



THE CALIFORNIA HEALTHY YOUTH ACT – EDUCATION CODE §§ 51930-51939 COMPREHENSIVE SEXUAL HEALTH AND HIV PREVENTION EDUCATION

February 1, 2020

Dear 7th and 8th Grade Parent/Guardian:

California state law and the California Healthy Youth Act, requires that comprehensive sexual health education and HIV prevention education be provided to students at least once in middle school, starting in 7th grade and once in high school. Instruction should encourage students to communicate with parents, guardians or other trusted adults about human sexuality. Instruction must be medically accurate, age-appropriate and inclusive of all students. It must include the following:

- Information that abstinence is the only certain way to prevent unintended pregnancy and HIV and other STIs, and information about the value of delaying sexual activity
- Information about healthy relationships and avoiding unhealthy behaviors and situations
- Information about HIV and other sexually transmitted infections (STIs), including transmission
- FDA approved methods to prevent HIV and STIs, and treatment
- Discussion about social views of HIV and AIDS
- Information about accessing resources for sexual and reproductive health care
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, prenatal care, and the newborn safe surrender law
- Information about sexual orientation and gender, including the harm of negative gender stereotypes

You can examine all instructional materials at the Cajon Valley Union School District Office at 750 E. Main St in El Cajon or attend the parent curriculum informational meeting on March 5, 2020 at 5:00 pm in the CV District Board Room. If you have any questions or would like to receive a copy of the California Healthy Youth Act (California Education Code Sections 51930-51939) contact the office manager at your child's middle school.

This instruction will be provided by Cajon Valley Union School District science teachers in conjunction with the San Diego Youth Services Teen Pregnancy Prevention Program. You can call Cindy Knight, Director of Educational Services in the Cajon Valley Union School District at (619) 588-3021 or Jessica Chapman, Program Manager with San Diego Youth Services at (619) 258-6877 x3255 with any questions.

State law allows you to remove your child from this instruction. If you do not want your child to participate in comprehensive sexual health or HIV prevention education, please give a written request by filling out the "Opt Out" passive permission slip attached to your child's science teacher before May 1, 2020.

Sincerely,
Cindy Knight
Cajon Valley Union School District
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