



# Survey of Sexual Health Education Curricula Used in School Districts

## Summary

This report provides information regarding the sexual health education curricula that school districts throughout Washington State used during the 2009–10 school year.

**Enabling  
legislation**

[RCW 28A.300.475](#)

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## Background

With the passage of the Healthy Youth Act (HYA) (RCW 28A.300.475) in 2007, the Legislature directed the Office of the Superintendent of Public Instruction (OSPI) to identify curricula used throughout the state to provide sexual health education in Washington public schools and to provide the results of this inquiry to the Legislature on a biennial basis, beginning with the 2008–09 school year. OSPI continued to utilize the School Health Profiles (Profiles) survey to collect necessary data during the 2009–10 school year.

Profiles is a system of surveys that assess school health policies and programs in states and large urban school districts. Profiles provides a nationwide snapshot of health-related policies and programs across the country and consists of two questionnaires—one for school principals and one for lead health education teachers. The survey is administered every two years in a collaborative effort between OSPI, DOH, and the CDC. In Washington, DOH manages the survey, mailing questionnaires to schools in the spring on a biennial basis. The questions were developed by the CDC's Division of Adolescent and School Health (DASH) and the National Center for Chronic Disease Prevention and Health Promotion, in collaboration with representatives of state, local, and territorial departments of health and education.

In 2008, administration of the Profiles survey included a separate Part II Questionnaire for lead health education teachers. This supplement to the main survey consisted of seven questions developed collaboratively by DOH and OSPI. These questions were designed to assess district implementation of the Healthy Youth Act and to fulfill legislative requirements. The supplement was utilized again for the 2010 Profiles survey. Profiles reports can be found at: <http://www.k12.wa.us/CoordinatedSchoolHealth/SchlHealthProfiles.aspx>.

## 2010 Results

Based on the 2010 Profiles survey, the following results were obtained. The cumulative percentages may exceed 100 percent due to the fact that the question was stated, “Do you use any of the following curricula?” and many teachers reported use of more than one curriculum. See Attachment A for a complete list of all curricula.

**High School Level (Includes a low grade of nine or higher and a high grade of ten or higher)**—Of the 73 schools that responded from this level, the top five curricula include:

- 1) *KNOW HIV/STD Prevention* (63% of respondents = 46 schools)
- 2) *Health: A Guide to Wellness (Glencoe)* (48% of respondents = 35 schools)
- 3) *Family Life and Sexual Health (FLASH)* (39% of respondents = 28 schools)
- 4) *Human Sexuality (Glencoe)* (32% of respondents = 23 schools)
- 5) *Healthy Relationships and Sexuality (Glencoe)* (27% of respondents = 20 schools)

**Middle School Level (Includes a high grade nine or lower)**—Of the 65 schools that responded from this level, the top five curricula include:

- 1) *KNOW HIV/STD Prevention* (63% of respondents = 41 schools)
- 2) *Family Life and Sexual Health (FLASH)* (56% of respondents = 36 schools)
- 3) *Teen Health (Glencoe)* (35% of respondents = 23 schools)
- 4) *Health: A Guide to Wellness (Glencoe)* (22% of respondents = 14 schools)
- 5) Other curricula (15% of respondents = 10 schools) (See Attachment B for a list of other curricula.)

**Junior/Senior High Level (Includes a low grade of eight or less and a high grade of ten or higher)**—Of the 20 schools that responded from this level, the top five curricula include:

- 1) *KNOW HIV/STD Prevention* (50% of respondents = 10 schools)
- 2) *Health: A Guide to Wellness (Glencoe)* (45% of respondents = 9 schools)
- 3) *Family Life and Sexual Health (FLASH)* and other curricula tied for usage (35% of respondents = 7 schools) (See Attachment B for a list of other curricula.)
- 4) *Teen Health (Glencoe)* and *Healthy Relationships and Sexuality (Glencoe)* tied for usage (30% of respondents = 6 schools)
- 5) *Human Sexuality (Glencoe)* (26% of respondents = 5 schools)

**All Grade Levels Combined**—Of the 158 schools that responded from this level, the top five curricula include:

- 1) *KNOW HIV/STD Prevention* (61% of respondents = 96 schools)
- 2) *Family Life and Sexual Health (FLASH)* (46% of respondents = 73 schools)
- 3) *Health: A Guide to Wellness (Glencoe)* (37% of respondents = 58 schools)
- 4) *Teen Health (Glencoe)* (30% of respondents = 47 schools)
- 5) *Human Sexuality (Glencoe)* (22% of respondents = 35 schools)

## Recommendations

In the 2008–09 legislative report on this topic, OSPI, DOH, and state sexual health education stakeholders made three recommendations regarding sexual health education. Presented below are those recommendations, including the current status of efforts towards those recommendations, as well as a new recommendation for consideration.

As stated in the Healthy Youth Act, a sexual health education program in the state of Washington must encompass a broad array of topics. It must go beyond one area of sexual health education to provide a comprehensive education that equips students with the knowledge and skills necessary to make healthy decisions throughout life. Although instructional materials are key for effective sexual health education programs, it is important to note that comprehensive sexual health education programs are most successful when other factors are included in contributing to their success. Those factors include the quality, scope and sequence of instruction over time, parental involvement, supplemental sexual health materials, district and community resources/partnerships, and a myriad of other aspects.

Based on the information learned as a result of the curricula usage data collected by the 2008 and 2010 Profiles surveys and through collaboration with school districts and sexual health education providers throughout the state, the following recommendations should be considered by OSPI, DOH, state sexual health education stakeholders, and state policy makers in supporting strong and consistent implementation of sexual health education in Washington State:

RECOMMENDATIONS	CURRENT STATUS
<p><b>1. Training and Technical Assistance</b> OSPI, in collaboration with DOH and statewide sexual health education partners, should continue to provide technical assistance to districts (administrators, curriculum committees, etc.), schools, and teachers regarding proper implementation of the Healthy Youth Act and the AIDS Omnibus Law.</p>	<p>OSPI, DOH, and statewide sexual health education partners continue to provide technical assistance, professional development and support to school districts to assist in proper implementation of the Healthy Youth Act, the AIDS Omnibus Law, and other pertinent laws regarding sexual health education. To address the current state of the economy and budget limitations at the local school district level, OSPI has begun work on creating online professional development training opportunities.</p>
<p><b>2. Resources</b> OSPI, in collaboration with DOH and other statewide sexual health education partners, should develop and provide resources and tools that can support districts in reviewing their instructional materials and program components for alignment with the 2005 Guidelines for Sexual Health Information and Disease Prevention, as well as for medical and scientific accuracy.</p>	<p>As part of the 2010 review process and as described earlier, OSPI and DOH conducted an in-depth crosswalk of the 2005 Guidelines (<a href="http://www.k12.wa.us/HIVSexualhealth/pubdocs/SexEdGuidelines011005.pdf">http://www.k12.wa.us/HIVSexualhealth/pubdocs/SexEdGuidelines011005.pdf</a>) and the National Health Education Curriculum Analysis Tool (HECAT) for Sexual Health Education (SHECAT). The sexual health education component is based on the National Health Education Standards, and includes medical and scientific accuracy checks. The Washington SHECAT was developed to assist school districts in reviewing their instructional materials and program components for alignment with pertinent laws, the 2005 Guidelines, and the National Sexual Health Education Standards. This tool is available online: <a href="http://www.k12.wa.us/HIVSexualhealth/pubdocs/SexualHealthEdGdlnsAlignmentTool.pdf">http://www.k12.wa.us/HIVSexualhealth/pubdocs/SexualHealthEdGdlnsAlignmentTool.pdf</a>.</p>

*(Table continued on next page.)*

RECOMMENDATIONS	CURRENT STATUS
<p><b>3. Curricula Development/Enhancement</b>  OSPI, in collaboration with stakeholders, an outside consultant and/or a curriculum publisher, should develop a process to either create a model curriculum for sexual health education spanning Grades 4–12 or to develop a process to work with publishers of sexual health education programs for bringing their materials into closer alignment with the 2005 Guidelines for Sexual Health Information and Disease Prevention.</p>	<p>This recommendation will continue to be investigated within timeline and budget constraints. Publishers have become more attuned to developing curricula that are in alignment with national and state standards for HIV and sexual health education, and many are starting to include cross references for Common Core State Standards.</p>
<p><b>NEW RECOMMENDATION</b></p>	
<p><b>4. Review HIV and Sexual Health Legislation</b>  A committee of statewide stakeholders including OSPI and DOH should convene to discuss current legislative requirements. The current status of the two laws that guide HIV and sexual health education are limited and in their scope and sequence (breadth and depth), and are often confusing to school districts. Investigating the feasibility of combining the requirements of the AIDS Omnibus Act and the Healthy Youth Act to ensure that all students receive comprehensive sexual health education would be beneficial to all concerned.</p>	

The recommendations above are directly linked to current state sexual health education work funded by the CDC through a cooperative agreement, *Improving Health and Educational Outcomes of Young People* (2008–2013).

NOTE: Funding from this federal cooperative agreement is in jeopardy, and will likely challenge state efforts to ensure that Washington school staff and students receive technical support and guidance concerning HIV and sexual health education.

Contact Information

For more information regarding the Healthy Youth Act, please contact Suzanne Hidde, OSPI HIV/Sexual Health Education Program Supervisor, at (360) 725-6364 or [suzanne.hidde@k12.wa.us](mailto:suzanne.hidde@k12.wa.us), or visit the OSPI website at: <http://www.k12.wa.us/HIVSexualhealth/Healthyyouthact.aspx>.

Attachments

Attachment A: Washington 2010 School Health Profiles Unweighted Lead Health Education Teacher Survey Results from Supplemental Questionnaire

Attachment B: Other curricula used to teach sexual health education reported in the Unweighted Lead Health Education Teacher Survey Results from Supplemental Questionnaire

**Washington 2010 School Health Profiles  
Unweighted Lead Health Education Teacher  
Survey Results from Supplemental Questionnaire**

Percentage of schools in which teachers or other presenters taught any of the following sexuality education curricula for students in any of Grades 6 through 12.\*

Curriculum Title	N	Number of schools reporting use of curriculum	Percent of schools reporting use of curriculum
<b>Family Life and Sexual Health (FLASH)</b>			
High Schools	73	28	39
Middle Schools	65	36	56
Junior/Senior High Schools	20	7	35
All Schools	158	73	46
<b>Get Real about AIDS (CHEF)</b>			
High Schools	73	5	7
Middle Schools	65	1	2
Junior/Senior High Schools	20	0	0
All Schools	158	6	4
<b>Health Smart (ETR Associates)</b>			
High Schools	73	2	3
Middle Schools	65	3	5
Junior/Senior High Schools	20	0	0
All Schools	158	5	3
<b>Health: A Guide to Wellness (Glencoe)</b>			
High Schools	73	35	48
Middle Schools	65	14	22
Junior/Senior High Schools	20	9	45
All Schools	158	58	37
<b>HealthTeacher.com</b>			
High Schools	73	8	11
Middle Schools	65	7	10
Junior/Senior High Schools	20	4	21
All Schools	158	19	12
<b>Healthy Relationships and Sexuality (Glencoe)</b>			
High Schools	73	20	27
Middle Schools	65	7	10
Junior/Senior High Schools	20	6	30
All Schools	158	32	20
<b>Human Sexuality (Glencoe)</b>			
High Schools	73	23	32
Middle Schools	65	7	10
Junior/Senior High Schools	20	5	26
All Schools	158	35	22

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Percentage of schools in which teachers or other presenters taught any of the following sexuality education curricula for students in any of Grades 6 through 12.\* (continued)

Curriculum Title	N	Number of schools reporting using curriculum	Percent of schools reporting using curriculum
<b>KNOW HIV/STD Prevention</b>			
High Schools	73	46	63
Middle Schools	65	41	63
Junior/Senior High Schools	20	10	50
All Schools	158	96	61
<b>Lifetime Health (Holt)</b>			
High Schools	73	4	6
Middle Schools	65	2	3
Junior/Senior High Schools	20	2	11
All Schools	158	8	5
<b>Reducing the Risk (ETC Associates)</b>			
High Schools	73	2	3
Middle Schools	65	0	0
Junior/Senior High Schools	20	0	0
All Schools	158	2	1
<b>Safer Choices (ETR Associates)</b>			
High Schools	73	1	1
Middle Schools	65	0	0
Junior/Senior High Schools	20	1	5
All Schools	158	2	1
<b>Sex Can Wait (ETR Associates)</b>			
High Schools	73	1	1
Middle Schools	65	2	3
Junior/Senior High Schools	20	2	11
All Schools	158	5	3
<b>Sexuality in Society (Holt)</b>			
High Schools	73	1	1
Middle Schools	65	2	3
Junior/Senior High Schools	20	0	0
All Schools	158	3	2
<b>SHARE</b>			
High Schools	73	4	6
Middle Schools	65	1	2
Junior/Senior High Schools	20	0	0
All Schools	158	5	3
<b>Teen Aid</b>			
High Schools	73	3	4
Middle Schools	65	0	0
Junior/Senior High Schools	20	2	11
All Schools	158	5	3

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Percentage of schools in which teachers or other presenters taught any of the following sexuality education curricula for students in any of Grades 6 through 12.\* (continued)

Curriculum Title	N	Number of Districts using Curriculum	Percent of Districts using Curriculum
<b>Teen Health (Glencoe)</b>			
High Schools	73	18	25
Middle Schools	65	23	35
Junior/Senior High Schools	20	6	30
All Schools	158	47	30
<b>The Great Body Shop</b>			
High Schools	73	0	0
Middle Schools	65	10	15
Junior/Senior High Schools	20	1	5
All Schools	158	11	7
<b>WAIT</b>			
High Schools	73	2	3
Middle Schools	65	0	0
Junior/Senior High Schools	20	0	0
All Schools	158	2	1
<b>Other Curricula</b>			
High Schools	73	13	18
Middle Schools	65	10	15
Junior/Senior High Schools	20	7	35
All Schools	158	30	19

\*Among schools that provided sexuality education in any Grades 6 through 12.

Other curricula used to teach sexual health education reported in the Unweighted Lead Health Education Teacher Survey Results from Supplemental Questionnaire

### Washington 2010 School Health Profiles

High Schools	AWARF, Planned Parenthood Choosing the Best Glencoe health text book Health–Skills for Wellness (Prentice Hall) Health Making Life Choices (Glencoe) Healthy Look at Sexuality Holt Health Text Lifetime Health–Holt copyright 2004 Instructor designed Guest speakers from the health department Information from Health Professionals
Middle Schools	FLASH and KNOW Life Skills OSPI materials Public health materials Pearson Health Prentice–Hall Health 2010 Real Choices–guest speaker Teacher developed curriculum
Junior/Senior High Schools	Information from the internet County Family Planning Planned Parenthood Swym/CATCH a great future TISSAM–UW Teen Futures Globe Fearon Pacemaker health