



Pathway to the Future

March 15, 2019

Dear BUSD 7th Grade Parent/Guardian:

California state law, 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 or junior high school, starting in grade 7. In 2017, a Healthy Youth Task Force comprised of parents and educators formed to ensure compliance with the law and to review curriculum. In April and May 2018, the District presented the curriculum to the community. There will be more opportunities this year to view the curriculum.

Instruction must 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 about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment
- Information that abstinence is the only certain way to prevent unintended pregnancy, HIV and other STIs, and information about the value of delaying sexual activity
- 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
- Information about healthy relationships and avoiding unhealthy behaviors and situations

The **attached syllabus** describes the contents of each lesson for the *Positive Prevention Plus* program. Please note that students will be taught these lessons in gender-inclusive classrooms (boys and girls together).

Parents are highly encouraged to attend one of the ***Positive Prevention Plus* parent curriculum review sessions** offered on Tuesday, March 26, and Wednesday, March 27, for an overview of the lessons as well as valuable tips on how to effectively support and talk with

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Thelma Boac

Richard Claspill

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your student about puberty and sexual health. Please see attached [FLYER](#) for more information and register for a session using this online link [bit.ly/2019ParentRSVP](http://bit.ly/2019ParentRSVP). Please note that parents can also examine instructional materials at the Berryessa Union School District office. If you have questions, please contact Barbara Friedenbach at [bfriedenbach@busd.net](mailto:bfriedenbach@busd.net) or 408-923-1887. You may request a copy of the California Healthy Youth Act (California Education Code Sections 51930-51939, <https://www.cde.ca.gov/ls/he/se>) by contacting Education Services at the district office.

Your child's grade 7 science teacher will provide this instruction in May. **Parents/guardians may opt-out of selected lessons or the entire program by writing a letter to the school principal by Friday, April 12, 2019.** If you would like your student to be excused from specific lessons, please list the lesson name(s) on your written request (refer to the attached syllabus).

**Please note that if a parent/guardian opts their student out of selected lessons, there is a chance that topic may come up again during one of the following lessons through student or classroom discussions.** Students that do not participate will work independently on alternate activities in a separate classroom. If you have any questions, please direct them to your school site principal. For further information and resources, please visit the BUSD website at <https://www.berryessa.k12.ca.us/index.html>

*Sincerely,*



*Dr. Joseph McCreary  
Assistant Superintendent  
Educational Services*

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**Positive Prevention Plus**  
**BUSD Comprehensive Sexuality Education**  
**7<sup>th</sup> Grade Syllabus**

Lesson Name	Content
1. Getting Started	Getting Started Lesson <i>(This Lesson is required if student participate in any of the CSE lessons.)</i> - Teen Sexual Health - Creating Safe Space for Discussing Potentially Embarrassing Topics - Group Agreements & Pre-assessment
2. Understanding Change with Anatomy/ Physiology review	- Sexual Development of Human Body (Female and Male)
3. Gender & Orientation	- Gender and Sexual Orientation - Gender Role Stereotypes
4. Exploring Friendships	- Friendships - Couplets (Recognizing healthy vs unhealthy relationships) - Planning a Safe & Healthy Activity
(optional lesson on Consent)	- What is Consent
5. Bullying & Relationship Abuse (w/ Sexual Assault & Human Trafficking)	- Setting Boundaries - Sexual Harassment - Human Trafficking - Resources and Services
6. & 7. HIV Myths and Facts and Reducing Risks (1.5-2 days)	- HIV/AIDS Overview - HIV Transmission/Treatment/Prevention - HIV and AIDS Myth Buster - Being Compassionate
8. STIs, HIV, and Community Resources	- Overview of Sexually Transmitted Infections (STIs) - STI Testing
9. Preventing Pregnancy & Pregnancy Options (1-2 days)	- Prenatal Care and Parenting - Pregnancy Options (Parenting, Adoption, Abortion, Safe Surrender) - Making Healthy Decisions
10. Media & Peer Pressure	- Media and Peer Pressures - Assertive Skills Practice - Risk Avoidance Plan
11. Goal Setting & Wrap-Up	-The Path to Personal Goals - Setting Goals for the Future - Post-assessment

**For Translation Assistance Please Call The District Hotline:**

1-408-923-1901 (Chinese)  
 1408-923-1902 (Spanish)  
 1-408-923-1903 (Vietnamese)

An office assistant will get in touch with you to deliver the translation of the document

請利用校區熱線電話 1-408-923-1901 會有人與您聯繫,為您翻譯資料上的重要內容	Si desea más información en español por favor llame a la línea de asistencia en español al 1-408-923-1902 y alguien le llamará para darle un resumen de este documento.	Xin gọi số hotline của khu học tại 1-408-923-1903 và sẽ có người giúp quý vị để hiểu những điều cốt yếu của văn kiện.
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## Berryessa Union School District

1376 Piedmont Road, San Jose CA 95132

Tel: (408) 923-1800

**Luật Sức khỏe lành mạnh cho Thanh thiếu niên**

**Chương trình giảng dạy Giáo dục tình dục**

**Hãy xem coi con em quý vị sẽ học hỏi những gì!**

### ***Tích cực Phòng ngừa***

**Giảng viên có kinh nghiệm sẽ trả lời thông suốt các câu hỏi**

Chủ đề được bao gồm:

- Xem lướt trước tất cả các bài
- Phương cách để nói chuyện với con em về bài tập làm ở nhà
- Các nguồn thông tin cho bậc phụ huynh

**Dành cho phụ huynh có con em học lớp 7  
ở địa điểm tùy quý vị lựa chọn**

Ngày 26 tháng 3, 2019, thứ ba, 6:00 – 8:00 giờ tối: Thư viện của trường  
Sierramont

Ngày 27 tháng 3, thứ tư, 8:30 – 10:30 giờ sáng: Morrill, BYC  
(Sẽ có người thông dịch viên cho tiếng Tây Ban Nha và tiếng Việt ở buổi họp này)

**Yêu cầu RSVP**

[bit.ly/2019ParentRSVP](http://bit.ly/2019ParentRSVP)



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## **Ley de la Salud Juvenil -*Healthy Youth Act***

### **Currículo de educación sexual**

**¡Vea lo que su niño aprenderá!**

### ***Positive Prevention Plus***

**Entrenadores expertos contestarán preguntas**

Temas cubiertos:

- Vista previa de todas las lecciones
- Consejos sobre como hablar con su niño sobre la tarea

**Para los padres de estudiantes del 7° grado en el lugar de su elección**

Martes 26 de marzo, 2019, 6:00 – 8:00 PM: Biblioteca de Sierramont

Miércoles 27 de marzo, 2019, 8:30 – 10:30 AM: Salón BYC de Morrill  
(Intérpretes de español y vietnamita disponibles en esta sesión)

**Reservación requerida**

**[bit.ly/2019ParentRSVP](http://bit.ly/2019ParentRSVP)**



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## Healthy Youth Act

### Sex Education Curriculum

See what your child will be learning!

## *Positive Prevention Plus*

Experienced trainer will answer questions

Topics covered:

- Preview of all lessons
- Tips for talking with your child about the homework
- Parent Resources

**For 7<sup>th</sup> Grade Parents  
at the location of your choice**

March 26, 2019, Tuesday, 6:00 – 8:00 PM: Sierramont Library

March 27, Wednesday, 8:30 – 10:30 AM: Morrill, BYC Classroom  
(Spanish and Vietnamese Interpreter available at this session)

**RSVP Required**

[bit.ly/2019ParentRSVP](http://bit.ly/2019ParentRSVP)

## FAST FACTS ABOUT THE CALIFORNIA HEALTHY YOUTH ACT

In January 2016, California adopted a new law covering comprehensive sexual health education and HIV prevention education in public schools, Education Code Sections 51930-51939 (AB 329). Here are some facts about the law.

- **Comprehensive sexual health and HIV prevention education is required** at least once in middle school and at least once in high school. Abstinence-only instruction is not permitted.
- **All instruction in all grades must be age-appropriate and medically accurate** (meaning accepted by organizations like the American Academy of Pediatrics) and **may not promote religious doctrine**. All elements of the instruction must be in alignment with each other.
- **Sexual health education must respect and address the needs of students of all genders and sexual orientations**. Instruction must affirmatively recognize different sexual orientations and be inclusive of same-sex relationships when providing examples of couples or relationships. It must also teach about gender, gender expression, and gender identity, and explore the harm of negative gender stereotypes.
- **Beginning in grade 7**, instruction must include information about the safety and effectiveness of all FDA-approved methods of preventing pregnancy and transmission of HIV and other sexually transmitted infections (including condoms, contraceptives, and antiretroviral treatment) and abstinence. It must also include information about HIV, pregnancy, sexual harassment, sexual assault, healthy relationships, and sex trafficking, as well as local resources for accessing care and students' rights to access care.
- **Parents must be notified** that their student will receive sexual health and HIV prevention education and be allowed to view the materials prior to instruction. Parents/guardians may remove their student from the instruction by submitting a request in writing.
- **Teachers or outside speakers must have training in and knowledge of the most recent medically accurate research on the topic**. District must also periodically provide training to all district personnel who provide HIV prevention instruction. Outside organizations or speakers must also follow all laws when they present.
- **Instruction must be appropriate for students with disabilities, English language learners, and students of all races and ethnic and cultural backgrounds**. Schools must make sure that all students can get sexual health education and HIV prevention education in a way that works for them.