

K-12 Comprehensive Sexuality Education Plan

Crook County School District Guidelines
Crook County School District,
Prineville, OR 97754
(<https://www.crookcountyschools.org/>)
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EXECUTIVE SUMMARY

Crook County Schools lead students toward graduation, empowering and inspiring them to strengthen the quality of life in our local and global communities. The decisions students make regarding their personal health will either support or hinder their ability to graduate prepared for the demands of college, career, and life. Health education has long been a component of a well-rounded education in Crook County. As each student shapes their own personal values and beliefs about healthy behaviors, the role of public schools in Oregon is to provide medically accurate and balanced information that is age-appropriate and inclusive.

Each school district in Oregon, including Crook County Schools, is responsible for developing a Comprehensive Sexual Education Plan (CSEP) as a part of the Kindergarten through 12th grade Health Instructional Program. The CSEP is approved by each school district's local school board prior to implementation.

The Crook County School District CSEP has been developed in accordance with a series of Oregon Senate Bills, Oregon Revised Statutes and Oregon Administrative Rules. This plan primarily encompasses:

- SB 856 (Sex Abuse Prevention Instruction),
- SB 790 (Domestic Violence Education),
- ORS 336.455 (Human Sexuality Education K-12),
- OAR 581-022-1140 (Equal Educational Opportunities),
- OAR 581-022-1440 (Human Sexuality Education),
- OAR 581-022-1210 (District Curriculum, instruction of infectious diseases, including HIV/AIDs and Hepatitis B/C).

There are many secondary state sources also reflected in this plan, including:

- ORS 339.351-364 (Harassment, Bullying, Cyber-bullying and Intimidation),
- OAR 581-022-0413 (Prevention Education in Drugs and Alcohol),
- OAR 581-022-1510 (Comprehensive Guidance and Counseling),
- SB 79 (CPR Instruction for grades 7-12).

Effective health teaching and learning provides opportunities for each student to make sense and deepen their understanding of health, so they can identify, practice and maintain health-enhancing behaviors. Content standards, adopted by the State Board of Education, include concepts, accessing information, self-management, analyzing influences, interpersonal communication, goal setting, decision making and advocacy.

The human sexuality instruction emphasizes abstinence, but not to the exclusion of a contraception skills-based education. The human sexuality information provided is comprehensive, complete, balanced, medically accurate, age-appropriate, not fear or shame-based, and inclusive as determined by the Oregon Department of Education.

Each grade level states specific content standards regarding human sexuality taken from grade level bands of standards from ODE (Grades K-2, 3-5, 6-8, 9-12). In Crook County, we have separated the grade bands into standards per individual grade level. Each grade level includes an introduction summarizing essential information for teachers and parents, which includes the opportunity to view materials prior to instruction and next steps.

INTRODUCTION

The Oregon Department of Education (ODE) conducted an instructional materials adoption in 2008. Following that, in 2009, the state legislature passed ORS 336.455, requiring school districts to provide human sexuality education courses in all public elementary and secondary schools as part of the health education curriculum. CCSD elementary schools are using "The Great Body Shop". Crook County Middle School is using McGraw-Hill Glencoe Teen Health and My Future-My Choice (7th Grade only). McGraw-Hill Glencoe Health is being utilized by Crook County High School.

In 2016, ODE revised and updated the health standards to align with child abuse reporting procedures. With the addition of new health legislation in 2013, OAR 581-022-1440, components to Human Sexuality Education were clarified to include the following:

- (1)(b) Program is "balanced," which means instruction that provides information with the understanding of, and strength of the preponderance of evidence.
- (2) In addition, the HIV/AIDS and sexually transmitted infections and disease prevention education and the human sexuality education comprehensive plan shall provide adequate instruction at least annually, for all students grades 6-8 and at least twice during grades 9-12.
- (6)(c) The comprehensive plan of instruction shall include information that is complete, balanced and medically accurate .
- (6)(s) The comprehensive plan of instruction shall include information that is culturally inclusive which means using materials and instruction strategies that respond to culturally diverse individuals, families, and communities in a respectful and effective manner.
- (8) Further, sexuality education materials, instructional strategies, and activities must not, in any way, use shame or fear-based tactics.

In 2015, SB 79 on Cardiopulmonary Resuscitation (CPR) Instruction for grades 7-12, SB 790 on Domestic Violence Education for grades 7-12, and SB 856 on Sex Abuse Prevention Instruction for grades K-12 were added to include new components for compliance in school districts across the state of Oregon.

- SB 79 required that students in grades 7-12 receive instruction in CPR and the use of Automated External Defibrillators (AEDs) facilitated by training developed by the American Heart Association and the American Red Cross. Outside providers, teachers, and/or volunteers are allowed to conduct training.
- SB 790 requires boards to adopt policies that incorporate age-appropriate education about domestic violence into training programs for students in grades 7-12. ODE will provide districts with posters providing free hotline telephone numbers students may access, and the board will adopt policies requiring the posting of signs in clearly visible locations within schools.
- SB 856 requires that boards must adopt a child sexual abuse prevention instructional program for grades K-12. That program must have a minimum of 4 instructional sessions (one session is understood as one class period) per school year, include

age-appropriate curriculum, professional training components for administrators, teachers, and staff, and include a parental involvement component to inform parents about child sexual abuse topics.

CCSD Comprehensive Sexuality Education Plan

In 2015, the National Health Education Standards were revised from the 1995 standards. Some of the changes included:

- the addition of one more standard (from 7 to 8 standards)
- revision of specific grade level bands
- revisions of performance indicators
- a new chapter on equity and access for all students
- and a new chapter on student assessment.

As a result, ODE adopted new state health standards in 2016. At any point that ODE adopts new standards, CCSD will modify instruction to adjust to the revisions. In addition, district and school communication to parents and guardians will be revised as needed to reflect current standards. The CSEP will be reviewed every two years to ensure that it complies with ODE updates.

In late 2017, CCSD conducted a curriculum renewal process to replace outdated materials in order to comply with the national and state legislation. The Health and Wellness Team, made up of teachers, administrators, school counselors, and parents, representing elementary, middle, and high school levels, reviewed the health standards and updated the materials to match the current legislation. In order to inform parents about the health standards and new curriculum, parents are able to view the materials and provide feedback.

The school board approved the purchase of the following materials:

- The Great Body Shop for elementary
- My Future-My Choice as supplemental materials for 7th grade
- McGraw Hill (Glenco Health) for secondary schools.

Guiding the instructional work are the policies put forth as well as a vision for Comprehensive Sexuality Education programs.

Crook County School District

Code: IGAI
Adopted: 7/21/14
Revised/Readopted: 1/13/20
Orig. Code: IGAI

Human Sexuality, AIDS/HIV, Sexually Transmitted Diseases, Health Education

The district shall provide an age-appropriate, comprehensive plan of instruction focusing on human sexuality, HIV/AIDS and sexually transmitted infections and disease prevention in elementary and secondary schools as an internal part of health education and other subjects. Course material and instruction for all human sexuality education courses that discuss human sexuality shall enhance a student's understanding of sexuality as a normal and healthy aspect of human development. A part of the comprehensive plan of instruction shall provide age-appropriate child sexual abuse prevention instruction for students in kindergarten through grade 12. The district must provide minimum of four instructional sessions annually; one instructional session is equal to one standard class period. In addition, the HIV/AIDS and sexually transmitted infections and disease prevention education and the human sexuality education comprehensive plan shall provide instruction at least annually, for all students in grade 6-8 and at least twice during grades 9-12.

Parents, teachers, school administrators, local health department staff, other community representatives and persons from the medical community who are knowledgeable of the latest scientific information and effective education strategies shall develop the plan of instruction and align it with the Oregon Health Education Standards and Benchmarks.

Parents and guardians of minor students shall be notified in advance of any human sexuality or AIDS/HIV instruction, and will be given the opportunity to review material to be presented. Any parent may request that their child be excused from that portion of the instructional program under the procedures set forth in Oregon Revised Statute (ORS) 336.035 (2).

The comprehensive plan of instruction shall include the following information that:

1. Promotes abstinence for school age youth and mutually monogamous relationships with an uninfected partner for adults;
2. Allays those fears concerning HIV that are scientifically groundless;
3. Is balanced and medically accurate;
4. Provides balanced and accurate information and skills-based instruction on risks and benefits of contraceptives, condoms and other disease reduction measures;
5. Discusses responsible sexual behaviors and hygienic practices, which may reduce or eliminate unintended pregnancy, exposure to HIV, hepatitis B/C and other sexually transmitted infections and diseases;
6. Stresses high-risk behaviors such as the sharing of needles in and syringes for injecting drugs and/or steroids;

7. Discusses the characteristics of the emotional, physical and psychological aspects of a healthy relationship;
8. Discusses the benefits of delaying pregnancy beyond the adolescent years as a means to better ensure a healthy future for parents and their children. The student shall be provided with statistics based on the latest medical information regarding both the health benefits and the possible side effects of all forms of contraceptives including the success and failure rates for prevention of pregnancy, sexually transmitted infections and diseases;
9. Stresses that HIV/STDs and Hepatitis B/C can be serious possible hazards of sexual contact;
10. Provides students with information about Oregon laws that address young people's rights and responsibilities relating to childbearing and parenting;
11. Advises students of consequences of having sexual relations with persons younger than 18 years of age to whom they are not married;
12. Encourages family communication and involvement and helps students learn to make responsible, respectful and healthy decisions;
13. Teaches that no form of sexual expression or behavior is acceptable when it physically or emotionally harms oneself or others and that it is wrong to take advantage of or exploit another person;
14. Teaches that consent is an essential component of healthy sexual behavior. Course material shall promote positive attitudes and behaviors related to healthy relationships and sexuality, and encourage active student bystander behavior;
15. Teaches students how to identify and respond to attitudes and behaviors, which contribute to sexual violence;
16. Validates the importance of one's honesty, respect for each person's dignity and well-being, and responsibility for ones' actions;
17. Uses inclusive materials and strategies that recognize different sexual orientations, gender identities and gender expression.
18. Includes information about relevant community resources, how to access these resources, and the laws that protect the rights of minors to anonymously access these resources.

The comprehensive plan of instruction shall include skills-based instruction that:

1. Assists students to develop and practice effective communication skills, development of self-esteem and ability to resist peer pressure;
2. Provides students with the opportunity to learn about and personalize peer, media, technology and community influences that both positively and negatively impact their attitudes and decisions to healthy sexuality, relationships and sexual behaviors, including decisions to abstain from sexual intercourse;

3. Enhances students' ability to access valid health information and resources related to their sexual health;
4. Teaches how to develop and communicate sexual and reproductive boundaries;
5. Is research based, evidence based or best practices; and
6. Aligns with the Oregon Health Education Content Standards and Benchmarks.

All sexuality education programs emphasize that abstinence from sexual intercourse, when practiced consistently and correctly, is the only 100 percent effective method against unintended pregnancy, sexually transmitted HIV and hepatitis B/C infection and other sexually transmitted infections and diseases.

Abstinence is to be stressed, but not to the exclusion of contraceptives and condoms for preventing unintended pregnancy, HIV infection, hepatitis B/C infection and other sexually transmitted infections and diseases. Such courses are to acknowledge the value of abstinence while not devaluing or ignoring those students who have had or are having sexual relationships. Further, sexuality education materials, including instructional strategies and activities must not, in any way use shame or fear based tactics.

Materials and information shall be presented in a manner sensitive to the fact that there are students who have experienced, perpetrated or witnessed sexual abuse and relationship violence.

END OF POLICY

Legal Reference(s):

[ORS 336.035](#)

[ORS 336.107](#)

[ORS 336.455 to -336.475](#)

[ORS 339.370 to -339.400](#)

[OAR 581-021-0009](#)

[OAR 581-022-2030](#)

[OAR 581-022-2050](#)

[OAR 581-022-2220](#)

Cross Reference(s):

IGBHD - Program Exemptions



Health Curriculum Opt-Out Form – Kindergarten
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - Kindergarten

- Month #1: How to Stay Safe
- Month #2: The Five Senses
- Month #3: Good Food
- Month #4: The Family Team
- Month #5: My Body is Special
- Month #6: Going to the Doctor & Dentist
- Month #7: No Drugs! No Way!
- Month #8: Getting Sick
- Month #9: Keeping Clean & Healthy
- Month #10: Every Day, Play.

Student Name: _____

Parent Signature: _____



Health Curriculum Opt-Out Form – First Grade
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - First Grade

- Month #1: Look Out!
- Month #2: Head to Toe
- Month #3: Why Do We Eat?
- Month #4: All About Medicines
- Month #5: Talk and Listen
- Month #6: Happy, Sad, and In Between
- Month #7: Drugs Are Trouble
- Month #8: Get Well Soon
- Month #9: How I Breathe
- Month #10: Run, Jump, Skip

Student Name: _____

Parent Signature: _____



Health Curriculum Opt-Out Form – Second Grade
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - Second Grade

- Month #1: Let's Stay Safe
- Month #2: How You Think
- Month #3: The Wild World of Food
- Month #4: Your Heart - Small But Strong
- Month #5: When I Feel Afraid
- Month #6: Babies - And How You Grow
- Month #7: Drugs Are Dangerous!
- Month #8: Germs! They Make You Sick!
- Month #9: My Skin and Me
- Month #10: Muscles In Motion

Student Name: _____

Parent Signature: _____



Health Curriculum Opt-Out Form – Third Grade
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - Third Grade

- Month #1: Safe At Home, Safe Away
- Month #2: The Better to See You With
- Month #3: Let's Eat!
- Month #4: Community Health
- Month #5: I Like Your Attitude!
- Month #6: My Family, Your Family
- Month #7: Saying No to Smoking, Drinking, and Drugs
- Month #8: Things You Might Catch
- Month #9: When Bodies Have Challenges
- Month #10: Finding Out About Bones

Student Name: _____

Parent Signature: _____



Health Curriculum Opt-Out Form – Fourth Grade
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - Fourth Grade

- Month #1: Community Safety
- Month #2: Let's Talk Teeth
- Month #3: The Digestive System
- Month #4: No Smoking
- Month #5: It's My Body
- Month #6: Be Cool, Keep Clean!
- Month #7: Stay Drug Free and Build Your Assets
- Month #8: Puzzled About Germs (HIV/AIDS)
- Month #9: Your Incredible Hearing Machine
- Month #10: Exercise!

Student Name: _____

Parent Signature: _____



Health Curriculum Opt-Out Form – Fifth Grade
Fall 2022

The Crook County School District wants parents to be informed about the health curriculum used in our schools. The district currently uses a health curriculum called *The Great Body Shop* for grades Kindergarten through 5th Grade. If you are interested in reviewing any of the curriculum please contact the CCSD Curriculum Department (541) 447-5664.

To ensure your student only participates in the units you approve, please check the box of any unit you do not want taught to your student.

The Great Body Shop Units - Fifth Grade

- Month #1: First Aid Facts
- Month #2: Brainstorms! Your Central Nervous System
- Month #3: You Are What You Eat
- Month #4: Love Your Lungs
- Month #5: Those Crazy, Mixed-up Emotions
- Month #6: Growing Up
- Month #7: Danger Ahead: The Truth About Drugs
- Month #8: About Blood and Disease (HIV/AIDS)
- Month #9: All The Right Stuff
- Month #10: Bones and Muscles

Student Name: _____

Parent Signature: _____

CCMS Health Unit Opt Out Form

Dear Parents / Guardians:

As part of our ongoing effort to foster a school climate of respect, and as a part of our middle school health curriculum, we will be studying the units listed on the next page for each grade level.

This form will give you an overview of all units that are taught at each grade level and your ability to choose any unit you wish to opt your child out of.

First, materials are available for preview now. Should you want to review the materials, please contact Kaitlyn Radabaugh at the middle school or the District office and they will make them available to you.

Second, if after previewing the materials you decide not to have your child participate in a unit, please indicate the unit you wish to opt out of and return the waiver form to the office or Mrs. Radabaugh.

Third, we want to encourage you to discuss health issues at home. Your child may bring home “family homework exercises” to do with an adult in the family (however they define “family”). These assignments are optional. They are also confidential and students will not ask to report back what you discussed. The purpose of these assignments is simply to give you a chance to communicate to one another.

Please contact Mrs. Radabaugh, CCMS Health teacher, if you have any further questions or concerns. She would be glad to discuss the philosophy/ purpose of the curriculum with you.

Should you choose to opt your student out of a unit please sign the form below, and alternative learning activities will be provided.

Sincerely,

Kaitlyn Radabaugh

Kaitlyn Radabaugh
CCMS Health Teacher
541-447-6283 ext. 3450

Marques Hase
CCMS Principal
541-447-6283 ext. 3406

CCMS Health Unit Opt Out Form

6th Grade Curriculum

Indicate which unit you wish to opt out of with your signature on the line provided.

Unit 1

- Health Triangle
- Decision Making
- SMART Goals
- Your Total Health

OPT OUT: _____

Unit 2

- Physical Fitness
 - 5 Components of Fitness
 - Calculating heart rate
 - Developing a personal fitness plan

OPT OUT: _____

Unit 3

- Nutrition
 - 6 Basic Nutrients
 - Food Groups
 - Healthy Food Choices
 - Diet / Obesity
 - Lifestyle Impact
 - Interpreting Food Labels

OPT OUT: _____

Unit 4

- Disease Prevention / Personal Safety
 - Disease Transmission / Prevention
 - Risk Assessment
 - Basic First Aid/CPR

OPT OUT: _____

Unit 5

- Body Systems
 - Integumentary
 - Endocrine
 - Excretory
 - Pulmonary
 - Circulatory
 - Digestive
 - Nervous
 - Skeletal
 - Muscular
 - Reproductive
 - Lymphatic
- Organ Trail Project

OPT OUT: _____

Unit 6

- Environmental Health
 - Types of Pollution (Air, Water,Earth)
 - Individual Impact on Pollution

OPT OUT: _____

****You have the right to opt your child out of an entire unit or a specific topic within that unit. Please contact Mrs. Radabaugh to discuss your options.***

CCMS Health Unit Opt Out Form

7th Grade Curriculum

Indicate which unit you wish to opt out of with your signature on the line provided.

Unit 1

- Health Triangle
- Decision Making
- Goal Setting

OPT OUT: _____

Unit 2

- Stress / Anxiety
- Self Esteem
- Coping Skills
- Building Health Skills

OPT OUT: _____

Unit 3

- Mental Health
- Mood Disorders
- Depression
- Suicide Prevention / Awareness

OPT OUT: _____

Unit 4

- Human Sexuality
- Healthy Relationships
- Reproduction

OPT OUT: _____

Unit 5

- Alcohol
- Tobacco
- Peer Pressure

OPT OUT: _____

Unit 6

- Nutrition Review
- WebQuest
- “Fed Up Movie”

OPT OUT: _____

****You have the right to opt your child out of an entire unit or a specific topic within that unit. Please contact Mrs. Radabaugh to discuss your options.***

CCMS Health Unit Opt Out Form

8th Grade Curriculum

Indicate which unit you wish to opt out of, with your signature on the line provided.

Unit 1

- Health Triangle
- Decision Making
- Goal Setting
- Health Influences and Risk Factors

OPT OUT: _____

Unit 2

- Communication
- Conflict Resolution
- Anti-Bullying
- Social Media use and safety

OPT OUT: _____

Unit 3

- Family Structure
- Health vs Unhealthy Relationships
- Dating Violence Awareness

OPT OUT: _____

Unit 4

- Communicable vs Non-Communicable
- Disease Prevention
- HIV Lesson and quiz

OPT OUT: _____

Unit 5

- Drugs and Alcohol Prevention
- Positive and Negative Peer Pressure

OPT OUT: _____

Unit 6

- Nutrition Review
- Nutrition Literacy,
- Meal Planning
- Understanding Food Labels

OPT OUT: _____

Unit 7

- Health Careers
 - Job Availability
 - Education Requirements
 - Salary/Benefits

OPT OUT: _____

****You have the right to opt your child out of an entire unit or a specific topic within that unit. Please contact Mrs. Radabaugh to discuss your options.***

Dear 9th Grade Parent or Guardian

Unplanned pregnancy and sexually transmitted diseases, including HIV/AIDS, affect millions of American teenagers. These health problems can have devastating, lifelong consequences for teens and their families. To help combat this crisis, your child's health class will be studying topics related to human sexuality. Although the primary focus of study is sexual abstinence, we will also discuss the important health benefits of refraining from other high-risk behaviors such as alcohol, tobacco and drug use.

Oregon State Law requires that we offer planned instruction in the topics of human sexuality, HIV prevention, and pregnancy prevention. While exploring the topic of human sexuality, your teenager will consider questions such as: Why is it important to think about the consequences of my decisions? Why am I experiencing new feelings during adolescence, and how can I learn to control these feelings? What are the physical changes experienced during adolescence? What are contraceptives and how are they properly used to prevent unplanned pregnancies and transmission of STI's and HIV/AIDS?

Helping teens resist high-risk behaviors requires home, school, and community efforts. For these reasons, we encourage you to communicate with your son/daughter on these issues.

Thank you for supporting our classroom curriculum. Feel free to contact me, if you wish to discuss your child's health education.

Sincerely,

Jessica Cross.....541-416-6900 EXT 3129
Crook County High School Health Teacher

Read the Sexuality Opt-out information below and choose **one** of the two options

1. "Yes, **my child** can participate in the sexuality unit"

Student: _____

Parent Signature: _____

or

2. "I wish **my child** to be opted out of ..." (and list which of the 6 topics below you wish your child to be opted out of)

- _____ 1. Reproductive anatomy and related male and female issues/diseases
- _____ 2. Sexually transmitted infections and HIV/AIDS
- _____ 3. Pregnancy and childbirth, including pregnancy options
- _____ 4. Failure, effectiveness, and risks of different birth control methods
- _____ 5. Sexual orientation and gender identity
- _____ 6. Coercion and consent

Student: _____

Parent Signature: _____

Dear 12th Grade Parent or Guardian

Unplanned pregnancy and sexually transmitted diseases, including HIV/AIDS, affect millions of American teenagers. These health problems can have devastating, lifelong consequences for teens and their families. To help combat this crisis, your child's health class will be studying topics related to human sexuality. Although the primary focus of study is sexual abstinence, we will also discuss the important health benefits of refraining from other high-risk behaviors such as alcohol, tobacco and drug use.

Oregon State Law requires that we offer planned instruction in the topics of human sexuality, HIV prevention, and pregnancy prevention. While exploring the topic of human sexuality, your teenager will consider questions such as: Why is it important to think about the consequences of my decisions? Why am I experiencing new feelings during adolescence, and how can I learn to control these feelings? What are the physical changes experienced during adolescence? What are contraceptives and how are they properly used to prevent unplanned pregnancies and transmission of STI's and HIV/AIDS?

Helping teens resist high-risk behaviors requires home, school, and community efforts. For these reasons, we encourage you to communicate with your son/daughter on these issues.

Thank you for supporting our classroom curriculum. Feel free to contact me, if you wish to discuss your child's health education.

Sincerely,

Jessica Cross.....541-416-6900 EXT 3129
Crook County High School Health Teacher

Read the Sexuality Opt-out information below and choose **one** of the two options

1. "Yes, **my child** can participate in the sexuality unit"

Student: _____

Parent Signature: _____

or

2. "I wish **my child** to be opted out of ..." (and list which of the 7 topics below you wish your child to be opted out of)

_____ 1. Reproductive anatomy and related male and female issues/diseases

_____ 2. Sexually transmitted infections and HIV/AIDS

_____ 3. Pregnancy and childbirth, including pregnancy options and resources

_____ 4. Failure, effectiveness, and risks of different birth control methods

_____ 5. Sexual orientation and gender identity

_____ 6. Coercion and consent

_____ 7. Gender stereotypes

Student: _____

Parent Signature: _____

CCSD Sexual Health Education Comprehensive Plan of Instruction
9/16/2022

<u>Plan Components</u>	<u>CCSD Comprehensive Plan of Instruction</u>
<p>The comprehensive plan of instruction shall include information that:</p> <p>(a) Promotes abstinence for school-age youth and mutually monogamous relationships with an uninfected partner for adults as the safest and mostly responsible sexual behavior to reduce the risk of unintended pregnancy and exposure to HIV, Hepatitis B/C and other sexually transmitted infectious diseases;</p> <p>(b) Allays those fears concerning HIV that are scientifically groundless;</p> <p>(c) Is balanced and medically accurate;</p> <p>(d) Provides balanced, accurate information, and skills-based instruction on the risks and benefits of contraceptives, condoms and other disease reduction measures which reduce the risk of unintended pregnancy, exposure to HIV, hepatitis B/C and other sexually transmitted infections and diseases;</p> <p>(e) Discusses responsible sexual behaviors and hygienic practices which may reduce or eliminate unintended pregnancy, exposure to HIV, hepatitis B/C and other sexually transmitted infections and diseases;</p> <p>(f) Stresses the risks of contracting HIV, hepatitis B and C and other infectious diseases through sharing of needles or syringes for injecting illegal drugs and controlled substances;</p> <p>(g) Discusses the characteristics of the emotional, physical and psychological aspects of a healthy relationship;</p> <p>(h) Discusses the benefits of delaying pregnancy beyond the adolescent years as a means to better ensure a healthy future for parents and their children. Students shall be provided with statistics based on the latest medical information regarding both the health benefits and the possible side effects of all forms of contraceptives, including the success and failure rates for prevention of pregnancy, sexually transmitted infections and diseases;</p> <p>(i) Stresses that HIV/STDs and hepatitis B/C can be possible hazards of sexual contact;</p> <p>(j) Provides students with information about Oregon laws that address young people’s rights and responsibilities relating to childbearing and parenting, and prevention of the spread of STDs, STIs, including testing for STDs, STIs, HIV and pregnancy;</p> <p>(k) Advises pupils of the circumstances in which it is unlawful under ORS 163.435 (Contributing to the sexual delinquency of a minor) and 163.445 (Sexual misconduct) for persons 18 years of age or older to have sexual relations with persons younger than 18 years of age to whom they are not married;</p> <p>(l) Encourages positive family communication and involvement and helps students learn to make responsible, respectful and healthy decisions;</p> <p>(m) Teaches that no form of sexual expression, or behavior is acceptable when it physically or emotionally harms oneself or others and that it is wrong to take advantage of or exploit another person;</p>	<p>K-5 – The Great Body Shop</p> <ul style="list-style-type: none"> ● Only age-appropriate components applied in K-5 plan of instruction. <p>6-8 – Glencoe Teen Health</p> <ul style="list-style-type: none"> ● 7th Grade also uses My Future-My Choice <p>9-12 – Glencoe Health</p>

<p>(n) Teaches that consent is an essential component of healthy sexual behavior. Course material shall promote positive attitudes and behaviors related to healthy relationships and sexuality, and encourage active student bystander behavior;</p> <p>(o) Teaches students how to identify and respond to attitudes and behaviors which contribute to sexual violence;</p> <p>(p) Validates through course material and instruction the importance of honesty with oneself and others, respect for each person’s dignity and well-being, and responsibility for one’s actions;</p> <p>(q) Uses inclusive materials, language, and strategies that recognizes different sexual orientations, gender identities and gender expression;</p> <p>(r) Includes information about relevant community resources, how to access these resources, and the laws that protect the rights of minors to anonymously access these resources; and</p> <p>(s) Is culturally inclusive.</p>	
<p>(7)The comprehensive plan of instruction shall emphasize skills-based instruction that:</p> <p>(a)Assists students to develop and practice effective communication skills, the development of self-esteem and the ability to resist peer and partner pressure;</p> <p>(b)Provides students with the opportunity to learn about and personalize peer, media, technology and community influences that both positively and negatively impact their attitudes and decisions related to healthy sexuality, relationships, and sexual behaviors, including decisions to abstain from sexual intercourse;</p> <p>(c)Enhances students’ ability to access valid health information and resources related to their sexual health;</p> <p>(d)Teaches how to develop and communicate relational, sexual and reproductive boundaries;</p> <p>(e)Is research-based, evidence-based and/or best practice; and</p> <p>(f)Aligns with the Oregon Health Education Content Standards and Benchmarks.</p>	<p>K-5 – The Great Body Shop</p> <ul style="list-style-type: none"> ● Only age-appropriate components applied in K-5 plan of instruction. <p>6-8 – Glencoe Teen Health</p> <ul style="list-style-type: none"> ● 7th Grade also uses My Future-My Choice <p>9-12 – Glencoe Health</p>
<p>(9) As part of the comprehensive plan of human sexuality instruction, each school district shall provide child sexual abuse prevention instruction from kindergarten through grade 12. School Districts must provide a minimum of four instructional sessions per year. One instructional session is equal to one standard class period.</p>	<p>K-5 – The Great Body Shop</p> <ul style="list-style-type: none"> ● Only age-appropriate components applied in K-5 plan of instruction. <p>6-8 – Glencoe Teen Health</p> <p>9-12 – Glencoe Health</p>