGBTQ friends. <http://sendtherightmessage.ca/>

### Body Image & Digital Use

- **About-Face**

About-Face arms girls with the knowledge and tools they need to fight back against a culture that diminishes and disempowers them. <https://about-face.org/>

- **A Thin Line**

MTV's A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life and amongst your peers. <http://www.athinline.org/>

- **Common Sense Media**

Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools. <https://www.commonsensemedia.org/>

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

### 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)

### 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.

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### Supportive Articles

- **Ed Source: Comprehensive sexual health education in school saves lives**
  - [edsources.org/2019/comprehensive-sexual-health-education-in-school-saves-lives/608010](https://edsources.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 or removed from this list, please email:

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